

THE GARDEN HERALD

WEEK 9 JULY 9-13



GREENMOORE GARDENS

Veggie Notes

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|------------------------------------|---------------------|
| * Spring Mix | * Carrots |
| * Kale | * Bok Choy (Med/Lg) |
| * Garlic Scapes | * Scallions (Med) |
| * Zucchini/Squash/Cucumber (Sm/Lg) | * Peas |
| * Head Lettuce | * Beets/Beet Greens |
| * Fava Beans | * Swiss Chard |

Field News

Hello Summer CSA Members!

This week is when we are really switching between our spring weather crops and our summer weather crops. I thought I could give you a little update as to how the later summer crops are faring.

Squash, zucchini, melons and cucumbers are looking great, as are the tomatoes and beans. We already have some turnips starting to come in, but they will need to be thinned and then to let grow! Our onions stayed small for so long that they have been a constant worry to me, but they are looking big, green, and healthy now. As they start to bulb out, I am getting excited and think they may really do ok this year. Potatoes are just shooting up with all this rain and hopefully all that leafy growth will give the tubers a lot of energy for some underground growth. The one thing that I am concerned with, though, is the corn. We didn't get fantastic germination in the field, so the cornfield looks a little spotty. We should have enough for everyone to get some, though! Other things to look forward to are celery, basil, fennel, garlic, peppers and eggplants.

This week's recipe features fava beans. Check online for even more great things to make with them!
-Laura

Recipe

Grilled Fava Beans

(From foodandwine.com)

Ingredients

- 1 1 pound fresh favas, reinsed
- 2 2 T extra virgin olive oil
- 3 1 scallion, sliced thinly
- 4 1/2 tsp crushed red pepper or chile sauce
- 5 Lemon wedges
- 6 Kosher salt

Directions: Light the grill. In a large bowl, toss the fava bean pods with the olive oil. Grill the favas over high heat for about 5 minutes, turning occasionally, until softened and charred in spots.

Return the beans to the bowls and toss with the scallion, crushed red pepper and salt. Transfer to a platter and serve.