



Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

www.lettucepatchgardens.com

Week 10

May 8, 2007

This Week in the Gardens

This week we've been watching our pea plants start to show some new growth. They don't have flowers yet, but we should be harvesting peas sometime in June.

We've been adding new beds to the gardens for this season, and the wet weather we've been having has hampered our efforts. Digging in soil that is too wet destroys the soil structure. So, some plantings may be delayed a bit this year.



Localvores

A localvore is a person who eats only locally-grown and produced food. A localvore is a person committed to eating and learning about food grown within their food shed. Localvores recognize that there are multiple benefits of eating food grown close to home. The informal movement has sprouted in the past five years in response to a food supply that has become increasingly global and sprawling. By being a member of our CSA, you've already become one.

Thing to consider when purchasing food not provided by the CSA:

- What is available in my foodshed?
- What's in season?
- Where can I get locally-sourced foods?
- Where do the foods I eat come from? How do they get to me?

The food we buy in the supermarket (including much of the organic stuff) travels an average of 1500 miles, and is therefore heavily dependent on our unsustainable, petroleum-based transportation system.

This Week's Share

- Salad Mix
- Radishes
- Scallions
- Baby Leeks
- Parsley
- Cutting Celery
- Carrots
- Sprouts

Food that's 1500 miles fresher



How to Store This Week's Share

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 is 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.

Sprouts store in the refrigerator. These only keep for a couple of days, so use quickly.

Carrots will store best in the refrigerator in a plastic bag.

Words of Wisdom



Who cannot believe in the power of seeds? The power, the energy stored within the earth is so unimaginable that we can't conceive of it. It's like infinity. ~ Elizabeth Berry

Fassolatha: Greek Bean Soup

According to food historians, fassolatha has been around since ancient Greek times. It is the national dish of Greece, representing the best of the Greek way of cooking: legumes, vegetables, herbs, and olive oil. Whether you make it with tomato or lemon, culinary tradition dictates that fassolatha must be served with crusty bread, feta cheese, and black olives.

1 1/2 cups of dry white beans (Great Northern or cannellini) rinsed, soaked 24 hours and drained
2 bay leaves
2 carrots, sliced or cut in chunks
1 large mild onion, grated
4-8 stems of wild celery or cutting celery (or 5-6 stalks of celery), leaves and stalks, chopped
1 14 oz. can plum tomatoes, chopped
2/3 cup of extra virgin olive oil
1 teaspoon of salt (or to taste)
1 teaspoon of pepper (or to taste)
flat-leaf parsley leaves, chopped
8-10 cups of water

Place drained beans and bay leaves in a large soup pot with 8 cups of water. Bring to a boil, reduce heat to low and simmer for 1 1/2 hours. Remove bay leaves. Add carrots, onion, celery, and simmer for 1 hour longer.

Add tomatoes, salt, pepper, and olive oil, and cook for 30 minutes. The beans should be soft and creamy, but not to the point of disintegrating. Remove from heat, season to taste, and serve in bowls, drizzled with olive oil and sprinkled with chopped parsley. Fassolatha bean soup is served warm or at room temperature.

Alternate Preparation:

To make "white" fassolatha (without tomatoes), leave out the tomatoes, cook as above, and just before serving, stir in the juice of 1 lemon.

Preparation tip:

During the simmering time, you may need to add more water. Make sure to add boiling water, and not more than a half of a cup at a time. Fassolatha is not an especially thick soup, but should not be watery.

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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:

http://www.lettucepatchgardens.com/colorado_springs_csa_non_share_items.htm