



The Garden Herald

Greenmoore Gardens 2012 Summer CSA

Week 8: July 3rd

Lettuce	Zucchini	New Potatoes
Mini-Cabbage	Cucumber	Scallions
Chard	Raspberries	Basil
Carrots	Peas	Dill*

*Full Shares

News from the Fields

The early summer transplanting season is drawing to a conclusion, and the fall planting season will begin shortly. Now we turn to the billions of weeds coming up in the fields which are growing at warp speed and cut, pull, cultivate, and hoe them so as to give as much advantage to the crops as possible. The first peppers and eggplants are starting to show, and the first cherry tomatoes are ripening. Unfortunately this year, there were a couple mishaps with the tomatoes. First, the hoop house plantings were set back when many of the plants were planted too late in June, and then the slugs ate many of the outdoor plants to bare stems. Therefore, it looks like we will have to wait until late July or early August for our first tomatoes. This is a late first harvest of tomatoes for this season, but on average seasons, we harvest the first ripe tomatoes in late July. So the timing should work out to be just like a "normal" year. Hopefully the late blight that is lurking around PA will hold off on showing its ugly face on the farm until much later. --Sunil

Veggie Notes

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

Mini-Cabbage - These are very mini cabbages that didn't do very well in the heat this season. The cabbage loopers also did their part in making the cabbages a small harvest. You're getting a few bitty cabbages to chop up into your next stir-fry. Cooking is highly recommended, as they are very spicy. Cabbage is a hit and miss spring crop, so just hold on for fall for the big sweet heads that you're used to.

Peas - The peas are on their way out for the season. Enjoy them while they last.

Lettuce - Some of you are getting light green bibb lettuces, and some are getting the frilly red and green leaf lettuce.

Carrots - These are from our outdoor planting, and may be the last carrots until the last high tunnel planting starts to fatten.

Cucumbers - The cucumber beetles are finally taking their toll on the high tunnel planting despite our best efforts to hand pick the insects off and prune the vines which are affected by bacterial wilt. The fruit are starting to develop deformities, and the plants are starting to die back quickly. The next planting of cukes are underway, but who knows how long they will stand up to the wilt.

Raspberries - The end of the raspberries is in sight as we pick the last fruit off of the canes until the fall. The farm crew will be happy to see the end, as picking takes a very large portion of the day. Looks like we'll have a few more for next week.

Zucchini - There are a lot of these in your box today. Pace yourself, so you don't get overwhelmed by them, as there are a lot more on their way!

New Potatoes - New potatoes are ones that are dug early in the season before the skin gets tough, and while the flesh still has a fresh flavor to it. They take well to boiling and roasting.

Scallions - Some onion flavor while we wait for the sweet onions to fatten in the field.

Basil - Just a couple sprigs for everyone today. Keep basil out of the fridge and in a cool spot with the stems in water.

Dill - For the full shares. Dill makes a great pair with cucumbers or potatoes.

Zucchini and Potato Bake

2 medium zucchini, quartered and cut into large pieces
4 medium potatoes, peeled and cut into large chunks
1 medium red bell pepper, seeded and chopped
1 clove garlic, sliced
½ cup dry bread crumbs
¼ cup olive oil
paprika to taste
salt to taste
ground black pepper to taste

1. Preheat oven to 400 °F.
2. In a medium baking pan, toss together the zucchini, potatoes, red bell pepper, garlic, bread crumbs, and olive oil. Season with paprika, salt, and pepper.
3. Bake 1 hour in the preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

Three Pea Salad

Prepare the Rice:

½ cup wild rice
½ cup brown rice
2 ½ cups water
½ teaspoon salt

Cook the above in your rice cooker, or put in a large pot on the stove and bring to a boil, then reduce the heat to very low and cook, covered, until tender and all the water has evaporated. Let cool. Use half of this cooked rice in the salad, and reserve half for another purpose.

Prepare the Vegetables:

2 cups snow peas
2 cups snap peas
2 cups shelled peas (4 cups when still in the pod)
1 medium zucchini
⅓ cup finely chopped scallions

Put a pot of water on to boil.

Wash the snow and snap peas, and pinch off the stem end of each, pulling away any strings that have formed along the seams. Cut them into about thirds. Shell the peas.

Put all the peas into the boiling water and cook for 1 or 2 minutes, until barely tender, then drain and rinse in cold water. Drain well.

Wash, trim and cut the zucchini into pea-sized dice. Trim and chop the scallions finely.

Make the Dressing & Finish:

2 tablespoons mild vegetable oil
2 tablespoons soy sauce
4 tablespoons apple cider vinegar
1 teaspoon toasted sesame oil
1 teaspoon very finely grated fresh ginger

Mix the salad ingredients in a small bowl or jar, and whisk or shake together.

Mix **one-half** of the cooked rice with the well-drained peas, zucchini and onion or chives. Toss with the dressing.

Zucchini-Chard Couscous with Herbs

1 ½ cups chicken or vegetable broth
1 tsp salt
½ tsp pepper
¼ tsp cumin
½ tsp saffron threads
2 tbsp olive oil
2 tbsp unsalted butter
2 zucchini, large dice
1 bunch chard, chopped into ribbons
1 can garbanzo beans, drained
1 ½ cups whole wheat couscous
1 cup chopped basil leaves
1 cup chopped parsley leaves

Bring the stock to a boil in a small saucepan, and turn off the heat. Add the salt, pepper, cumin, and saffron threads and allow to steep for at least 15 minutes.

Meanwhile, heat the olive oil and melt the butter in a sauté pan. Add the zucchini and cook for 5 minutes, or until lightly browned. Add the chard and cover with a lid until wilted. Turn off heat. Bring the stock just back to a boil. Place the couscous in a large bowl and add the garbanzo beans. Pour the hot stock over them. Cover the bowl tightly with a lid or plastic wrap and allow to stand at room temperature for 15 minutes. Add the zucchini and chard, basil and parsley. Toss with a fork and serve warm or at room temperature.