



# The Garden Herald

## Greenmoore Gardens 2012 Summer CSA

Week 3: May 22 & 25

This newsletter was printed well before we picked your vegetables, so you may find the version below to be inaccurate. To find the most recent version, please check [www.greenmooregardens.com](http://www.greenmooregardens.com)!

Mesclun	Baby Turnips	Braising Mix
Spinach	Chard	*Cucumber
Kale	Lettuce	*Chinese Cabbage
Baby Carrots	Pac Choi	

\* Full & Bl

### News from the Fields

So much to do, so little time! Ever since we started share distribution, we've been racing the clock every day trying to keep up with planting the myriad of plants in the greenhouses, and trying to keep up with the weeding on top of that. The demands of the farm increase greatly after the big rains as the weed pressure builds to unmanageable proportions by the minute! We finally got our hoopouses up to plant the tomatoes underneath, and they're finally planted. The plants are very relieved to be able to finally stretch out. We've got our first planting of peppers and eggplants in the ground, and they seem to be off to a good start. Just yesterday we finally got some of the outdoor zucchini and watermelons planted outside. The potatoes are growing nicely and the onions are still kind of sitting around waiting for some real warm nights to set in. The leeks are finally in, the first broccoli is looking like it might head within the next month, and the kohlrabi is starting to bulb up. There's plenty more happening on the farm, good and not so good, but we're still moving along taking the demands of the farm as they come and trying our best to keep up! --Sunil

### Veggie Notes

**Mesclun** - You'll find that the mix is mostly lettuce this week. The other types of greens are phasing out until we get the shade cloth on our high tunnel to keep it cooler in there. They don't do well when the conditions are too warm.

**Spinach** - The spinach seems to be slowing down a bit, but we do have some babies coming along that should be ready to pick in a week or two.

**Kale** - This is the first round of kale for everyone today. You'll find a mix of kales in your bunch: red russian and wavy green kale.

**Pac Choi** - You'll notice the holes in the pac choi keep increasing as the flea beetles do their thing - these are still okay to eat considering that. Try chopping your pac choi into thin ribbons for your next salad. The stems are especially succulent and juicy.

**Lettuce** - Full shares will receive a mature green bibb lettuce, and halves will receive mini-red or green ones.

**Chard** - Some of you will be getting baby chard and some will get bunched chard. It can be used much like spinach, and is great chopped into salads as well.

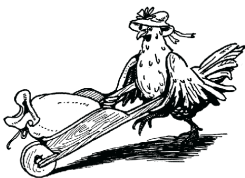
Greenmoore Gardens Open Houses  
Tuesday, May 22nd and Friday, May 25th  
All Members Are Invited!

- See what we have planted
- Visit our greenhouses
- Learn about summer events
- Talk with farm staff members
- Snack on light refreshments

Farm Tours every half hour  
from 4:00 PM - 7:00 PM

\*Keep your fingers crossed\* -- we may even have some brand new baby chicks by then!

See you there!



**Baby Carrots** - Baby carrots are great just as they are. Or if you want to get fancy, you can slice them in half lengthwise and steam them ever so slightly for a great garnish on your next meat dish.

**Baby Turnips** - Probably the last of these until the fall.

**Chinese Cabbage** - Remnants of the winter plantings that didn't quite make it in time for winter harvest. You may find that they're not as dense as usual, but we needed to make way for the squash plants that are planted in between them. Just enough for the full shares.

**Braising Mix** - To braise means to sauté quickly. Get a pan nice and hot, add some oil or butter, and some garlic, salt, and throw in the chopped greens until just wilted. Serve immediately.

**Cucumbers** - We got an extra early planted in the high tunnel, and they're just staring to produce, so only enough for full shares.

## **Veggie Spring Rolls with Chili Sauce**

~ Courtesy of Sunil Patel

Baby Carrots sliced in thin sticks  
Any kind of greens chopped finely  
Rice paper (Spring roll wraps)  
Oil, chili sauce, and soy sauce

Fill the bottom of a wide pan with warm water, and immerse a sheet of rice paper for 3-4 seconds. Take the sheet out and fill with chopped veggies and chili sauce (or any type of sauce you like), wrap up tightly and cut the roll in halves or quarters for dipping in soy sauce.

## **Garbanzo Beans and Greens**

~ Courtesy of CookingLight.com

2 center-cut bacon slices  
1 cup chopped carrot  
½ cup chopped onion  
2 garlic cloves, minced  
1 teaspoon paprika  
¼ teaspoon kosher salt  
½ teaspoon ground cumin  
½ teaspoon crushed red pepper  
2 ½ cups fat-free, lower-sodium chicken broth  
1 cup water  
2 (15-ounce) cans organic chickpeas (garbanzo beans), rinsed and drained  
4 cups chopped fresh kale  
½ cup plain 2% reduced-fat Greek yogurt  
4 lemon wedges (optional)

1. Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon from pan using a slotted spoon, and crumble. Add 1 cup carrot and chopped onion to drippings in pan, and cook for 4 minutes, stirring occasionally. Add garlic, and cook for 1 minute, stirring constantly. Add paprika, ¼ teaspoon salt, cumin, and red pepper; cook for 30 seconds, stirring constantly. Stir in chicken broth, 1 cup water, and beans; bring to a boil. Reduce heat, and simmer for 20 minutes, stirring occasionally.

2. Add 4 cups kale to bean mixture. Cover and simmer for 10 minutes or until kale is tender, stirring occasionally. Ladle about 1 ¼ cups bean mixture into each of 4 bowls, and top each serving with 2 tablespoons yogurt. Sprinkle with bacon, and serve with lemon wedges, if desired.

Wine Match: An inexpensive selection, the 2008 Turning Leaf Cabernet Sauvignon (California, \$8) has black cherries, oak, and a nice, smooth taste to

counterbalance the meaty bacon and beans and earthy greens in this hearty dish. --Gretchen Roberts

## **Sweet & Spicy Chicken Lettuce Wraps**

~ Courtesy of [www.recipegirl.com](http://www.recipegirl.com)

These are light, yet filling too. The sauce, lightly spiced and sweet, is mixed with chicken and cabbage & topped with peanuts. Tuck it in a lettuce leaf and you're good to go! Try adding tempeh or tofu instead of chicken for a veggie version.

3 Tablespoons unsalted, dry-roasted peanuts, roughly chopped  
3 Tablespoons hoisin sauce  
2 Tablespoons cider vinegar  
2 teaspoons low-sodium soy sauce  
1 teaspoon fresh minced ginger  
1 teaspoon dark sesame oil  
½ teaspoon crushed red pepper  
½ teaspoon minced garlic  
2 cups thinly sliced cabbage  
½ cup grated carrot  
1 cup canned, sliced water chestnuts, drained  
1 cup finely diced cooked chicken breast  
12 Bibb/Butter lettuce leaves

1. Place peanuts in a small nonstick skillet over medium-high heat; cook 3 minutes or until lightly browned, shaking pan frequently. Remove pan from heat; set aside.  
2. In a small bowl, combine hoisin, vinegar, soy sauce, ginger, oil, pepper and garlic in a small bowl, stirring well with a whisk.  
3. In a medium bowl, mix 2 Tablespoons peanuts, slaw, water chestnuts, and chicken; add sauce and toss well.  
4. Spoon about ⅓ cup of chicken salad in the center of each lettuce leaf; Sprinkle each lettuce wrap with remaining 1 Tablespoon peanuts. Serve immediately.

**Take a look at our Veggie Handbook  
on our website at**

**[www.greenmooregardens.com](http://www.greenmooregardens.com)**

**It has loads of information on how  
we grow veggies, pictures, and fun  
facts!**