

THE GARDEN HERALD

WEEK 3 MAY 28-JUN 1



GREENMOORE GARDENS

Veggie Notes

- | | |
|-----------------|-----------------------|
| * Spring Mix | * Mizuna |
| * Spinach | * Asparagus |
| * Kale | * Head Lettuce |
| * Swiss Chard | * Beet Greens |
| * Arugula | * Braising Greens Mix |
| * Broccoli Raab | * Pea Shoots |

Field News

Hello Summer CSA Members!

Asparagus is a perennial vegetable, bringing up new shoots every year in late April or early May. It is the fourth year of our asparagus field, and so we can harvest for about 4-6 weeks from that field. As they continually come up, we are harvesting every other day to make sure that we take them when they are at their most tender and sweet.

In addition, this week we are getting our first crops out of the fields instead of relying purely on the high tunnels for your produce. This spring has been cool (even cold), and things have been very slow-growing. The strawberries and peas are flowering, tomatoes are in the ground, and even the corn is sprouting, so we are excited to be moving along into the warmer weather.

This week's recipe was inspired by Chef Pete and Sous Chef Steve at Otto's. At a recent event, we partnered with them to provide vegetables and they made a wonderful sweet pickled asparagus. I don't have their exact recipe, but I have found something very similar. Enjoy!

Laura and the Greenmoore Crew

Recipe

Sweet Pickled Asparagus

(shesimmers.com)

Ingredients

- 1 1 bunch Asparagus, cut to correct length
- 2 1 cup water
- 3 1/2 cup sugar
- 4 1.5 cup white wine vinegar
- 5 2 T salt
- 6 6 cloves garlic, sliced
- 7 2 T yellow mustard seeds
- 8 2 T fennel seeds

Directions: Wash the asparagus, cut to the appropriate length and fit lengthwise into a glass jar.

Bring all of the remaining ingredients to a boil, stir to dissolve the sugar. Pour the hot mixture over the asparagus. The entire jar is left to cool, then refrigerated with the lid on.

Refrigerate for 48 hours before eating. This version of refrigerator pickled asparagus keeps it crunchy.