

# THE GARDEN HERALD

WEEK 5 JUNE 11-15



# GREENMOORE GARDENS

## Veggie Notes

- |                 |                    |
|-----------------|--------------------|
| * Spring Mix    | * Carrots (Med/Lg) |
| * Kale          | * Bok Choi         |
| * Garlic Scapes | * Radishes         |
| * Strawberries  | * Peas             |
| * Head Lettuce  | * Beets            |

## Field News

Hello Summer CSA Members!

This week I would like to feature our garlic scapes. The scape is the stem or stalk of the garlic plant that would bud and flower. If left to itself, this would put the plant's energy into flower production instead of bulb production, resulting in smaller and weaker tasting heads of garlic. Luckily for us, the necessity of cutting the scapes gives us a delicious vegetable to give out in shares at the beginning of summer.

For those of you who haven't had any previous experience with scapes, here are a few suggestions for preparing them. They are great cut up in stir fry, for pickling either by themselves or as a garlic flavor for pickled asparagus, cucumbers and peppers, sauteed with vegetables or mushrooms, minced on bruschetta, or used in place of chives or scallions as a garnish.

We are continuing to transplant and seed this week for later season harvests. We have new successions of beans and cucumbers going in, rutabaga, cabbage, basil, pumpkins, winter squash, fennel and soon the brussels sprouts. I know last year was a disappointing one on the brussels sprouts, so we're going to try hard to have a nice big harvest this year!

-Laura and the Greenmoore Crew

## Recipe

### Esalen's Kale Salad

(From a Work Trader who wishes to remain anonymous)

#### Ingredients

- 1 1/3 cup tamari soy sauce
- 2 1/3 cup lemon juice
- 3 1/3 cup flax seed or extra virgin olive oil
- 4 1/2 medium red onion
- 5 1/4 cup sunflower seeds
- 6 1/4 cup pumpkin seeds
- 7 1/4 cup sesame seeds
- 8 1 bunch fresh kale
- 9 1/2 cup alfalfa sprouts
- 10 1/2 cup sunflower sprouts
- 11 1 avocado (optional)
- 12 1 cup thinly sliced crimini or shiitakes (optional)

**Directions:** Combine the soy sauce and lemon juice in a blender, and slowly dribble in the oil as you blend. You can also do this in a bowl with a whisk, just make sure you whisk vigorously. Then, toast the seeds in a heavy bottomed pan over medium heat until seeds are just golden and fragrant. Toast each seed type separately as their size requires varying roasting times. Cool to room temperature. De-stem the kale. Stack the kale leaves and slice into 1/4 inch ribbons. The success of this recipe lies in cutting the kale into small ribbons and in completely massaging the kale with the dressing. Toss the seeds, sprouts, and kale together in the marinated onions and as much dressing as necessary to lightly but completely dress the kale. Massage the dressing into the kale with your hands. If adding, toss in the avocado or mushrooms now, and serve.