



Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

www.lettucepatchgardens.com

Week 8

April 24, 2007

This Week in the Gardens

This winter definitely was a heavy snow year for our area, and this spring has been very volatile. These changing weather conditions are reflected in weekly production amounts, which may vary as we proceed. This week's shares are small, but amounts will increase with the season!

Many of the items which will come your way in the immediate weeks ahead, are ones which were seeded in November, December or early January. Some are from perennial plants and some are heirloom volunteers from last fall 's crops. Being the experimenters that we are, we always try new things during certain times of the year, so a few of these items may be the "success" of those trials.



This Week's Share

- Salad Mix
- Radishes
- Scallions
- Sprouts
- Parsley
- Cutting Celery

Food that's 1500 miles fresher



Creamy Green Onion Soup

4 tablespoons butter
6 bunches scallions
salt and freshly-ground black pepper, to taste
5 cups vegetable broth
2 cups small mushrooms, sliced
1/3 cup heavy cream

For many of us, green onions have the taste of spring: piquant, fresh, invigorating. And it's good to know that they have lots of immune-enhancing compounds to boost our good health.

In a heavy-bottomed soup pot, melt the butter and add the green onions, along with salt and pepper to taste. Saute for a few minutes, until the onions are softened, then add broth and bring the mixture to a boil. Reduce heat, cover, and allow to simmer for 10 minutes.

Add 1 cup of the mushrooms. Puree in a food processor or blender until smooth, then put the soup back in the pot, add the cream and the remaining mushrooms, and heat gently (do not boil) until the mushrooms are tender. Serve warm. Serves 4

Words of Wisdom

Let your hook be always cast; in the pool where you least expect it, there will be a fish.

~ Ovid



Five Breath Mint Midnight Wrap

1 large flour tortilla, any flavor.
1 cup cooked spaghetti (or other cooked noodles)
2 teaspoons olive oil
1/8 teaspoon red pepper flakes
1/2 garlic clove, minced fine
1/4 cup crumbled feta cheese
1/2 cup grated sharp cheddar cheese
2 tbsp. Garlic cream cheese (To make your own, beat softened cream cheese with freshly minced garlic. Add a little black pepper.)
Roasted pepper slices
Hot sliced peppers (pickled banana peppers or jalapenos)
Sundried tomatoes preserved in oil, drained and thinly sliced
2 green onions, whole (also called scallions), trimmed to fit the tortilla

Cook pasta according to instructions. Drain and toss with olive oil, minced 1/2 garlic clove, feta cheese, and red pepper flakes. Set aside to cool. Or have it on hand in the fridge where it's been waiting for days. Spread tortilla with garlic cream cheese, leaving a 1/2-inch border unspread. Sprinkle with hot sliced peppers, roasted peppers, and sundried tomato strips. Top with grated cheddar cheese. Try and get ingredients as level as possible, and don't sprinkle them all the way to the edge. Add the pasta mixture. In the middle of everything, place the whole green onions. Fold bottom border over filling, then sides, and roll up. If you can. Tends to fall apart on first bite.





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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