



# Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

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

Issue 2

July 17, 2007

## This Week in the Gardens



The garden is full of lots of green tomatoes right now, and we hope that they will start ripening soon. The first of the summer squash has come in, so we should be producing that quite regularly from now until the end of the summer.

We'll be harvesting garlic in the next week or two and are already starting our transplants for our fall crops. We've had a lot more bugs in the gardens this year than in years past, partly due to

the wet weather we've been having in our part of town. So, we're picking bugs by hand and using a bit more soap spray than usual.

## Localavores/Sustainable Ag News Bits

### Summer Reading: [Animal, Vegetable, Miracle](#)

Be sure to get your hands on Barbara Kingsolver's latest page-turner, [Animal, Vegetable, Miracle: A Year of Food Life](#). Kingsolver, perhaps best known for her novels set in the desert southwest, takes a different turn with this memoir recounting her family's move to rural Virginia, where they endeavor to eat nothing but the food they or their neighbors can produce. Kingsolver writes eloquently of her love for food, the land, and the natural environment of her Appalachian home, and starkly contrasts her family's choice to eat local foods and become more self sufficient with the industrialized agriculture, processed-food model that makes up most Americans' diets. Part cookbook and instruction manual (learn to make your own cheese and then whip up a delicious pizza with it!), part autobiography, part ode to simple pleasures like family, neighbors, and making do with what you have, [Animal, Vegetable, Miracle](#) is certain to lure you away from the drive-thru line and into the kitchen.

### This Week's Produce Available at [Rocky Mtn Natural Store](#)

- Radishes
- Yellow Summer Squash
- Scallions
- Parsley
- Basil
- Rosemary
- Chives
- Mint
- Dill

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## Radish Salad

### Red Radish Salad

2 teaspoons sugar  
1 lemon, juiced  
1/2 cup sour cream  
8 red radishes, thinly sliced  
2 apples, quartered cored and thinly sliced  
1/2 cucumber, thinly sliced  
2 tablespoons chopped fresh dill  
Salt and black pepper

Combine sugar, lemon juice, and sour cream in a medium bowl with a fork. Add radishes, apple, and cucumber.

Turn vegetables and fruit in dressing to coat. Season with dill, salt, and pepper, toss again; serve.

From: [Rachel Ray's 30 Minute Meals](#)



### Words of Wisdom

Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.

~ William Jennings Bryan

### Chilled Strawberry Soup

An ice-cold fruit soup in a chilled bowl tames the heat of July. Look for strawberries that are ripe but firm.

1 quart fresh strawberries  
1 cup sugar  
1 cup plain yogurt  
2 teaspoons minced fresh mint  
4 cups ice water  
3/4 cup dry white wine



Chop the strawberries in a food processor and then force them through a sieve. Mix in the sugar, yogurt and mint.

Add the ice water and white wine and sample for sweetness. Chill for at least 2 hours before serving.

Serves: 8

From [Herbal Soups](#)



## Weeknight Recipe (recipes that can be prepared quickly on a weeknight)

### The Best Pesto (-a little goes a long way!)

3 garlic cloves  
3 cups fresh basil leaves, packed in a cup  
3/4 to 1 cup fresh parsley leaves, packed in a cup  
1/2 cup pine nuts, or walnuts chopped  
1/3-1/2 cup extra virgin olive oil  
1/3 cup freshly grated parmesan (parmigiano reggiano is best)

Salt and fresh pepper to taste

Place peeled garlic in the work bowl of a food processor fitted with a metal blade. Process to chop. Add the basil and parsley leaves and process to chop.

While the motor is running, add the nuts and oil, starting with the lesser amount of oil. Add the cheese and process again. If the pesto seems too dry, add the rest of the olive oil.

Season to taste with salt and black pepper and serve on freshly cooked pasta, as a topping for grilled or baked fish, or in soup. Makes: 1 cup

NOTE: to save any extra pesto, place it in ice cube trays and freeze. 1 cube makes enough for 2 2-oz servings of pasta.

From: [Greens Glorious Greens!](#)

## How to Store This Week's Lettuce Patch Produce

**Swiss Chard & Scallions** Rinse and dry it to be sure it is completely clean. Store in a plastic bag in the refrigerator.

**Basil**-Store basil in a cup of water out on the counter, away from direct sunlight. Basil is sensitive to chill injury, so it is best to store it out of the refrigerator. Change the water daily. Stored this way it will keep for 2-3 weeks.

**Rosemary**-Similar to basil, rosemary should be stored in a cup of water on the counter.

**Parsley**-Can be stored in a cup of water on the counter or in the refrigerator.

**Cilantro**-Store in a cup of water in the refrigerator, covered with a plastic bag.

**Mint**-Store in a cup of water in the refrigerator, covered with a plastic bag.

**Chives**-Store in a cup of water in the refrigerator, covered with a plastic bag.

**Sage**-Store in a cup of water in the refrigerator, covered with a plastic bag.

**Oregano**-Store in a cup of water in the refrigerator, covered with a plastic bag.

**Dill**-Store in a cup of water in the refrigerator, covered with a plastic bag.



## Grilled Peppers with Mint and Feta (Vegetarian)

The Greek flavors in the recipe go well with lamb. (See [last week's issue](#) for a recipe for grilled lamb).

3 large red, yellow or orange bell peppers  
2 tablespoons extra virgin olive oil  
Salt and fresh ground pepper  
1 1/2 tablespoons red wine vinegar  
1 tablespoon fresh minced mint leaves  
1 tablespoon fresh minced parsley leaves  
1/4 cup crumbled feta cheese

Cut each pepper in half lengthwise (through the stem end). Remove the core and seeds. Cut the halves into thirds lengthwise. Toss the peppers and olive oil together in a large heat-resistant bowl. Season to taste with salt and pepper. Transfer the peppers to a grill, reserving the bowl with the residual oil.

Grill the peppers over a medium-hot fire (you should be able to hold your hand 5 inches above the cooking grate for 3-4 seconds), turning every 2 minutes until dark grill marks appear, the skin begins to wrinkle and the peppers are crisp-tender, about 8-10 minutes total.

Place the peppers back in the bowl and toss to coat with the residual oil. All the peppers to cool slightly and cut them into thin strips. Return them to the bowl, add the remaining ingredients (except the cheese) and toss to combine. Transfer to a serving platter and sprinkle with the cheese. Serve warm or at room temperature. Serves 4-6.

From: [Perfect Vegetables](#)



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## Lettuce Patch Favorites (Recipes we've enjoyed again and again)

### Roasted Garlic and Herb Butter for Corn on the Cob

Dry-toasting the garlic is a good option when you want to mellow the punch of raw garlic but don't have time to roast a whole head of garlic, or don't want to heat up the kitchen in the summer.

10 medium garlic cloves, skins left on  
6 tablespoons unsalted butter, softened  
1 tablespoon fresh parsley leaves, minced  
1 tablespoon fresh basil leaves, minced  
1/2 teaspoon ground black pepper

Toast the garlic cloves in a small skillet over medium-high heat shaking the pan occasionally and turning the cloves, until the garlic becomes fragrant and the skins are golden brown, about 5 minutes. Transfer the roasted garlic to a cutting board to cool. When the cloves are cool enough to handle, skin and mince the cloves or press through a [garlic press](#).

Using a fork, beat the butter in a small bowl until light and fluffy. Beat in the remaining ingredients until thoroughly combined. Serve with grilled or boiled corn on the cob. From: [Perfect Vegetables](#)

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