



# The Garden Herald

## Greenmoore Gardens 2012 Summer CSA

Week 11: July 17th

|              |          |               |
|--------------|----------|---------------|
| Lettuce      | Potatoes | Green Pepper  |
| Beans        | Cucumber |               |
| Zucchini     | Basil    |               |
| Sweet Onions | Eggplant | Fresh Garlic* |

\*Full shares

### News from the Fields

We've got the beds ready to do the big fall planting this Wednesday. Lots of broccoli, cauliflower, and cabbages for us to enjoy this fall. The fall carrots are weeded and just in time to start weeding them again! Rutabagas are up and growing, and the fall beets are starting to fill out their rows. The tomato plants are finally starting to ramp up the fruit production and I can finally see the possibilities of lots of fruit in a few weeks. Our first planting of corn is just starting to ripen it's kernels and there are baby watermelons on the watermelon vines. The big onion planting will be ready to harvest in a couple weeks, and the winter squash has spread it's vines far and wide and is now flowering profusely. High picking season is on its way!

--Sunil

### Veggie Notes

**Lettuce** - A bag of cut lettuce for you this week.

**Basil**- A few more sprigs this week.

**Zucchini**- One trick to cooking zucchini well is to make sure to not overcook it.

**Potatoes**- Yukon Gold, very tasty golden flesh.

**Sweet Onions**- Nice sweet flavor suited very well to raw eating.

**Fresh Garlic** - For the full shares this week. Fresh garlic has a milder flavor than cured garlic, so it's best eaten in larger quantities and on the raw side.

**Cucumber** - Our second planting is the more familiar slicing cucumber. The planting is doing pretty well so far.

**Beans** - First of the bean crop. There's green, yellow, and purple beans in your share. The purple ones do lose color when cooked, so enjoy it before you put them in the pan!

**Eggplant** - Another little taste for you this week. Not enough for all the shares, so you may have extra peppers! Try adding it to your next saute.

**Pepper** - The green peppers are weighing the plants down quite a bit, so we're lightening the load for them. Colored peppers in a few weeks.

## Bulgar with roasted Vegetables

(1-inch) cubed peeled eggplant  
salt  
zucchini  
chopped onion  
olive oil  
black pepper  
garlic  
ground cumin  
ground turmeric  
ground ginger  
chicken broth  
1 cup coarsely ground uncooked bulgur wheat  
fresh parsley  
lemon juice  
Preparation

Preheat oven to 450°.

Place eggplant in a colander. Sprinkle with salt; toss. Let stand 20 minutes. Drain and pat dry with paper towels.

Combine eggplant, zucchini bell peppers, onion, and 1 tablespoon oil in a large bowl; toss well. Spread eggplant mixture evenly in a jelly-roll pan coated with cooking spray; sprinkle with 1/4 teaspoon salt and black pepper.

Remove white, papery skin from garlic head (do not peel or separate the cloves). Cut off top 1/4 inch of garlic head using a serrated knife; discard top. Rub 1/4 teaspoon oil over bottom portion of garlic head. Add garlic head, cut side up, to eggplant mixture. Bake at 450° for 40 minutes or until vegetables are browned, stirring occasionally.

Heat 1 tablespoon oil in a large Dutch oven over medium-high heat. Add cumin, turmeric, ginger, and chicken broth. Bring to a boil. Stir in bulgur; cover, reduce heat, and simmer over medium-low heat 20 minutes or until liquid is absorbed.

Remove garlic from eggplant mixture. Separate cloves; squeeze to extract garlic pulp. Discard skins. Stir garlic pulp, eggplant mixture, parsley, and lemon juice into bulgur mixture.