

Community Design Center of Minnesota

Salad Share CSA Newsletter

Youth Enterprise in Food and Ecology ~ Garden Corps

Volume X, Number ii

June 26, 2008

Hello Salad Share members- Saturday marked the Solstice and what has felt to us like the official commencement of summer. The heat has been tough physically but our spirits are high as we see our sun-loving crops begin to take off. We have constructed trellises for our tomatoes and cucumbers and even put some melons in the ground. The challenge now is keeping our crops wet and cool.

Interns have been caught in the unglamorous realities of organic pest control this week. We discovered that the wily rabbits out at Harding have decimated all but a few of our pepper plants, so we buried some animal fur around the edges of the garden. At the Swede Hollow Kitchen garden, potato beetles have made themselves known. To which we have responded with steady rounds of handpicking and collecting of the creatures. As some challenges subside such as the cold spring, new challenges arise and the learning continues! We hope you all enjoy this week's bag filled with fixings for a few good salads and some herbs that will accentuate any pasta dish.

Thank you, and bon appétit!
- Garden Corps Staff & Interns

Produce for June 26, 2008

~Fire Ball Red
lettuce
~Paris Island
lettuce
~Swiss Chard
~Red Russian &
Curly Leaf Scotch
Kale
~Bok Choi
~Parsley
~Chives
~Garlic Scapes
~Cilantro
~Fresh Thyme
~Marigold

From the Intern Garden Journals

The interns wrote a few words to update the CSA members on the gardens this week. Here are some excerpts:

"Hello there – don't you think the gardens look healthy & nice?"

"This week is really sunny, super hot, and it seems like the soils are really dry. Today we did some fertilizing and a lot of watering."

"We started today at the garden by the office. There we water, mound the green onions, and put straw on the walkway."

"Rabbits are going CRAZY with pepper plants!"

"This week is really hot. I mean really hot!"

"The gardens are improving."

"Everyday we keep a good look at our garden for the CSA. The garden looks a whole lot better now since there is nice sun and enough water."

Youth Intern quote of the week:

"What's going to grow on these cucumber trellises?"

Weather from the week of June 26, 2008

High Temp: 84

Low Temp: 54

Rainfall: .05"

Notes: Humid afternoons and evening thunderstorms in the early part of the week helped our crops take off over the weekend. Intense afternoon heat in the latter part has left our soil dry.

Salad Share CSA Newsletter

Youth Enterprise in Food and Ecology ~ Garden Corps

Volume X. Number ii

June 26. 2008

White Bean and Garlic Scapes Dip

Published in New York Times June 18, 2008

1/3 cup sliced garlic scapes (3 to 4)
1 tablespoon freshly squeezed lemon juice, more to taste
1/2 teaspoon coarse sea salt, more to taste
Ground black pepper to taste
1 can (15 ounces) cannellini beans, rinsed and drained
1/4 cup extra virgin olive oil, more for drizzling.

1. In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough purée.

2. With motor running, slowly drizzle olive oil through feed tube and process until fairly smooth. Pulse in 2 or 3 tablespoons water, or more, until mixture is the consistency of a dip. Add more salt, pepper and/or lemon juice, if desired.

3. Spread out dip on a plate, drizzle with olive oil, and sprinkle with more salt.

Yield: 1 1/2 cups.

Garlic Scapes

Scapes are the flower shoot of the garlic bulb and when picked off the plant help the garlic bulbs grow bigger. The bonus is that the scapes themselves are tasty all on their own! They are tender and delicious and do not carry the intense flavor of the bulb. Chop them up right from the bag for a salad or blend with some olive oil and parmesan to make a garlic scape pesto.

We here at the CDC have our favorite recipes but would love to hear what you shareholders are making with the vegetables. Please feel free to submit recipes to us and keep checking back at our website - we will soon have archived newsletters and recipes online!

Kale and Walnut Pesto

Recipe taken from Farmer John's Cookbook

1/4 cup chopped walnuts
1 tablespoon plus 1/2 teaspoon salt, divided
1/2 pound kale, coarsely chopped
2 cloves garlic, minced (About 1 teaspoon)
1/2 cup extra virgin olive oil
1/2 cup freshly grated Parmesan cheese (about 1 1/2 ounces)
freshly ground black pepper

1. Toast the chopped walnuts in a dry, heavy skillet (preferably cast iron) over high heat, stirring constantly, until they start to brown in spots and become fragrant. (Be careful not to over toast them, as they will burn very quickly once they are toasted.) Immediately transfer the walnuts to a dish to cool.

2. Bring two quarts of water to a boil. Add 1 tablespoon salt, then add the kale. Cook kale until tender, about 10 minutes. Drain.

3. Put the garlic, walnuts, and kale in a blender or food processor; pulse until well combined. With the blender or food processor running, pour in the olive oil in a steady, smooth, pencil-thin stream.

4. When the ingredients are thoroughly combined transfer to a bowl. Stir in the Parmesan, remaining 1/2 teaspoon salt, and pepper. Serve hot.

Yield: 1 cup