



The Garden Herald

Greenmoore Gardens 2012 Summer CSA

Week 6: June 12th

Lettuce	Broccoli	*Garlic Scapes
Peas	Cucumber	
Kale	Raspberries	
Scallions	*Chard	

News from the Fields

The first week of June felt like spring (cool and wet), so unfortunately we couldn't plant the corn and beans until just yesterday. We got the winter squash planted on time and that felt great. We've also finally got a sowing of beets in the ground which was tough when the rains kept coming. The first plantings of watermelons and cantaloupe are planted, and the first outdoor planting of zucchini is finally looking like it's about to flower and start producing fruit in the next couple of weeks. The first planting of beans is growing vigorously in the hot weather, and the tomatoes in the hoop houses are nice and green again after dealing with being in pots for too long. The first plantings of peppers and eggplant have their first baby fruit on them, though it will be a while until they're ready to pick. All in all, it looks like we're caught up. Now the race begins to sow all of the fall crops and start planting them out next month! --Sunil

Veggie Notes

Chard - Another round of colorful chard to pretty up your box (and your plate) this week. For full shares today.

Kale - Greens are great cooked in garlic and then finished off with a little apple cider vinegar.

Broccoli - The high tunnel planting is in full heading mode now, and the outdoor plantings are getting to that point soon. So here's a taste of some of the first spring broccoli. Broccoli is a tough one to grow in the spring, but this year, it's been pretty good. The success can partly be attributed to choosing the right varieties to plant, and partly from the cool May we just had.

Peas - Mostly snow peas, but you might find some snaps also. The snaps suffered from the very start because mice ate the seeds we sowed 3 times until we decided to start some plants indoors to later transplant them outside.

Lettuce - The lettuce crop is doing pretty well this year, and we've got a whole lot more planted in the shade-cloth covered high tunnel in hopes to produce you a head every week this year (or some salad mix instead).

Scallions - While we wait for the onions to fatten up in July, we satiate ourselves with the allium pungency of scallions.

Cucumbers - The cukes are in the pick-everyday mode because of the heat. The cucumber beetles have found their way into the tunnel despite our efforts to seal it off from insects, so you'll see some scarring on your cucumbers from their bites. We've been rouging out vines that are succumbing to bacterial wilt (a disease that is transmitted by the beetles), and so far it looks like it might be under control at least until the outdoor plantings are coming to maturity.

Raspberries - The heat has made the berries ripen very quickly over the last weekend. It was hard to keep up the picking. We started picking for your shares on Sunday, so it's best to eat these very soon, as raspberries don't store well. I imagine that shouldn't be a problem though.

Garlic Scapes - The last scapes from the garlic plantings are in the full share boxes this week.

SAVE THE DATE for HERBAL MONDAY WITH STEPH on June 18th or OUR KICKOFF EVENT - GET TO KNOW YOUR FARM on Saturday, June 23rd 10 am - 12 pm!

- ~ 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!

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

Kale & Raspberry Salad

1 bunch kale, thick stems removed and leaves thinly sliced
1 ripe avocado, diced
3 scallions, thinly sliced
2 tablespoons lime juice
¼ teaspoon salt
½ pint raspberries

Toss kale, avocado, green onions, lime juice and salt together in a large bowl until evenly coated. Add raspberries and let stand 15 minutes to wilt kale.

Apple, Broccoli, & Cucumber Salad

Bring together 1 chopped apple, 1 peeled and chopped cucumber, fistful of boiled lima beans, ½ cup broccoli florets (boil for 1-2 mins), 2 tbsp chopped scallion whites and greens, chopped cilantro, 1 ½ tbsp balsamic vinegar, salt and pepper to taste, ½ tbsp honey or any sweetener of your choice, and a few toasted walnuts. Toss well. Add any fruit of your choice.

Stir-fried Snow Peas with Swiss Chard

⅓ lb snow peas or snap peas
⅓ lb pound Swiss chard
3 tbsp oil
2 scallions, chopped
sea salt

Trim and string the snow peas. Wash the Swiss chard in a bowl of cold water, then remove and shake off the excess water. Heat a large skillet or a wok. Add the oil, swirl it around, then add the onions and snow peas. Stir-fry the peas for 1 minute, then add the chard and a pinch of salt and stir-fry until the leaves are tender and bright green. Serve right away.

Almond & Broccoli Soup

½ C ground almonds
1 ½ lbs. broccoli
3 ¾ C stock
1 ¼ C milk (or I use almond milk or coconut milk)
sea salt and pepper

1. Preheat the oven to 350°F. Spread the almonds evenly on a baking sheet and toast them in the oven for about 10 minutes or until golden (keep an

eye on them - they toast quickly!). Reserve ¼ of the almonds and set aside for garnish.

2. Cut the broccoli into small florets. Steam for 6-7 minutes, until tender.
3. Place the remaining toasted almonds, broccoli, stock, and milk in a blender and process until smooth.
4. Pour the pureed mixture into a pan and heat to simmering. Sprinkle with the reserved almonds.

Raspberry Vinegar

Simply toss 1 C raspberries into a glass jar. Next, heat but don't boil about 1 ½ C mild white vinegar. Pour over the berries, cover, and leave at room temperature overnight. In the morning, drain and refrigerate. (Sometimes I leave the raspberries in longer, for a stronger flavor.)

You will love the sweet-sour sparkle this adds to your salad dressings, marinades, and sauces. You can also use it to de-glaze roasting pans.

Raspberry Vinaigrette

1 pint raspberries (2 C)
2 medium shallots, chopped
¼ C Dijon mustard
¼ C olive oil
⅓ C raspberry vinegar (see above recipe)
sea salt and pepper to taste

1. Place the shallots, raspberries, and mustard in a food processor or a blender. Puree for 45 seconds, until smooth.
2. With the processor or blender still running, slowly drizzle in the olive oil until a smooth emulsion is formed, about 30 seconds.
3. Add the vinegar and combine well.
4. If the dressing looks too thick, you may want to add a small amount of water or cranberry juice to thin to the desired consistency.

This dressing is welcome on any green salad. Try tossing it with raw, seasonal vegetables as well. You may use frozen strawberries or raspberries in this recipe. (I often freeze my berries if I don't use them right away. I don't wash them, they freeze better this way. Then you have them for smoothies, too!) Be sure to defrost them before using in the dressing recipe. This vinaigrette will keep for about 1 week in the refrigerator. It is also wonderful drizzled over grilled salmon, tuna, or chicken breasts.