



# The Garden Herald

## Greenmoore Gardens 2012 Summer CSA

Week 10: July 13th

Lettuce	Potatoes	Basil
Kale	Fresh Garlic	Cucumber
Zucchini	Eggplant	Beans
Sweet Onions	Green Pepper	

### News from the Fields

It is this time of year between when the spring crops are totally finished, and the mid-summer crops are just about to come on, that the farm feels a little stressed out (or at least I do). So many things to make me anxious: catch up with the weeding; wish that planting of beans and cherry tomatoes went in a little earlier so we had them in the boxes this week; hope the rain comes soon; oh, and do some more weeding! The list goes on, and now we race to get it all done so we can get back to transplanting fall crops in a week or two.

The heat wave is over for now, so hopefully this means we can feel a little more energetic in the field, and the plants can feel a little less stressed out from the intense heat and sun. Your boxes are little less full than past weeks, but soon enough, they'll be filling to the brim with the colors of midsummer! --Sunil

### Veggie Notes

**Lettuce** - Large romaines for everyone this week. This planting did quite well in our shaded high tunnel, although there are some burnt tips due to the intense heat last week.

**Basil**- Maybe a fresh garlic and basil pasta this week?

**Zucchini**- Lots of them in your box today. Pace yourself, so you don't get sick of them too quick, as there are a lot more on their way!

**Potatoes**- We got through the red potatoes, and are now into some of the gold potatoes.

**Kale**- The kale planting has slowed down quite a bit in the heat and under insect pressure.

**Spring Onions**- These onions are called Ailsa Craig. They aren't the regular white sweet onions, but they are sweet! We've found that this variety does better than the white ones in our fields the past couple years.

**Fresh Garlic** - The garlic harvest is in and it's a pretty good one. You're getting this garlic uncured, so it will have a milder flavor. Best to eat it raw in more concentrated amounts rather than cooked.

**Eggplant**- These are asian eggplants. They're skinnier than eggplant you might be used to. They are great roasted or grilled and have a great sweet flavor.

**Peppers** - These are a few green peppers that looked pickable, so your getting one just a taste today. The long skinny green peppers are not hot peppers, use like a regular green bell pepper.

**Cucumber** -Our second planting is coming in now.

**Beans** - The plants decided to put out one more flush for us, enough for full shares.

U-Pick raspberries free of charge for Members! We have a whole lot of tiny berries left on the canes that just take too long to pick for everyone, so we're inviting you to come and pick them if you like.

Weekdays: 6am-5pm.

All other times: by appointment

## Recipes

### Pappardelle with Kale, Uncured Bacon, Onion and Garlic *from the romantictable.com*

-3/4 pounds fresh kale , washed, stems removed and cut crosswise into strips  
12-1/2 slices Uncured bacon , slivered  
2-1/2 medium white onion , peeled, cut in half and thinly sliced  
7-1/2 to 12-1/2 cloves garlic , peeled and chopped  
3-3/4 to 5 cups reduced sodium chicken broth  
Salt to taste  
Freshly cracked Black pepper to taste  
22 ounces Pappardelle pasta  
2-1/2 to 5 cups Asiago cheese , grated

Cook bacon in a large stockpot over medium heat until lightly browned. Using a slotted spoon, remove bacon pieces from pot. If the bacon had a lot of fat, drain off some of it, leaving enough fat in the pan for flavor and to cook the onion and garlic in.

Separating the onion segments as you place onion in the hot stockpot with bacon fat, cook until the onion is slightly softened. Add in chopped garlic and stir well until garlic is fragrant and lightly golden. Return bacon to pot then stir well to distribute throughout onion mixture.

Add in kale strips and stir well, picking up the onion-bacon mixture from the bottom of the pot and evenly distribute amongst the kale pieces.

Add in chicken broth and stir. Then cover the pot and increase heat to steam Kale for approximately 8 - 10 minutes. Add in salt and pepper to taste.

When the Kale leaves are wilted, add in the grated Asiago cheese. This, in combination with the chicken broth will make a light sauce. Toss well to distribute evenly and correct seasonings.

In the meantime, bring a large pasta pot filled with hot water to boiling. Add in a tablespoon or so of salt then add the pasta and cook as directed on package.

Add the drained pasta to the Kale mixture and toss well. Be sure to pick up the bacon-onion bits from the bottom of pan to distribute evenly throughout pasta mixture. If need be, add additional Asiago cheese and/or chicken broth

for flavor and moisture, then serve.

Kale and Potato Gratin *from the kitchn.com*

1 1/2 pounds thin-skinned boiling potatoes such as red potatoes  
1 bunch kale  
1/4 cup olive oil  
4 cloves garlic, minced  
2 teaspoons coarse salt  
1 teaspoon pepper  
Between 1/3 and 2/3 cup bread crumbs  
1/3 cup grated Parmesan cheese (optional) OR  
3 tablespoons olive oil and 1 tablespoon minced fresh herbs, such as thyme or sage

Preheat oven to 350° F.

Get a pot of water boiling large enough to accommodate the potatoes. Also prepare an ice bath.

Meanwhile, slice the potatoes 1/4-inch-thick. Set aside. Remove and discard the spines from the kale then chop the remaining leaves in 1/2-inch-thick ribbons by stacking the leaves and slicing in the direction of the veins. This doesn't need to be exact, as long as you end up with a pile of roughly 1/2-inch-thick shreds of kale.

When the water is boiling, add a dash of salt and gently drop in the potatoes, cooking for about 2 to 3 minutes, until tender, but not cooked through. Drain and plunge into the ice bath.

Drain again and dump onto a dish towel and blot.

In a large bowl, combine the olive oil, garlic, salt and pepper. Add the kale and rub the olive oil mixture aggressively into the leaves. Layer the kale and potatoes alternately with a sprinkling of bread crumbs and Parmesan in a 9"x12" rectangular casserole or glass or ceramic baking dish.

Vegan adaptation: If you want to leave out the Parmesan, double the bread crumbs to 2/3 cup. Rub the extra olive oil and the minced herbs into the breadcrumbs with your fingers until they are the texture of wet sand. Proceed as directed above, layering the bread crumbs between the potatoes and kale.

Cover with foil and bake for 30 minutes. Remove foil and bake another 15 minutes, until top is crispy.