



# Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

[www.lettucepatchgardens.com](http://www.lettucepatchgardens.com)

Issue 6

August 14, 2007

## This Week's Produce Available at Rocky Mtn Natural Store

- Yellow Summer Squash\*
- Pesto Specials\*
- Baby Zucchini\*
- Walla Walla Onions
- Baby Leeks
- Chives
- Basil\*
- Rosemary
- Mint
- Parsley\*
- Sage

\*recipe inside

## This Week in the Gardens

This week we have an abundance of basil and parsley and are offering these as "pesto specials." The herbs are cosmetically imperfect but fine to eat (the imperfections are mostly due to hail damage spots).



Each bunch includes 1 large bunch of basil and one bunch of parsley.

We have included several recipes in this issue geared toward using these. The pesto specials are available exclusively at [Rocky Mountain Natural Store](http://Rocky Mountain Natural Store).

## Local Food/Organic News

### Videos Worth Watching

#### [Watch Your \(Fo\)odometer!](#)

This piece was produced for The Nation, and has some groovy music keeping it rolling. It's a great source of facts for local-food lovin' folks.

#### [Slow Food](#)

Been hearing about the international Slow Food movement? Here's a great introduction to the idea and the international organization behind it; from TBS Storyline in Atlanta, GA.

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# Vegetable Pancakes

## Herbed Zucchini Pancakes

[printable version](#)

Feel free to add other vegetable additions such as shredded carrots or onions.

2 cups grated zucchini, or a mixture of zucchini and yellow summer squash

1 teaspoon salt

2 large eggs

1/4 cup all-purpose flour

2 tablespoons butter, melted

1 tablespoon finely chopped fresh basil

1 tablespoon finely chopped fresh chives

fresh ground pepper

1/2 cup shredded sharp cheddar cheese

2 Tablespoons olive oil

sour cream (optional)



Toss the zucchini in a colander with the salt. Let stand in a sink to draw out the juices, about 30 minutes. Rinse well with cold water. A handful at a time, squeeze out the excess moisture from the zucchini.

Position a rack in the center of the oven and preheat to 200 F.

Beat the eggs in a medium bowl. Add the zucchini, flour, melted butter, basil, chives and pepper and mix well. Fold in the cheese.

Heat the oil in a large skillet over medium heat. Using 1/4 for each pancake, drop the batter onto the skillet, using a spatula to spread the batter into 1/2-inch thick pancakes. Cook, turning once, until the pancakes are golden brown, about 5 minutes on each side. Using a slotted spatula, transfer to a baking sheet and keep warm in the oven while making the remaining pancakes.

Serve with sour cream, if desired.

Makes 6-7 pancakes.

From: [The Cook's Garden](#)

For more recipes using Lettuce Patch produce [visit our website](#)



### Words of Wisdom

"A thing is right when it tends to preserve the integrity, stability, and beauty of the biotic community. It is wrong when it tends otherwise." ~ Aldo Leopold

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## Weeknight Recipe

### Linguine with Frenched Green Beans and Parsley Pesto

[printable version](#)

8 ounces fresh green beans, trimmed and sliced lengthwise into thin slivers  
2 cups gently packed flat-leaf parsley leaves  
10 fresh basil leaves  
1 garlic clove, peeled  
1/2 cup extra virgin olive oil  
pinch or more of cayenne  
1/2 cup freshly grated Pecorino Romano  
8 ounces dried linguine



Bring a large pot of water to a boil for the pasta. Steam the green beans until tender. They should yield easily under the pressure of your teeth.

Whirl the parsley, basil, garlic, olive oil and cayenne in a blender until you have a chunky puree. Stir in the Romano cheese. (Romano cheese tends to be salty, so taste for salt and add additional if desired). Generously salt the pasta water and drop in the linguine. Cook until al dente. Reserve 1 cup of the water. Return the pasta and beans to the pot, and add the pesto. Toss to combine. Add enough of the pasta water to loosen the pesto.

Serve with extra Pecorino Romano at the table. Serves 4.

Adapted from: [On Top of Spaghetti](#)

## How to Store This Week's Lettuce Patch Produce

**Swiss Chard and Beets** 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.

**Summer Squash** Store in the crisper drawer of your refrigerator.

**Walla Walla** Unlike other onions, these do not store well. Store in the crisper drawer of your refrigerator for 7-10 days.

**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.

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## Weeknight Recipe II

### Grilled Vegetable Platter with Pesto Dressing

[printable version](#)

Use enough of the following vegetables to serve the number of people you have to feed:

red, yellow or orange bell peppers, quartered  
tomatoes, halved  
eggplant cut into 1/2 in. rounds  
sweet onions, cut into 1/2 in. rounds  
scallions or baby leeks, whole  
summer squash, cut into wedges  
olive oil  
salt  
fresh ground pepper



Preheat an outdoor grill or grill pan to medium hot.

Brush the vegetables with olive oil and sprinkle with salt and pepper.

Grill, turning once or twice until charred and tender.

Toss with Pesto Dressing (see recipe below).

Arrange on a large serving dish. Serve hot or at room temperature.

From: [Organic Cookbook](#)

For more recipes using Lettuce Patch produce [visit our website](#).



# PESTO

## Pesto Dressing

[printable version](#)

2 Tablespoons pine nuts or almonds  
2 handfuls fresh basil leaves  
1 handful fresh parsley leaves  
2 garlic cloves, crushed  
6-8 Tablespoons extra virgin olive oil  
salt  
fresh ground pepper



Place the pine nuts or almonds in a dry pan over medium heat. Toss, stirring frequently until golden and fragrant, 10 minutes. Remove from the pan immediately and leave to cool. Place nuts, basil, parsley and garlic in a food processor. Pulse a few times and then stream the olive oil into the mixture to create emulsion. Add salt and pepper to taste.

Serve this on pasta, grilled vegetables or fish.

To freeze, double or triple the recipe and put pesto into ice cube trays, freeze until solid. Store in freezer bags. Use in the dead of winter for a fresh taste of summer!

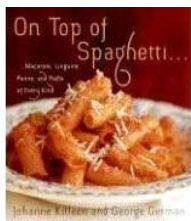
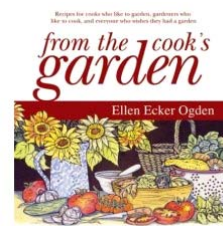
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## Resources Featured In This Issue

### From The Cook's Garden

Spring's approach brings the promise of planting and another season of garden produce. Ellen Ecker Ogden has written From the Cook's Garden as a guide for those seeking some new ways to use up their garden bounty.

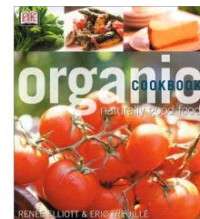


### On Top of Spaghetti

The noodle reigns supreme in this fun but singularly focused collection of recipes. Drawing from decades of experience, the James Beard Award-winning owners of Al Forno in Providence, R.I., and coauthors of Cucina Sympatica explore their favorite recipes at home and in the restaurant, including their favorite after-work treat, Midnight Spaghetti.

### Organic Cookbook

Natural, nutritious, and flavorsome food for all the seasons of the year. Re-awaken your tastebuds with the flavors and textures of the natural and nutritious ingredients used in the Organic Cookbook's delicious, satisfying recipes. Delicious, nutrient-packed meals result from the use of natural ingredients at their absolute seasonal best.



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