



Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

www.lettucepatchgardens.com

Issue 3

July 24, 2007

This Week's Produce Available at Rocky Mtn Natural Store

- Yellow Summer Squash*
- Baby Zucchini*
- Golden Beets
- Walla Walla Onions*
- Baby Leeks
- Chives*
- Basil*
- Rosemary
- Mint
- Parsley
- Sage

*recipe inside

This Week in the Gardens

This week in the Gardens we're harvesting some VERY sweet Walla Wallas (they almost don't taste like onions). Patrick, my husband and garden-helper, says they taste like "vegetable candy." Like all our produce these will be available at [Rocky Mountain Natural Store](#) for the next couple of weeks.



Currently, we are working to get our fall and winter crops started. We have many seedlings of lettuce, scallions, beets, carrots and kale already planted. To harvest during the cold fall, winter, and spring months requires advanced planning and succession planting (we have to have something going into the ground every week for the next few months).

Localavores/Organic News

Interview with Barbara Kingsolver

A couple of issues back we featured a write-up of Barbara Kingsolver's book *Animal, Vegetable, Miracle*. Now, you can hear an interview with the author where she describes her family's adventure to spend one year eating primarily what they could grow or purchase from local farmers.

As a food consumer and a mother as well as a keen critic of modern culture, Kingsolver and her family have produced a remarkable and uplifting narrative. Food, according to Kingsolver, is a "rare moral arena" in which the ethical choice is often the pleasurable choice.



[Listen now \(Real Audio: 53 minutes\)](#)

Food that's 1500 miles fresher



Summertime Soup

Chilled Zucchini and Avocado Soup

Zucchini and avocado together--who would have imagined that these two ingredients could be partners in such a culinary triumph?! The creamy, nutty avocado plays off perfectly against the bright earthiness of the zucchini, and the buttermilk ties it all together with a perfect, comforting zing.



- 1 medium zucchini, cut into 1/2-inch chunks
- 1 avocado
- 1 cup buttermilk
- 3/4 cup ice cubes
- 2 tablespoons lemon juice
- 1/4 teaspoon ground cumin
- 1 1/2 teaspoons minced chives, or other herbs for garnish

Steam the zucchini until very tender, about 10 minutes.

Halve, peel and chop the avocado and add to a blender with zucchini, buttermilk, ice, lemon juice and cumin.

Puree the soup, adding more ice cubes until the desired thickness is achieved. Pour into bowls and garnish with chives or herbs.

Serves 2 to 4

Inspired by a recipe from [Gourmet Magazine](#).
For more recipes using Lettuce Patch produce [visit our website](#)

Words of Wisdom

"I'd rather have roses on my table than diamonds on my neck."

~ Emma Goldman



Weeknight Recipe

Slow-Cooked Thin-Sliced Summer Squash Showered with Herbs

2 pounds mixed summer squash
3 tablespoons olive oil
1/2 cup simmering water
sea salt and freshly ground pepper
1/3 cup chopped flat-leaf parsley
2 tablespoons chopped or torn basil leaves



Slice the squash 1/4 inch thick.

Heat the oil in a wide skillet. Add the squash and cook over medium-low heat, flipping the squash in the pan every 3-4 minutes until it's tender and golden, about 20 minutes.

Add the water and continue cooking until none remains. Season with salt and pepper and shower the herbs over all. Serves 4-6

From [Local Flavors: Cooking and Eating from America's Farmers' Markets](#).
For more recipes using Lettuce Patch produce [visit our website](#).

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.

Food that's 1500 miles fresher



Weeknight Recipe II

Sweet Onion Quesadillas

1/3-1/4 cup shredded Monterey Jack or cheddar cheese
4 flour tortillas
1 small Walla Walla or other sweet onion, cut into 1/4-inch thick rings
1/4 cup salsa
Sour cream
Optional garnishes: diced tomato, guacamole, grilled and chopped chicken breast



Spray a skillet with non-stick spray or lightly coat with canola oil. Heat over medium-high heat.

Sprinkle 1/2 of each tortilla with equal portions of the cheese, salsa and onions. Fold the tortilla over and cook as many as you can comfortably fit into your skillet at one

time. Cook on each side for 1-3 minutes, until the tortilla is golden and the cheese has melted.

Slide the tortillas onto a plate and garnish.

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

Resources Featured In This Issue

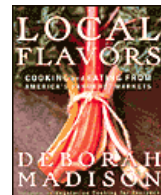
Animal, Vegetable, Miracle

Kingsolver, perhaps best known for her novels set in the desert southwest, takes a different turn with this memoir recounting her family's move to rural Virginia, where they endeavor to eat nothing but the food they or their neighbors can produce.



Local Flavors: Cooking and Eating from America's Farmers' Markets

The book offers chapters deftly arranged by fruit and vegetable families as they appear in the markets, such as "The Vegetable Fruits of Summer: Eggplants, Tomatoes, and Peppers" and "A Cool Weather Miscellany," which includes recipes such as Sautéed Artichokes with Potatoes and Garlic Chives and a marvelous "essence-of" soup: Elixir of Fresh Peas.



Gourmet Magazine

Gourmet editors review the best restaurants from around the world and provide expert travel advice for those in search of the ultimate epicurean experience. Each issue features refreshing, easy-to-prepare and delicious recipes that come complete with top recommended wines. You'll get low fat alternatives, Quick Kitchen recipes, 5 ingredient feasts, drink tips and great seasonal dishes.



Food that's 1500 miles fresher

