



Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

www.lettucepatchgardens.com

Issue 1

July 10, 2007

Welcome to our Newsletter

In this newsletter we will be bringing you news from the gardens as well as easy and tasty recipes for using our local produce and other local and organic ingredients you can buy at Rocky Mountain Natural Store.

We will also keep you informed about any significant issues facing local growers, our food supply, the environment and organic food in general.

This Week's Produce

- Swiss Chard
- Basil
- Sage
- Rosemary
- Oregano
- Mint
- Chives
- Cilantro

This Week in the Gardens



We've been harvesting an abundance of herbs this week. So, we have a lot of great and easy recipes featuring our fresh herbs.

Our tomatoes have been loving all the heat we've had recently, and we're expecting to begin harvesting them in the next few weeks.

Localavores/Sustainable Ag News Bits

There was a great (and disturbing) article in the June 11, 2007 issue of [High County News](#) about [genetically engineered crops that are Roundup ready](#) and Monsanto's domination of the GE seed market. If you don't subscribe to High County News or have never heard of it, you can visit their website and get 2 issues free to check it out, or read it at your local library. It is a great source of non-reported or under-reported stories that are affecting the West.

Food that's 1500 miles fresher



Vegetarian Recipe-Vegan or Ovo-Lacto

Chickpea Dip with Fresh Cilantro

This is a great summer-time recipe as it requires no cooking!

2 cups canned chickpeas (aka garbanzo beans), drained (liquid reserved)
1 tablespoon freshly squeezed lemon juice
Grated zest of 1 lemon
1/2 teaspoon fine sea salt
2 large cloves garlic, minced
1 cup fresh cilantro leaves, several leaves reserved for garnish



In a food processor or blender combine the chickpeas, lemon juice, lemon zest, salt garlic and most of the cilantro leaves. Blend until smooth, adding 5-6 tablespoons of the reserved liquid if necessary. Taste for seasoning. Store in an airtight container for up to two days. When serving, garnish with a few fresh cilantro leaves. Serve on crackers.

From Patricia Wells' [Vegetable Harvest: Vegetables at the Center of the Plate](#)

Words of Wisdom

You will find something more in woods than in books. Trees and stones will teach you that which you can never learn from masters. ~ St. Bernard

Grilled Chicken Recipe

Lemon Oregano Chicken

2 cloves garlic finely chopped
1/3 cup oil, such as canola or light olive oil
1 tablespoon grated lemon zest
2 tablespoons fresh lemon juice
1/4 cup fresh chopped oregano
1 tablespoon chopped flat-leaf parsley
1/4 tsp. salt
1/4 tsp. black pepper
1/2 dry white wine, (can substitute water)
2 pounds skinless, boneless chicken breast

Combine garlic, oil, zest and juice, oregano, parsley, salt, pepper and wine or water in a 13x9x2 baking dish. Place chicken in pan. Turn to coat several times, cover and refrigerate for at least 1 hour.

Remove from marinade, and grill or broil about 4 inches from the heat. Turn frequently until cooked through and no longer pink. Serves 4-6.



Weeknight Recipe (recipes that can be prepared quickly on a weeknight)

Chicken Breasts with Mint, Capers and White Wine

4 skinless, boneless chicken breast fillets (about 4 oz. ea)
1/4 cup fresh mint leaves
2 tablespoons extra-virgin olive oil
Fine sea salt
1 cup dry white wine
2 tablespoons capers, in vinegar, drained

Cut each chicken breast in half. Cover with plastic wrap, and with a meat mallet or heavy-duty skillet, flatten the meat to about 1/4-inch thickness. In a shallow bowl, combine the chicken, mint and 1 tablespoon of the olive oil. Cover and marinate for at least 15 minutes.

In a large skillet over moderate heat, heat the remaining tablespoon of oil until hot but not smoking. Add the chicken and cook for about 2 minutes. Season with salt and turn, cooking the other side for about 2 minutes more, until the center of the chicken is no longer pink. Season the second side and transfer to a warm plate. Cover with foil to keep warm. Slowly add the wine to the skillet, scraping up any bits of chicken that cling to the pan. Add the capers and boil, uncovered, 2-3 minutes or until the sauce is reduced and syrupy. Drizzle the sauce over the chicken.

Serve with a green salad and fresh bread.

From Patricia Wells' [Vegetable Harvest: Vegetables at the Center of the Plate](#)

How to Store This Week's Lettuce Patch Produce

Swiss Chard 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). During the summer months it will keep for up to a week.

Basil-Store basil in a cup of water out on the counter, away from direct sunlight. Basil is sensitive to chill injury, so it is best to store it out of the refrigerator. Change the water daily. Stored this way it will keep for 2-3 weeks.

Rosemary-Similar to basil, rosemary should be stored in a cup of water on the counter.

Parsley-Can be stored in a cup of water on the counter or in the refrigerator.

Cilantro-Store in a cup of water in the refrigerator, covered with a plastic bag.

Mint-Store in a cup of water in the refrigerator, covered with a plastic bag.

Chives-Store in a cup of water in the refrigerator, covered with a plastic bag.

Sage-Store in a cup of water in the refrigerator, covered with a plastic bag.

Oregano-Store in a cup of water in the refrigerator, covered with a plastic bag.



Grilled Leg of Lamb

Garlic and Rosemary Marinade for Grilled Leg of Lamb

This makes enough marinade for one butterflied* leg of lamb. A leg of lamb will be nicely flavored after just three hours in this marinade, but can be marinated longer if you like.

6-8 medium garlic cloves, minced (about 2 tablespoons)
1 1/2 tablespoons fresh rosemary, minced
1/4 cup extra virgin olive oil

Mix ingredients together in a small bowl. Place lamb in a shallow dish, pour marinade over it, making sure to cover the entire piece of meat. Cover and refrigerate for at least three hours, or longer.

Preheat your grill with all burners set to high, and the lid down, about 15 minutes. Leave one burner on high and turn the other burners down to medium.

Remove the butterflied* lamb from the marinade. Place the lamb pieces, fat-side down, over the burners set to medium. Grill the lamb, covered for 5 minutes. Rotate the meat so that the outside edges are now facing the hottest burner. Grill, covered until the fat side of the lamb is a rich dark brown, 5 minutes longer. With tongs, turn both pieces over. Cook, fat-side up for 5 minutes and then rotate the meat to ensure even cooking. Continue grilling, covered until an instant-read thermometer inserted into the thickest part of each piece registers 125-130 degrees for medium rare, 135 for medium, 10-12 minutes longer. Transfer the meat to a large platter, tent with foil and let rest 20 minutes. Slice thinly on an angle and serve.

*To butterfly the leg of lamb, see video: http://www.epicurious.com/cooking/how_to/video/btfly_lamb, and description here: <http://www.cs.cmu.edu/~mjw/recipes/meat/lamb/mp-leg-lamb-coll.html>

From [The Best Recipe: Grilling and Barbecue](#)

Lettuce Patch Favorites (Recipes we've enjoyed again and again)

Mediterranean Herb and Garlic Paste

You may omit one or two of the herbs in this recipe, but be sure to compensate with the other herbs so that the total amount equals a scant quarter cup. This all-purpose paste is great rubbed onto steak and chops (beef, pork, lamb or bison) before grilling. Be sure to season them with salt and pepper as well.

1 Tablespoon chopped fresh parsley leaves
1 Tablespoon chopped fresh sage leaves
1 Tablespoon chopped fresh rosemary leaves
1 Tablespoon chopped fresh oregano leaves
3 medium garlic cloves, minced
1/4 cup extra virgin olive oil

Mix all ingredients together in a small bowl. Rub the paste onto meat before grilling, making sure to season the meat with salt and pepper to taste.

From [The Best Recipe: Grilling and Barbecue](#)



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