



The Garden Herald

Greenmoore Gardens 2012 Summer CSA

Week 7: June 19th

Lettuce	Broccoli	Zucchini
Chinese Cabbage	Cucumber	
Chard	Raspberries	
Carrots	Peas	

News from the Fields

The long days of summer are here and the heat seems to be on its way. The farm tasks are now shifting from constant planting to constant picking and weeding. We are shifting our plantings in the greenhouses to sowing fall crops. The potatoes are starting to fatten under ground and the onions are putting on their last green growth before starting their bulbing process in a couple weeks. Maybe the sweet potatoes will finally start vining out after getting a late start and a cool early June. The leeks are finally putting on some new growth, and the field corn has been planted along with edamame soybeans. It will be a while until we see these crops, as we're still in the early summer mode until mid-late July. Then we'll see the corn, tomatoes, eggplants, peppers, and melons soon after! --Sunil

U-Pick Raspberries:

Bring a container to the farm and fill it up for \$10!

Weekdays 6am-5pm and by appointment outside of those hours.

Call Sunil at 412-418-2633 to make an appointment!

Veggie Notes

Chard - One trick to making greens a great treat is to cook them with bacon and eggs. Makes for a great breakfast.

Broccoli - Another round today for everyone.

Chinese Cabbage - Also known as Napa Cabbage. Try chopping, mixing with sliced cucumbers, adding salt, crushed red chillies, fresh ginger, and a little sugar or honey. Mix well and allow to marinate in the fridge. Serve cold on a hot summer day.

Peas - Snow peas and snap peas.

Lettuce - These are green bibb lettuces.

Carrots - Here's another round of carrots for everyone.

Cucumbers - The cukes started growing at warp speed toward the end of last week, and it was tough keeping up with picking them. There are two varieties that you'll see in the coming weeks. Both are specialty varieties that don't make seeds, so even if they get a little too big, they won't have any hard seeds in them. The smooth skin type is called Socrates, which is juicy and refreshing. The long and skinny type is called Tasty Jade. This type has a nice strong cucumber flavor and lends itself well to cucumber recipes and quick-pickles.

Raspberries - The berries are in full force and should be for at least another few weeks.

SAVE THE DATE for 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!

Cabbage & Cheese Curds with Tomato & Tamari

4 cups chopped cabbage
3 cups peeled, chopped tomato
100 to 150 grams (¼ pound) cheese curds
1 or 2 tablespoons tamari

Put the cabbage in a pot with sufficient water to come half way up it, and bring it to a boil. Simmer for about 5 minutes, until just tender. Drain well, but keep it in the pot.

Meanwhile, peel and chop the tomatoes. Add the tomatoes to the cabbage, along with the tamari. Bring to a boil then simmer, stirring regularly, until the tomato softens, just a couple of minutes. Add the cheese curds and cover the pot. Cook for about 2 minutes more, until the cheese curds melt.

Serve at once over noodles or rice.

Swiss Chard Rolls

1 small onion
8 medium-large chard leaves
1 tablespoon mild vegetable oil
1 medium carrot
2 tablespoons finely minced fresh dill
OR 1 tablespoon dried dill leaves
250 grams (½ pound) lean ground beef or lamb
salt & freshly ground black pepper

Peel and mince the onion. Cut the stems from the chard leaves, and chop about half of them fairly finely. Heat the oil in a skillet and cook the onion and chard stems until just soft, stirring frequently; about 5 minutes. Set aside to cool.

Peel and grate the carrot. Mince the dill. Put the carrot and dill into a mixing bowl with the beef or lamb, and salt and pepper to taste. (I used about ¼ teaspoon each.) Add the cooked onion and chard stems. Mix well - I find it easiest to do this by hand.

Wash the chard leaves and drain well. Divide the meat mixture into 8 equal parts - divide it into quarters, then divide each quarter into halves. Lay each chard leaf out, face down, and put a segment of the meat mixture in the bottom quadrant. Fold up the bottom and sides to cover it, then roll the leaf up to form as neat of a cylinder as you can.

Put the chard rolls into a large covered steamer with plenty of water, and steam them for 30 minutes. Serve with tomato sauce, over barley pilaf or rice. Save the water from steaming them to make soup.

Basic Napa Cabbage Kimchi (Kimchee)

1 (2-pound) napa cabbage head
½ cup kosher salt
About 12 cups cold water, plus more as needed
8 ounces daikon radish, peeled and cut into 2-inch matchsticks
4 medium scallions, ends trimmed, cut into 1-inch pieces (use all parts)
⅓ cup Korean red pepper powder

¼ cup fish sauce
¼ cup peeled and minced fresh ginger (from about a 2-oz piece)
1 tablespoon minced garlic cloves (from 6 to 8 medium cloves)
2 teaspoons Korean salted shrimp, minced
1 ½ teaspoons granulated sugar

1. Cut the cabbage in half lengthwise, then crosswise into 2-inch pieces, discarding the root end.

Place in a large bowl, sprinkle with the salt, and toss with your hands until the cabbage is coated. Add enough cold water to just cover (about 12 cups), making sure the cabbage is submerged (it's OK if a few leaves break the surface). Cover with plastic wrap or a baking sheet and let sit at room temperature at least 12 hours and up to 24 hours.

2. Place a colander in the sink, drain the cabbage, and rinse with cold water. Gently squeeze out the excess liquid and transfer to a medium bowl; set aside.

3. Place the remaining ingredients in a large bowl and stir to combine. Add the cabbage and toss with your hands until evenly combined and the cabbage is thoroughly coated with the mixture. Pack the mixture tightly into a clean 2-quart or 2-liter glass jar with a tight fitting lid and seal the jar. Let sit in a cool, dark place for 24 hours (the mixture may bubble). Open the jar to let the gases escape, then reseal and refrigerate at least 48 hours before eating (kimchi is best after fermenting about 1 week). Refrigerate for up to 1 month.

Peanutty Asian Style Salad

Make the Dressing:

2 tablespoons honey
2 tablespoons peanut butter
⅓ cup rice vinegar
1 teaspoon finely grated fresh ginger
1 tablespoon soy sauce
1 tablespoon fish sauce

Put the honey, peanut butter and vinegar together in a small jar, and heat (microwave) until the honey melts. Stir well until the peanut butter and honey are both totally dissolved and blended in. Peel and grate the ginger and add the rest of the ingredients. Mix well.

Make the Salad:

1 cup finely shredded red cabbage
2 cups finely shredded cabbage
2 cups mung bean sprouts
1 large carrot
4 mini greenhouse cucumbers
⅓ cup chopped peanuts

Shred the red and savoy or green cabbages. Rinse and drain the bean sprouts and chop them roughly. Peel and grate the carrot. Trim the ends from the cucumbers, and cut them in quarters lengthwise, then cut them into pieces crosswise.

Toss the vegetables together with the salad dressing. Serve topped with the chopped peanuts.