

THE GARDEN HERALD

WEEK 9 JULY 9-13



GREENMOORE GARDENS

Veggie Notes

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|----------------------------|---------------------|
| * Spring Mix | * String Beans |
| * Kale | * Bok Choy |
| * Garlic Scapes | * Scallions |
| * Zucchini/Squash/Cucumber | * Kohlrabi |
| * Head Lettuce | * Beets/Beet Greens |
| * Peas | * Swiss Chard |

Field News

Hello Summer CSA Members!

This week continues our spring to summer vegetable transition. It is a strange time of year for all of you when you get some random items in your CSA box. While looking up recipes for your kohlrabi this week, I came across this website that illustrates very well the time of year: <http://www.thebittenword.com/thebittenword/2009/07/turnip-and-kohlrabi-slaw-.html>

Also, this humorously named column may be helpful for you for the rest of the season when you find a vegetable you just don't know what to do with: http://www.huffingtonpost.com/2012/06/15/kohlrabi-recipes_n_1597114.html

Now that I have give you all a few links to lists of kohlrabi recipes, I am feeling free to look up another vegetable to focus on this week. We have had scapes for so long now that I am thinking maybe some of you have a stockpile. So this week, I will offer you a way to use them up with a recipe for pickled scapes.

Enjoy!
Laura

Recipe

Pickled Garlic Scapes

(From foodiewithfamily.com)

Ingredients

- 1 2 bunches garlic scapes, washed and trimmed
- 2 1.5 cups apple cider vinegar
- 3 1.5 cups water
- 4 2 T kosher salt
- 5 2 T raw sugar
- 6 1 tsp black pepper corns
- 7 1 tsp mustard seed
- 8 1/2 tsp red pepper flakes
- 9 1/2 tsp coriander seeds

Directions: Coil garlic scapes into a sterilized pint jar, filling to within 1/4 in of the top. (this recipe is for 2 pints)

Add one half of the pepper, mustard seed, coriander seed and pepper flakes to each jar of scapes.

Bring the vinegar, water, salt and sugar to a boil, stirring until the salt and sugar are dissolved. Pour this brine over the scapes, making sure they stay in the jar.

Wipe the rims of the jars and fix the lid tightly in place; place in refrigerator. They should hold for 6-8 months unopened.