

THE GARDEN HERALD

WEEK 4 JUN 4-8



GREENMOORE GARDENS

Veggie Notes

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|---------------|-----------------------|
| * Spring Mix | * Mizuna |
| * Spinach | * Asparagus |
| * Kale | * Tatsoi/Pac Choi |
| * Swiss Chard | * Radishes |
| * Arugula | * Braising Greens Mix |
| | * Pea Shoots |

Field News

Hello Summer CSA Members!

I wanted to talk this week a little about our insect problems and how we solve them in an organic way. For some things, like cucumber beetles, we can use row cover to keep them out. It is pretty effective, although not perfect, and so inevitably the cucumbers will succumb to them. We should get a good harvest for you first though!

The flea beetles are incredibly aggressive this spring. Flea beetles are very small black beetles that are interested in the leafy greens of our mustard and brassica (cabbage) family. I mentioned it in the share forecast, since your Pac Choi and Tatsoi were a little damaged, although I think we caught it in time. We use an organic pest control called Pyganic that is made from chrysanthemums.

This week, I tried to find something good to do with your pea shoots. This salad also uses the salad mix and radishes. Some of the other items are not available yet from our farm, so you may have to go to the grocery store. Enjoy!

Laura and the Greenmoore Crew

Recipe

Rainbow Garden Salad

(www.peashoots.com)

Ingredients

- 1 2 carrots
- 2 1 yellow pepper
- 3 handful of red cherry tomatoes
- 4 1 bag pea shoots
- 5 half a cucumber
- 6 1 bunch radishes
- 7 4 spring onions
- 8 half a lemon
- 9 1 T olive oil

Directions: Peel the carrot, then using the peeler, make long thin ribbons. Slice the pepper and cucumber into long thin strips. Cut the cherry tomatoes in half. Thinly slice the radishes. Remove the outer leaves from the spring onions, then slice into small rings. Place all the ingredients into a salad bowl with the pea shoots. Drizzle on the olive oil and the juice of the lemon, season with salt and pepper.