

# THE GARDEN HERALD

WEEK 18 SEP 10-14



# GREENMOORE GARDENS

## Veggie Notes

- |                     |              |
|---------------------|--------------|
| * Roma Tomatoes     | * Onions     |
| * Fennel            | * Tomatoes   |
| * Cucumber/eggplant | * Garlic     |
| * Zucchini/Squash   | * Potatoes   |
| * Cherry Tomatoes   | * Basil      |
| * Peppers           | * Tomatillos |

## Field News

Hello Summer CSA Members!

This week's newsletter is featuring fennel. Earlier in the season, we had some green fennel that I had to give out as baby fennel to the medium and large shares, since the deer ate most of it. What we have now is bronze fennel. You can still use the bulbs, which you will all get eventually, but they don't grow as big and bronze fennel usually uses the fronds, which you will be receiving this week in your share box.

Fennel fronds can be enjoyed in salads or as a garnish. They have a sweet, slightly licorice flavor that is relatively strong when raw, although much milder when cooked. I would suggest using fennel fronds in place of dill when cooking seafood, as well as in soups, dips, and dressings. (do a quick google search and there are tons of recipes!) I will try to collect some seeds later on for those of you who want to use them for sausage making or baking.

While the recipe I picked for this week is an old Julia Child favorite, I also have a great one that uses white wine, chopped fresh tomatoes, diced onions and fennel to steam with mussels or clams for a very unique and flavorful dish. Enjoy!

Laura

## Recipe

# Baked Eggs with Fennel

(From [teaspooncomm.com](http://teaspooncomm.com))

### Ingredients

- 1 5 T evaporated whole milk
- 2 2 tsp fennel fronds, chopped
- 3 Fennel fronds for garnish
- 4 2 eggs
- 5 1/2 tsp butter

**Directions:** Preheat oven to 375 degrees. Use about 1/8 tsp butter to butter the bottom of two ramekins.

Heat 4 cups of water to boiling and keep hot. In a small skillet, combine milk and fennel fronds and heat slowly until warm. Set ramekins in a small baking dish and pour the hot water into the baking dish around the ramekins until it is 3/4 in deep. Spoon 1 T milk mixture into each ramekin. Crack 1 egg into each ramekin and top with another spoonful of milk mixture.

Bake at 350 for 8-10 minutes and remove when eggs are still soft and jiggly. They will continue to cook outside the oven. Serve with salt and pepper and garnish with remaining fennel fronds.