



# Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

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

Week 1

March 5, 2007

## This Week in the Gardens

Welcome to the 2007 CSA season! We are excited about this season. We're trying some new vegetables and new varieties to bring you the best herbs and vegetables.

In your first share of the season we've included some over-wintered vegetables. These are veggies that we planted early last fall. They have been protected from the winter weather with mulch or mini-greenhouses. These include the radishes, carrots, turnips, kale, leeks and scallions.



## Veggie Spotlight-Kale

The beautiful leaves of the kale plant provide an earthy flavor and more nutritional value for fewer calories than almost any other food around. It is in season from the middle of winter through the beginning of spring when it has a sweeter taste and is more widely available.

Kale is a great food if you're looking to sustain your health and enjoy a delicious food at the same time. Kale is a leafy green vegetable that belongs to the Brassica family, a group of vegetables including cabbage, collards and Brussels sprouts that have gained recent widespread attention due to their health promoting, sulfur-containing phytonutrients, including the glucosinolates and the methyl cysteine sulfoxides. Although there are over 100 different glucosinolates in plants, only 10-15 are present in kale and other Brassicas. Yet these 10-15 glucosinolates appear able to lessen the occurrence of a wide variety of cancers, including breast and ovarian cancers.

### This Week's Share

- Salad Mix
- Radishes
- Scallions
- Baby leeks
- Carrots
- Turnips
- Kale
- Braising Mix
- Sprouts
- Parsley

Food that's 1500 miles fresher



## How to Store This Week's Share

**Braising Mix and 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 and Baby Leeks** store best in the refrigerator in a plastic bag.

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

**Carrots and Turnips** store best in the refrigerator in a plastic bag.



### Words of Wisdom

Whatever path brings happiness, follow it like the moon in the path of the stars.

~ Anonymous

### Seared Garlic Greens

- 1 pound organic mixed greens such as kale, mustard greens or chard
- 1 tsp canola oil
- 2 tsp butter
- 2 tsp garlic, minced
- 1/2 tsp salt
- 1/2 tsp ground black pepper



Clean the greens by removing any thick stems and soaking the cleaned leaves in cold water. Remove the greens from the water and drain. Tear the leaves into 3-4 inch pieces.

In a large sauté pan heat up the oil and butter until it begins to sizzle. Toss the garlic in followed by the greens. (The greens will wilt during the cooking process). Let the greens cook for 30 seconds and stir from top to bottom. Cover and cook over a medium heat for 8-12 minutes. Stir the greens every few minutes. Once the greens are cooked, season with salt and pepper and toss to mix thoroughly. Serves 4

### Wilted Greens

- 1 pound greens, such as chard or kale, stemmed and well cleaned
- 1 tablespoon olive oil
- 2 cloves minced garlic (or more, to taste)
- 2 tablespoons minced shallots
- 1/4 cup white wine
- 1 tablespoon unsalted butter
- Salt and pepper

Tear the greens into large pieces. Heat the olive oil in a large pan and sauté the garlic and shallots. Add the greens and then add the white wine. Cover. Cook until tender, stirring so as not to burn the bottom, 4 to 5 minutes.

Add the butter and season with salt and pepper to taste.

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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](http://www.lettucepatchgardens.com/colorado_springs_csa_non_share_items.htm)