



Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

www.lettucepatchgardens.com

Issue 4

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This Week's Produce Available at [Rocky Mtn Natural Store](#)

- Summer Squash
- Baby Zucchini
- Chiogga Beets*
- Swiss Chard
- Chives
- Basil
- Rosemary*
- Oregano
- Sage
- Parsley, flat-leaf*

*recipe inside

This Week in the Gardens

Our summer squash is coming in fast and furious now. Tomatoes are not too far behind. The beans are also starting to produce and we've finally harvested the last of the garlic. It will be cured for a few weeks in a dry, cool spot.

In it's place we've planted cowpeas (a cover crop) that will replenish the nitrogen that the garlic used while it was growing.



COWPEAS

Localavores/Organic News

MORE PROOF THAT ORGANICS HAVE HIGHER NUTRITIONAL VALUE

A new study in The Journal of Agriculture and Food Chemistry found that organic tomatoes are twice as high in flavanoids as conventional tomatoes. Flavanoids protect against heart disease and other chronic ailments. Researchers analyzed and compared organic to conventional tomatoes over a ten year period. The organic tomatoes not only scored better, but their flavanoid levels actually increased over time. Prior similar studies have found organic foods to have higher levels of a variety of vitamins and minerals. Scientists attribute the higher quality of organic foods to the healthier soil on organic farms.

Read full study here: http://www.organicconsumers.org/articles/article_6181.cfm

Food that's 1500 miles fresher



Grilled Beets

Grilled Beets in Rosemary Vinegar

Don't know what to do with fresh beets? Marinate and grill them in this wonderful sauce! These go great with grilled meat, and are a colorful and flavorful alternative to your usual veggie fare.

1/3 cup balsamic vinegar
1 teaspoon chopped fresh rosemary
1 clove garlic, peeled and crushed
1/4 teaspoon salt
fresh ground pepper, to taste
3 medium beets, sliced into rounds



In a medium bowl, mix balsamic vinegar, rosemary, garlic, salt and pepper. Place beets in the mixture, and marinate at least 20 minutes.

Preheat an outdoor grill for high heat, and lightly oil grate.

Place the beets and marinade mixture on a piece of foil large enough to wrap all ingredients, and seal tightly. Place the foil packet on the prepared grill, and cook 25 minutes, or until beets are tender. Remove beets from the packet, and place directly on the grill grate for 2 to 5 minutes before serving hot.

Adapted from [The Vegetarian Grill by Andrea Chesman](#)

Quick Weeknight Recipe

Chimichurri Dipping Sauce (for bread)

1/3 cup lime juice
1/3 cup lemon juice
1/3 cup red wine vinegar
1 tablespoon fresh minced garlic
2 tablespoons fresh minced onion
1 teaspoon salt
2 teaspoons fresh ground pepper (two teaspoons is correct!)
1/2 teaspoon dried red pepper flakes
1 teaspoon sugar
1 cup chopped fresh parsley
1/4 cup chopped fresh cilantro (optional)
1/2 cup vegetable oil (canola, etc.)
1/2 cup extra virgin olive oil



Place all ingredients except the oil in a blender or food processor. Blend until pureed. Gradually add the oils until the mixture is emulsified.

Serve with fresh bread and a tossed salad for a quick summertime meal.

Note: This sauce freezes well, so make up a batch when parsley is abundant, and have it available all year. For more recipes using Lettuce Patch produce [visit our website](#)

Food that's 1500 miles fresher



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.

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.

