



The Garden Herald

Greenmoore Gardens 2012 Summer CSA

Week 5: June 8th and June 9th

Chard	Garlic Scapes	**Broccoli	
Scallions	Cucumber	*Berries	
Kale	Lettuce	CHOICE:	**Full Shares
Snow Peas		Beets or Carrots	*Half Shares

News from the Fields

The rains and cold weather have put quite a slowdown on our planting schedule, and we hope that it lets up a little so we can get back to working the soil and planting. This time of the year is always a little tough as it is the transition time when summer crops are coming on and spring crops are going out. The broccoli is starting to head, and should be in your boxes in a week. Also, looking forward to the first zucchinis in a couple weeks! --Sunil

Veggie Notes

Kale - There a few varieties of kale in your bunches: Beedy's Camden is the wavy light green, Red Russian is the red-veined type, and tuscan is the dark green narrow type.

Snow Peas - The peas are here! Snow peas are great eaten just as they are, and can be sautéed as well. You may also find some snap peas in your container.

Lettuce - This type of lettuce is called butterhead lettuce, and has red outer leaves with a light green center.

Garlic Scapes - Scapes are the flowering stalks of garlic. You can chop them to use just like garlic, or puree them into a great sauce or pesto. The whole thing can be used in a dish for that garlicky flavor we've all been craving in this time before the real harvest in a month or so.

Scallions - We've also missed the onion flavor in our boxes for a while now, and finally these green onions are ready to pick and chop into a sauté, soup or sandwich.

Cucumbers - The cucumbers slowed down quite a bit with the cool weather we've been having, but the potential fruit is very high, so we expect a lot more in the coming weeks.

Chard - The chard is taking off now. It seems to like the cool and wet weather we've been having.

Broccoli - It has just started heading, so just enough for full shares today.

Raspberries OR Strawberries - For the half shares today. Strawberries or raspberries. The raspberry plants are loaded with unripe berries, so there should be a whole lot more when the weather gets warm next week.

CHOICE:

Beets or Carrots - The beets got eaten by critters for the most part and the weeds got out of control, so there's a choice this week so we can target the beets to the people who love them. They're candy striped beets, picked young so the rodents don't eat them all!

Join us on Saturday, June 16th 10 am - 12 pm for our First Summer Event: GET TO KNOW YOUR FARM - SEASON KICK OFF!

~ Tour the fields where your food is grown!

~ See the Kids Garden!

~ See the NEW Herb Garden!



~ Find out more about how we produce the fresh, local, organic produce you'll be receiving this year!

--> Can't make it to the first event? SAVE THE DATE for HERBAL MONDAY WITH STEPH on June 18th or A TASTE OF WHAT'S IN SEASON on June 23rd

--> Check our website www.greenmooregardens.com or <http://www.facebook.com/pages/Greenmoore-Gardens/137863532941766> for future event updates and details!

Recipes

Baby Beets with Scallions

~ Recipe courtesy of Martha Stewart

Roasting the beets maximizes their sweetness, although steaming retains their flavor and color. Make sure to choose roots of the same size. The walnut oil in the vinaigrette adds a nutty fragrance to the dish. For an even tastier vinaigrette, and to make the most of the beet juices, toss the vinaigrette into the roasting pan and stir in the juices before drizzling the mixture over the dish.

- 2 tablespoons balsamic vinegar
 - 1 tablespoon walnut oil
 - 3 tablespoons extra-virgin olive oil
 - 12 to 16 assorted baby beets, with greens attached
 - 3 sprigs fresh thyme
 - 6 medium scallions, cleaned, stems trimmed to 2 inches
 - Coarse salt and freshly ground pepper
 - 2 tablespoons crumbled blue cheese (1 ounce)
1. Make vinaigrette: In a small bowl, whisk together balsamic vinegar, walnut oil, and 2 tablespoons olive oil. Set aside.
 2. Preheat the oven to 400°F. Remove leafy greens from tops of beets; trim stems, and discard. Rinse greens thoroughly, and refrigerate. Pare away tough skin at top of beets. With a firm-bristle vegetable brush or the back of a paring knife, scrub beets clean under cold running water. Place beets in a small roasting pan. Add remaining tablespoon olive oil and the thyme. Season with salt and pepper. Add enough water to just cover the bottom, and cover tightly. Place in oven, and cook 20 minutes, remove lid, and continue cooking until beets are tender to the tip of a sharp knife, 10 to 15 minutes.
 3. Slice scallions in quarters lengthwise. In a large sauté pan over medium-low heat, melt butter; add scallions, and sauté, 5 to 7 minutes. Raise heat to medium high, and continue cooking until browned, about 5 minutes. Transfer scallions to a bowl, and set aside.
 4. Remove beet greens from refrigerator. Using the same pan as for the scallions, sauté greens over medium-high heat until just wilted, about 2 minutes. Transfer immediately to serving plate. Place scallions over greens. Trim "tails" from beets, and slice larger beets in half. Arrange beets over wilted greens with scallions. Drizzle vinaigrette over beets and greens. Sprinkle with blue cheese. Serve immediately.

Scallions and Scapes Pancakes

~ Recipe courtesy of Ashley Folk

- 3 cups of mashed potatoes
- ¼ cup Parmesan cheese
- 1 egg, lightly beaten
- 6 tbsp of flour divided
- 1 tbsp of scallions finely chopped

- 1 tbsp of garlic scapes, finely chopped
- 1 tbsp of fresh chopped parsley
- Canola oil to sauté

1. In a mixing bowl combine potatoes, cheese, egg, 3 tbsp of flour, scallions, scapes, and parsley.
2. In a separate plate add 3 tbsp of flour for dredging the pancakes.
3. Fill an ice cream scoop or heaping tbsp with the mixture, shape the pancakes in your hands and dredge them in flour.
4. Add 3 tbsp of canola oil to a non-stick skillet and sauté them about 2-3 min on each side over medium/high heat or until golden brown. Add more oil if needed.
5. Remove mashed potato cakes to a plate lined with a paper towel to soak up excess oil. Serve with a dollop of sour cream.

Stir-Fried Fish with Snow-Peas, Mushrooms & Garlic Scapes

~ Recipe courtesy of "Ferdzy," a local, seasonal food blogger from a small town in Ontario, Canada

- 2 cups snow-peas
- 8 to 10 garlic scapes
- 8 to 10 button mushrooms
- 2 tablespoons peeled, minced fresh ginger
- 1 450 gram (1 pound) fillet of whitefish
- 1 tablespoon corn starch or arrowroot
- 2 tablespoons water
- 2 tablespoons soy sauce or tamari
- 2 tablespoons sunflower seed oil

1. Wash the snow peas and remove the stem ends. Rinse the garlic scapes and cut them into pieces about the same length as the snow-peas. Clean the mushrooms and cut them into quarters. Peel and mince the ginger.
2. Skin the fish fillet and cut it into strips about 2 cm (3/4") wide.
3. Mix the starch, water and soy sauce in a small bowl. Heat the oil in a large skillet or wok. Add the garlic scapes, and several tablespoons of water. Cook for one or two minutes, tossing the scapes occasionally, until the water is evaporated.
4. Add the ginger, the fish pieces, and the mushrooms. Continue cooking, turning the contents of the pan about (be a bit careful - the fish is fragile) until the fish is opaque, and the mushrooms lightly browned and softened; about 2 or 3 minutes.
5. Add the snow peas, and mix them in well. After another minute or so, stir up the contents of the small bowl and pour it around in the pan. Continue cooking and turning until the sauce thickens; about one minute.
6. Serve over steamed rice.