



# Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

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

Week 9

May 1, 2007

## This Week in the Gardens

The last few weeks found us rushing out to the garden between downpours, and we have fallen behind on our planting schedule.

Most of the crops we grow for you are planted in successions, for example we plant carrots four times a season, beets three times a season, and lettuce and greens just about every week.



So when we get a spell of wet weather like that three things happen: we see gaps in production of succession planted crops later in the season, we get behind on weeds, and we try to look at the bright side that at least we don't have to irrigate!

## Veggie Spotlight-Sprouts

After sprouts reach their peak, they immediately begin to lose their vitamin C. Because of this, don't attempt to store sprouts longer than a week.

Cook sprouted beans using the same recipes you normally use. Heat kills a percentage of the vitamins and enzymes gained by sprouting, so simmer or steam slowly depending on your recipe, and don't cook longer than necessary.

You can use sprouts in green salads all by themselves. You can also use raw sprouts in just about anything:

- Blended in drinks.
- Added to bean or lettuce salads.
- Mixed with already cooked breakfast cereals.
- Wrapped in tortilla or taco shells and smothered in your favorite sauce.
- Added to soups and stews just before eating.
- Sprout filled Won Tons.
- Put into sandwiches.
- Chop and sprinkle on soups.
- Add to stir-fries.

### This Week's Share

- Salad Mix
- Scallions
- Sprouts
- Swiss Chard
- Braising Mix

Food that's 1500 miles fresher



## Chicken Fried Rice

1/4 cup oyster sauce  
1 tablespoon soy sauce  
2 tablespoons peanut oil, divided  
2 eggs, beaten lightly  
1 cup frozen peas  
1 medium carrot, cut into matchsticks  
2 cloves garlic, minced  
3 cups white rice, cooked & cooled  
3 cups brown rice, cooked & cooled  
1 cup bean sprouts  
5 scallions, sliced thin  
8 ounces chicken, seasoned, grilled, & chopped  
4 ounces, tofu, cut into 1/2" chunks

Combine oyster sauce and soy sauce in a small bowl, set aside. Heat 12-inch nonstick skillet over medium heat until hot, about 2 minutes; add 1 1/2 teaspoons oil and swirl to coat pan bottom. Add eggs and cook without stirring until they just begin to set, about 20 seconds, then scramble and break into small pieces with wooden spoon; continue to cook, stirring constantly, until eggs are cooked through but not browned, about 1 minute longer. Transfer eggs to small bowl and set aside.

Return skillet to heat, increase heat to high, and heat skillet until hot, about 2 minutes. Add remaining oil and swirl to coat pan bottom. Add carrots, and cook stirring constantly, about 30 seconds. Add the peas and tofu and cook, stirring constantly about 30 more seconds. Add rice, chicken and oyster sauce mixture, cook, stirring constantly, and breaking up any clumps of rice, until mixture is heated through, about 3 minutes. Add eggs, bean sprouts, garlic and scallions; cook, stirring constantly, until heated through, about 1 minute. Serve immediately.

### Words of Wisdom

Nothing is waste until it is wasted.

~ Clark Gregory

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## Chickpea Ragout

2 tablespoons good olive oil  
1/2 cup diced (1/2-inch) onion  
1/2 cup chopped scallions  
1-14-ounce can diced tomatoes  
1 tablespoon coarsely chopped garlic  
1 (16-ounce) can chickpeas, drained  
1/2 cup chicken stock, homemade, or low-salt canned chicken broth  
About 1/2 teaspoon salt (less if using canned chicken broth)  
1/2 teaspoon freshly ground black pepper  
1 tablespoon chopped fresh flat-leaf parsley



Heat the oil in a saucepan over high heat and add the onion and scallions. Sauté for 2 to 3 minutes to soften the vegetables, then add the remaining ingredients, except the parsley.

Return to a boil, reduce the heat to low, cover, and cook gently for 15 minutes. Remove the lid and boil for a few minutes longer to reduce the liquid.

Divide among four bowls, sprinkle parsley on top, and serve.

Serves: 4





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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)