



Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

www.lettucepatchgardens.com

Week 7

April 17, 2007

This Week in the Gardens

This past week has been a bit rough on the plants. Severe wind, freezing temperatures and snow have all had an impact. Everything has survived, but there has been less growth than usual for this time of year.



On a positive note, we are still starting plants for the summer season, and are busy potting up transplants. We're looking forward to getting some of them into the ground this week. They will all be protected with season extension covers since spring is so unpredictable. We've also had a lot of bird activity in the gardens this week and have enjoyed the visits from our neighborhood Red Shafted Flickers (pictured at left).

Beet and Goat Cheese Arugula Salad

1/4 cup balsamic vinegar
3 tablespoons shallots, thinly sliced
1 tablespoon honey
1/3 cup extra-virgin olive oil
Salt and freshly ground black pepper
6 medium beets, cooked and quartered
6 cups fresh arugula
1/2 cup walnuts, toasted, coarsely chopped
1/4 cup dried cranberries or dried cherries
1/2 avocado, peeled, pitted, and cubed
3 ounces soft fresh goat cheese, coarsely crumbled

This Week's Share

- Salad Mix
- Radishes
- Scallions
- Sprouts
- Parsley
- Swiss Chard
- Beets
- Arugula

Line a baking sheet with foil. Preheat the oven to 450 degrees F.

Whisk the vinegar, shallots, and honey in a medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette, to taste, with salt and pepper. Toss the beets in a small bowl with enough dressing to coat. Place the beets on the prepared baking sheet and roast until the beets are slightly caramelized, stirring occasionally, about 12 minutes. Set aside and cool.

Toss the arugula, walnuts, and cranberries in a large bowl with enough vinaigrette to coat. Season the salad, to taste, with salt and pepper. Mound the salad atop 4 plates. Arrange the beets around the salad. Sprinkle with the avocado and goat cheese, and serve.

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How to Store This Week's Share

Beets Store unwashed beet roots in plastic bags in your refrigerator's crisper section for up to three weeks; to increase storage life, remove the greens but leave at least an inch of stem.

Arugula 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 store best in the refrigerator in a plastic bag.

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

Swiss Chard will store best in the refrigerator in a plastic bag.

Words of Wisdom

True generosity...You give your all, and yet you always feel as if it costs you nothing.

~ Simone de Beauvoir

Baby Leeks in Wine Sauce

24 baby leeks (about 1/2 in. wide)

3/4 cup chopped onion

1 clove garlic, chopped

3/4 cup dry white wine

3/4 cup chicken or vegetable broth

1/2 lemon, thinly sliced

2 Roma tomatoes (canned or fresh) (about 6 oz. total), seeded, and chopped

8 to 10 parsley sprigs

Thin strands of lemon peel

Salt and fresh-ground pepper



Trim off and discard leek roots and tops, making each leek 6 inches long. Rinse well.

In a 10- to 12-inch nonstick frying pan, combine onion and garlic. Stir over medium-high heat until onion is limp, 4 to 5 minutes.

Add wine, broth, lemon slices, tomatoes, and parsley to pan. Lay leeks in pan. Cover and bring to boiling over high heat. Turn heat to low and simmer until leeks are tender when pierced, about 10 minutes.

With a slotted spoon, transfer leeks to a shallow rimmed dish.

Discard lemon slices and parsley. Boil tomato mixture over high heat until reduced to about 1 cup, 3 to 5 minutes.

Pour sauce across center of leeks. Garnish with lemon peel and season to taste with salt and pepper. Serve warm or at room temperature.

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