

THE GARDEN HERALD

WEEK 8 JULY 2-6



GREENMOORE GARDENS

Veggie Notes

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| * Spring Mix | * Carrots |
| * Kale | * Bok Choy |
| * Garlic Scapes | * Scallions |
| * Zucchini/Squash (Med/Lg) | * Peas |
| * Head Lettuce | * Beets |
| * Raspberries | |

Field News

Hello Summer CSA Members!

I am beginning to think that it may never stop raining. As much as it is a great thing to have enough rain that we don't need to irrigate, too much rain can be a hassle, too. We need to worry about erosion down our hillsides, and it is too muddy to get our cultivators into the fields. This means that the weeds are running rampant and we are pretty antsy to get beds ready for transplanting!

On a positive note, we have a little bit of barley planted across the street that will soon be ready to harvest, which we are hoping to get malted for brewing. It is our first step in trying out some grain production, which can be barley for brewing, wheat, spelt or other ancient grains for milling into organic bread and pasta flour, and oats for organic oatmeal. We are excited about the possibilities that this opens up.

This week's recipe is a fresh summery soup that can be served either hot or cold. Because it calls for mint, we will have some sprigs available on the free choice table today for you to take along if you are interested in trying this recipe out. Enjoy!

-Laura

Recipe

Snap Pea Soup with Mint and Lemon

(From theyearinfood.com)

Ingredients

- 1 1.5 lb snap peas, ends removed
- 2 1/2 cup minced shallots, sub scallions
- 3 2.5 cups chicken or veg broth
- 4 1/4 cup grated parmesan
- 5 2 T freshly chopped mint
- 6 Zest of one lemon
- 7 2 T fresh lemon juice
- 8 1/2 tsp sea salt
- 9 Fresh pepper to taste
- 10 1/4 cup creme fraiche, heavy cream or yogurt

Directions: Bring a large pot of salted water to a boil. Add the peas and blanch for about 6-8 minutes, until tender but still bright green. Drain immediately and place in ice bath.

Heat a separate pot over med-low flame and saute the shallots until soft, about 3 minutes, then remove from heat.

Add peas, broth, parmesan, mint, lemon zest, lemon juice, salt and pepper to the stock pot. Blend with an immersion blender or in batches. Reheat the soup until just hot. Whisk in the creme fraiche at the very end, serve with a dollop of creme fraiche and a mint leaf.