

# THE GARDEN HERALD

WEEK 7 JUNE 25-29



# GREENMOORE GARDENS

## Veggie Notes

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

## Field News

Hello Summer CSA Members!

This week we are continuing with our cycle of seeding, transplanting, weeding and harvesting. The rainstorm last night was sorely needed, (our irrigation pond has been running a little low) and so we can look forward to some nice growth this week. The downside is that the weeds also love the rain.

In your share box, you will be getting a Rainbow Mix of carrots. This includes orange, yellow, white and purple carrots. They don't grow quite as big as some of the bunching carrots that you see, but they are full of sugars and are great both raw and cooked.

I thought it would be interesting to pass on a little information about the history of the carrot. Originating in Afghanistan at the dawn of agricultural civilization, the main types of carrots were white, yellow and purple. It was not until the 16th century that the Dutch took a hybrid variety of orange carrot and made it quite popular. This 'Horn' variety is what all of our orange carrots are descended from. As it turns out, the Afghans still grow the white and purple varieties to make an apparently very interesting alcoholic beverage. (Sorry, that won't be the recipe this week!)

-Laura and the Greenmoore Crew

## Recipe

# Easy Stir Fry with Ginger and Garlic

(From foodnetwork.com)

## Ingredients

- 1 2-3 T sesame seeds
- 2 1-2 T olive oil
- 3 1 bunch scallions or 1/2 white onion, sliced
- 4 1 bunch carrots, sliced
- 5 1 pint peas
- 6 1 Bok Choy, cut up in bite size strips
- 7 1 bunch garlic scapes, chopped
- 8 2 T soy sauce
- 9 1 T minced ginger
- 10 red/green peppers, sliced (optional)
- 11 1 jalapeno or thai pepper, minced (optional)
- 12 Salt/Pepper to taste

**Directions:** Heat oil to Med/Med-high in skillet. Add carrots and peas first. Once they have begun to lightly brown, add the scallions/onion and garlic scapes, along with the minced ginger and sesame seeds. If you decide to add peppers or hot peppers, now would be the time.

Cook for 5 minutes or so. If the pan begins to smoke or the vegetables seem to be browning a little too heavily, add about 1/4 cup water to deglaze the bottom of the pan, and allow to evaporate fully, while turning down the heat.

Add the Bok Choy and soy sauce, stirring well. Cook for 1-2 minutes until the greens have wilted and the stalk has become tender. Season and serve.