



The Garden Herald

Greenmoore Gardens 2012 Summer CSA

Week 8: June 26th

Lettuce	Zucchini	Scallions*
New Potatoes	Cucumber	Chinese Cabbage*
Kale	Raspberries	
Carrots	Peas	

* Full Shares

News from the Fields

The solstice just passed, so the day length will begin to decrease from this point on. The solstice marks the time of year when the days start getting shorter again, and it is at this time that slowly but surely the amount of light that the plants receive is reduced day by day. By mid-August, the plants will show a marked slowdown in production. However, right now the plants are growing fast and there's a lot out of crops in the fields that we're watching grow to maturity. The beans should start flowering soon, the watermelons and winter squash are starting to sprawl, and the cherry tomatoes are starting to fruit. Summer is the time of fruit, and we hope to see them coming on in full force by the end of July.

--Sunil

Veggie Notes

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

New Potatoes - New Potatoes are potatoes that have been dug early in the season before the skin toughens. They have a nice fresh flavor that you won't find in later season harvests. We just started using a mechanical method of digging potatoes (we were digging by hand in past years), and it makes the skin peel off much more than it did when we dug by hand. Either way, New potatoes should not be stored for long periods.

Chinese Cabbage - For full shares today.

Peas - Snow peas and snap peas.

Lettuce - These are green bibb lettuces.

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

Cucumbers - Lots of cukes for you today. Try the quick pickle recipe below!

Raspberries - We had time to pick larger portions for everyone today.

Zucchini - Still just a few out there this week. Looks like they'll really start coming on next week.

Scallions - A round of scallions for the full shares.

Quick Pickles

- 1 ¼ pounds cucumbers, trimmed and cut into ¼-inch slices
- 1 ½ teaspoons salt
- 1 cup cider vinegar
- 1 cup white vinegar
- 1 cup light brown sugar
- 1 cup chopped scallion
- 2 cloves garlic, slivered
- 1 teaspoon dill seed
- 1 teaspoon mustard seed

Place cucumber slices in a colander set in the sink. Sprinkle with salt; stir to combine. Let stand for 20 minutes. Rinse, drain and transfer to a large heatproof bowl.

Meanwhile, combine cider vinegar, white vinegar, brown sugar, onion, garlic, dill and mustard seed in a medium saucepan. Bring to a boil. Reduce heat and simmer for 10 minutes. Pour the hot liquid over the cucumbers; stir to combine. Refrigerate for at least 10 minutes to bring to room temperature.

Roasted New Potatoes

- 1 ½ lb of new potatoes (red or yellow skinned), cleaned, cut in half or quarters
- 2 Tbsp olive oil
- 2 cloves garlic, minced
- 1-2 teaspoons fresh rosemary
- ¼ teaspoon salt
- pepper to taste

1 Preheat oven to 450°F. Place potatoes in a mixing bowl. Sprinkle on salt and pepper. Add olive oil, rosemary, and garlic. Toss until potatoes are well coated.

2 Spread potatoes out on a single layer of a baking pan. Roast for 40 minutes, or until potatoes are cooked through and browned. Serve immediately.

Cucumber Raspberry Salad

- 4 cucumbers, halved lengthwise and sliced
- 1 pint of raspberries
- 1 avocado
- a handful of fresh mint, chopped (I used about half of a bunch)
- ¼ c. rice wine vinegar
- ¼ c. olive oil
- 2 Tbsp. sugar
- pinch of salt
- dash of black pepper

1. In a small bowl or jar, combine mint, vinegar, oil, sugar, salt, and pepper. Stir well until the sugar is dissolved.
2. Pour the dressing mixture over the cucumbers and raspberries. Stir gently (so that the raspberries don't get pulverized) until coated.
3. If you are not serving the salad immediately, cover tightly and refrigerate until meal time. When ready to serve, portion the salad out into bowls and top with cubed avocado and (if you want to get fancy) a mint leaf garnish.

Kale and White Bean Soup

- 1 lb dried white beans such as Great Northern, cannellini, or navy
- 2 onions, coarsely chopped
- 2 tablespoons olive oil
- 4 garlic cloves, finely chopped
- 5 cups chicken broth
- 2 qt water
- 1 (3- by 2-inch) piece Parmigiano-Reggiano rind
- 2 teaspoons salt
- ½ teaspoon black pepper
- 1 bay leaf (not California)
- 1 teaspoon finely chopped fresh rosemary
- 1 lb smoked sausage such as kielbasa (optional), sliced crosswise ¼ inch thick
- 8 carrots, halved lengthwise and cut crosswise into ½-inch pieces
- 1 lb kale, stems and center ribs discarded and leaves coarsely chopped

Cover beans with water by 2 inches in a pot and bring to a boil. Remove from heat and let stand, uncovered, 1 hour. Drain beans in a colander and rinse.

Cook onions in oil in an 8-quart pot over moderately low heat, stirring occasionally, until softened, 4 to 5 minutes. Add garlic and cook, stirring, 1 minute. Add beans, broth, 1 quart water, cheese rind, salt, pepper, bay leaf, and rosemary and simmer, uncovered, until beans are just tender, about 50 minutes.

While soup is simmering, brown sausage (if using) in batches in a heavy skillet over moderate heat, turning, then transfer to paper towels to drain.

Stir carrots into soup and simmer 5 minutes. Stir in kale, sausage, and remaining quart water and simmer, uncovered, stirring occasionally, until kale is tender, 12 to 15 minutes. Season soup with salt and pepper.