



Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

www.lettucepatchgardens.com

Week 12

May 27, 2007

This Week in the Gardens

We've been working hard to get the last of the summer crops planted this week. We've planted the rest of the tomatoes, beans, summer and winter squash, pumpkins, cucumbers, eggplants, tomatillos and peppers.

We have enjoyed watching the robin that has made her nest on one of our downspouts. We have a great view of the nest from the gardens. Soon the eggs will hatch, and she will spend literally every waking hour searching for food for them, returning to the nest every few minutes all day long, from sunrise to sunset.



American Robin

Veggie Spotlight-Beets

Beets have been grown and eaten for centuries. Beet remains have been excavated from Egyptian pyramids. And the earliest written mention of the beet comes from 8th century BC Mesopotamia. Beets have two parts that are both edible: the root and the leaves. Beet roots are highly nutritious: they are high in folic acid, potassium, calcium and antioxidants. You will notice that the beets in your share come with the greens attached. And the leafy beet greens are also very nutritious and can be used for juicing, or cooking as you would any other green. In fact, the beet tops are more nutritious than the roots. The greens contain significantly more iron, vitamin A, potassium and calcium than the roots.

Not only is beet nutrition good for you, they are also delicious baked, shredded in salads, or even as their own salad. We have included two beet recipes in this week's newsletter to get you started on cooking and enjoying your beets.

This Week's Share

- Salad Mix
- Radishes
- Scallions
- Parsley
- Cilantro
- Chives
- Swiss Chard
- Beets
- Arugula
- Braising Mix

Food that's 1500 miles fresher



How to Store This Week's Share

Beets Store beet roots in plastic bags in your refrigerator's crisper section for up to three weeks; to increase storage life, remove the greens but leave at least an inch of stem.

Arugula, Braising Mix and Lettuce Mix comes pre-bagged. Rinse and dry it to be sure it is completely clean. Store in a plastic bag in the refrigerator, keeping it away from the coldest parts of the refrigerator (back and top shelf).

Parsley and Cilantro are happy to be stored in the refrigerator or out on the counter in a cup of water. Change the water daily and it will last 1-2 weeks.

Radishes store best in the refrigerator in a plastic bag.

Scallions store best in the refrigerator in a plastic bag.

Swiss Chard will store best in the refrigerator in a plastic bag.



Roasted Beets and Sauteed Beet Greens

- 1 bunch beets with greens
- 1/4 cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion (optional)
- salt and pepper to taste
- 1 tablespoon red wine vinegar (optional)

Preheat the oven to 350 degrees . Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.

When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper. Yield: 4 servings.

Beet and Goat Cheese Arugula Salad

- 1/4 cup balsamic vinegar
- 3 tablespoons shallots, thinly sliced
- 1 tablespoon honey
- 1/3 cup extra-virgin olive oil
- Salt and freshly ground black pepper
- 6 medium beets, cooked and quartered
- 6 cups fresh arugula
- 1/2 cup walnuts, toasted, coarsely chopped
- 1/4 cup dried cranberries or dried cherries
- 1/2 avocado, peeled, pitted, and cubed (optional)
- 3 ounces soft fresh goat cheese, coarsely crumbled

Line a baking sheet with foil. Preheat the oven to 450 degrees F.

Whisk the vinegar, shallots, and honey in a medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette, to taste, with salt and pepper. Toss the beets in a small bowl with enough dressing to coat. Place the beets on the prepared baking sheet and roast until the beets are slightly caramelized, stirring occasionally, about 12 minutes. Set aside and cool.

Toss the arugula, walnuts, and cranberries in a large bowl with enough vinaigrette to coat. Season the salad, to taste, with salt and pepper. Mound the salad atop 4 plates. Arrange the beets around the salad. Sprinkle with the avocado and goat cheese, and serve.





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Non-Share Items for Sale:

Item	Price	Amount	Total
Gourmet Soap Bar, unscented	\$3.00		\$
Lip Balm, unscented	\$1.25		\$
Luffa Sponge	\$4.25		\$
		TOTAL	\$

Please make checks payable to: Lettuce Patch Gardens.

You can also order items online at:

www.lettucepatchgardens.com/colorado_springs_csa_non_share_items.htm