



# The Garden Herald

## Greenmoore Gardens 2012 Summer CSA

Week 4: May 29 June 1

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)!

Salad Mix	Kohlrabi	* Strawberries
Chard	Cucumber	
Kale	Lettuce	
Carrots	Chinese Cabbage	

\* Full & Bl

### News from the Fields

The spring has shifted into summer quite quickly, and the summer planting is almost finished. We've got the first plantings of peppers, eggplant, tomatoes, beans, corn, watermelon, and squash in the ground and the plants are all growing with increasing speed in the field. Soon your boxes will be shifting to summer vegetables as the plants mature and start producing fruit. Today, you'll find that many of the greens you've gotten used to are now finished with their early spring production and the first fruits of the season like cucumbers are coming into the mix. Hope everyone is keeping cool and well-fed through these late spring days. --Sunil

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!

### Veggie Notes

**Salad Mix** - You'll find mostly lettuce in your mix today. We've just put the shade cloth on the high tunnel, and there's some new plantings of greens mixes in there that will do much better in the shade.

**Chard** - Here's a bunch of chard for you to chop into a salad, or sauté.

**Kale** - The kale is doing pretty well out in the new fields.

**Kohlrabi** - This is a purple skinned variety of kohlrabi that you'll be receiving today. It has pale flesh inside, and can be used the same way as you would green kohlrabi. This weird looking vegetable has a bulbous stem that is a lot like a broccoli stem. Just chop into sticks or cubes, and steam or sauté. Or just shred it into your next salad.

**Lettuce** - Green lettuce heads for everyone today.

**Carrots** - The carrots are sizing up nicely in the high tunnel.

**Cucumbers** - The first cucumbers are quite early this year. These are a "burpless" variety that don't have mature seeds in them. The first tastes of summer are here!

**Chinese Cabbage** - This vegetable is a great one to fry up with some potatoes, bacon, and onions. It's great to make coleslaws, and it's commonly pickled into kimchee in Korean cuisine.

**Strawberries** - We transplanted a bunch of strawberry plants from our herb garden to some production beds early this spring, so they're just starting to ripen for us. Just enough for full shares this week.

Get to Know Your Farm!  
Join Us for Our SUMMER SPLASH!



Saturday, June 16th  
10:00 AM - Noon

Learn about our programs  
and events and get to know  
your farmers!

## **Kohlrabi Preparation Tips**

### **RAW**

\* Remove the stems by pulling or cutting them off the kohlrabi globe. Stems and leaves can be chopped and included in a tossed salad. Their flavor is mild and takes well to salad dressing. If the kohlrabi is small, there is no need to peel it, however you may want to cut off the tough base end. If you have large kohlrabi, peel it and slice off the tough woody base before slicing or dicing.

\* Slice or cut into julienne and include on a relish tray with dips.

\* Coarsely grate kohlrabi into a tossed salad. Because it is mild, succulent and porous, it absorbs the flavor of a mild or pungent salad dressing quite well.

\* Dice kohlrabi and combine with your favorite vegetables and dressing for a chopped salad with delightful crispness.

\* Slice kohlrabi, wrap in plastic, and pack in your brown bag lunch for a crunchy snack.

\* Chop and include as one of the ingredients in a raw soup.

### **STEAMED**

\* Slice kohlrabi or cut into bite-sized pieces and put into a saucepan with ½ inch (1 cm) of water. Add a dash of salt, cover and bring to a boil over high heat. Turn heat down to low and steam for 5 to 7 minutes. Leaves can be steamed lightly just as you would do spinach.

### **BARBECUED**

\* Slice or chop kohlrabi and toss in a bowl with a little extra virgin olive oil. Sprinkle with a dash of salt, and wrap in aluminum foil (shiny side inside). Place on the grill and cook for about 10 to 12 minutes.

### **SAUTÉÉD**

\* Dice or chop into bite-size pieces and stir fry 5 to 7 minutes in a little extra virgin olive oil with a clove or two of minced garlic and a dash of salt.

## **Crispy Kale Chips**

1 bunch kale  
1 tablespoon olive oil  
1 teaspoon seasoned salt

Preheat an oven to 350 °F (175 °C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.

## **Italian Spring Greens Soup**

2 cups dry cannellini beans  
4 cups water  
3 (32 ounce) cartons chicken broth  
5 cloves garlic, minced  
4 sage leaves  
2 bay leaves  
1 teaspoon salt  
½ cup olive oil  
2 onions, diced  
3 carrots, peeled and sliced  
3 large stalks celery, chopped  
2 potatoes, peeled and cut into chunks  
1 ½ cups cabbage, coarsely chopped  
1 bunch Swiss chard, trimmed and chopped  
1 bunch kale, trimmed and chopped  
1 (14.5 ounce) can diced tomatoes  
12 (1/2-inch-thick) slices French bread, lightly toasted  
salt and freshly ground black pepper to taste  
1 ½ cups grated Parmesan cheese for topping

\* Sort and rinse the beans before placing them in a large pot with the water. Bring to a boil over medium-high heat and cook 5 minutes. Turn off heat, cover, and let stand 1 ½ hours. Drain.

\* Place the beans, chicken broth, garlic, sage leaves, bay leaves, and salt in a large pot. Bring to a boil over medium-high heat. Reduce heat to low and simmer until beans are tender, about 2 hours. Cool. Remove 1 cup of beans. Discard the bay leaves and sage leaves. Blend the remaining bean mixture with a hand mixer until smooth. Set aside.

\* Heat the olive oil in a large pot over medium-high heat. Add the onions; cook and stir until transparent, about 10 minutes. Combine the carrots, celery, potatoes, cabbage, Swiss chard, and kale with the onions. Stir in the tomatoes. Season with salt and pepper to taste. Cover, and cook until greens have wilted, stirring at least once, about 20 minutes. Stir in the pureed bean mixture, and cook 40 minute until the mixture thickens. Stir in the reserved beans. Adjust seasonings to taste. Add the toasted bread slices; cook until bread is soaked, about 10 minutes longer. Cool, and refrigerate overnight.

Reheat the soup over low heat until heated through, about 20 minutes. Serve each serving garnished with 2 tablespoons Parmesan cheese and a drizzle of olive oil.

## **Kale Wrapped Dates with Almonds**

1 bunch kale, stems removed and discarded  
1 pound dates  
1 cup whole roasted unsalted almonds

Tear each kale leaf into two halves.

Split the dates in half, removing the pit. Place an almond in each date half in the space left by the pit.

Wrap each date half in a kale leaf half; pierce each with a toothpick to keep wrapped.