



# Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

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

Week 5

April 3, 2007,

## This Week in the Gardens

We've been starting a lot of seeds this week for our summer crops. Peas will go into the ground soon. And so will wheat, lentils and oats. We grow these crops to feed the soil (the lentils and peas fix nitrogen) and feed the compost pile. The wheat and oats have extensive root systems that break up our natural clay-soil and add organic matter. These crops are also important for making compost. They add carbon to the compost, which keeps it from breaking down quickly as the pile cooks. This adds significantly to our goal to be as sustainable as possible. — The more compost we can make ourselves, the less we have to rely on outside sources.



## How to Store This Week's Share

**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.

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

### This Week's Share

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

Food that's 1500 miles fresher



## Bistro Salad with Warm Goat Cheese

If you like, you can substitute walnuts for the hazelnuts and walnut oil for the hazelnut oil. Serves four.

Cooking spray

1/2 cup toasted hazelnuts (skinned, if you like)

1/4-lb. log fresh goat cheese

1 Tbs. sherry vinegar

3 Tbs. hazelnut oil

Kosher salt and freshly ground black pepper

4 generous loose handfuls of small lettuce leaves (or large ones torn up) from a variety (three is nice) of loose-leaf and butter lettuces (about 6 lightly packed cups), washed and thoroughly dried



Heat the oven to 400°F and lightly coat a baking sheet with cooking spray. Roughly chop half of the hazelnuts and finely chop the other half. Slice the goat cheese into four equal portions (if the slices crumble a bit, simply pat the cheese back together into a sort of patty). Press the finely chopped hazelnuts into the cheese rounds to coat them on all sides. Set the rounds on the baking sheet and bake until heated, about 6 to 8 minutes.

Meanwhile, make the dressing. In a small bowl, whisk the vinegar, oil, a big pinch of salt, and a few grinds of pepper. Taste and adjust the seasonings. When the cheese is ready, toss the lettuce with the dressing in a large bowl until the leaves are evenly coated. Mound the lettuce on individual plates, top with a round of warm goat cheese, and scatter the nuts all over.

---

## Roasted Shallot Vinaigrette:

1 tablespoon extra-virgin olive oil, plus 3/4 cup

1 medium shallot

1/4 cup white wine vinegar

Salt and pepper

In a small skillet, heat 1 tablespoon of olive oil over medium-high heat. Thinly slice the shallot and saute it in the pan until it begins to brown slightly. Remove the pan from the heat and place the cooked shallot in a blender. Add the white wine vinegar and puree the mixture. Slowly drizzle in the remaining olive oil in a steady stream while the blender is running. When all of the oil is incorporated, season with salt and pepper.

Yield: 1 cup



## Words of Wisdom

Do what you can, with what you have, where you are.

~ Theodore Roosevelt

---

Food that's 1500 miles fresher





# Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

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

---

## 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)