

# THE GARDEN HERALD

Week 1- Tuesday, May 14th



# GREENMOORE GARDENS

## Veggie Notes

- |               |                      |
|---------------|----------------------|
| * Spring Mix  | * Parsley/Dill       |
| * Spinach     | * Plum Purple Radish |
| * Kale        | * Asparagus          |
| * Swiss Chard | * Head Lettuce       |

## Field News

Hello CSA Members!

It is our first week of our CSA season for 2013! We want to thank all of our renewing members for joining us again this year and to welcome all of our new members. We are looking forward to a great season.

It has been an interesting Spring as far as the weather is concerned. After some weeks of sun and warm temperatures, we had a heavy frost last night. We do have row covers that we can lay over our outdoor and indoor crops to protect from the cold, but it is always a scary prospect to have a frost so late.

We will probably have mostly greens for the first few weeks of the season, with a few little extras here and there as the weather warms up. The most exciting thing we have this first week is our young asparagus. It is quite sweet, and I notice all of us sneaking a stalk here and there while we harvest. It is just too good to resist. You can bake, steam, roast or grill it, and it will be our featured recipe this week. Enjoy!

-Laura and the Greenmoore Crew

## Recipe

# Spring Asparagus and Parmesan Sandwich

(from allrecipes.com)

### Ingredients

- 1 1 bunch asparagus, trimmed
- 2 12 slices French bread
- 3 1/4 cup butter
- 4 1/3 cup mayonnaise
- 5 1/3 cup shaved parmesan cheese
- 6 12 lettuce leaves
- 7 black pepper to taste

**Directions:** Steam the asparagus until just tender. Rinse under cold water and blot dry.

Spread 1 side of half the slices of bread with 1/4 tsp butter and 1 tbsp mayonnaise each. Layer with asparagus and sprinkle with parmesan cheese. Place lettuce on top, sprinkle with black pepper and add the top slices of bread.