



Lettuce Patch Gardens, Inc.

Sustainably grown artisan vegetables

Colorado Springs, CO

www.lettucepatchgardens.com

Issue 3

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This Week in the Gardens

We've enjoyed the many hummingbirds that are visiting our perennial flower beds this time of year. We've even been lucky enough to see a couple of calliopes! (pictured at right). The tomatoes are just starting to ripen, so those should become available within the next few weeks.

Our only retail seller is [Rocky Mountain Natural Store](#). So, if you want to purchase our produce visit Randy and Patty at 2117 West Colorado Ave. Call 329-0180 for store hours.



Localavores/Sustainable Ag News Bits

Organic Farming Can Feed the World

A new University of Michigan study indicates that organic farming is more productive than chemical and energy intensive industrial agriculture. Researchers noted 293 examples in previous studies that corroborate the fact that organic farming is better than conventional, but pointed out that biased studies funded by chemical producers have clouded the public's understanding of the issue.

Corporate agribusiness has spent decades repeating the mantra that chemical intensive agriculture is necessary to feed the world. But according to the new report, "Model estimates indicate that organic methods could produce enough food on a global per capita basis to sustain the current human population, and potentially an even larger population, without increasing the agricultural land base." Ivette Perfecto, a professor at the University of Michigan, said of the study, "My hope is that we can finally put a nail in the coffin of the idea that you can't produce enough food through organic agriculture."

Learn more: at [Organic Consumers Association](#)

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

- Rosemary*
- Basil*
- Parsley*
- Sage
- Oregano
- Summer Squash
- Swiss Chard

*see recipe inside

Food that's 1500 miles fresher



Summer Desserts-Fresh Fruit!

Peaches & Nectarines with Rosemary & Honey Syrup

Similar fruits make pleasing salads. Nectarines and peaches, both stone fruit, work well together because of their similar textures. You can use just peaches or just nectarines if you cannot find both.

1/4 cup honey
1/4 cup granulated sugar, or equivalent natural sweetener
1/2 cup water
1 sprig (4-1/2 inches long) fresh rosemary; more for garnish
4 medium white or yellow peaches (or 2 of each)
4 medium white or yellow nectarines (or 2 of each)

Combine the honey, sugar, and water in a small saucepan. Bring to a simmer over medium heat, stirring occasionally until the sugar dissolves. Add the rosemary and reduce the heat to low. Cook for 7 minutes to let the rosemary infuse. Strain through a fine sieve, let cool, and refrigerate to chill completely.

Just before serving, halve and pit the peaches and nectarines. Cut the fruit into 1/4-inch slices and put them in a large serving bowl. Pour on just enough of the rosemary syrup to lightly coat the fruit, about 6 tablespoons. Garnish with fresh sprigs of rosemary, if you like.

Serves 6. Makes 3/4 cup.

From: [Fine Cooking](#) #65, pp. 52-55



Parsley-Nutritional Information and How to Cook With It

Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, is rich in vitamin A and contains folate, potassium and calcium. What's more, parsley is also recognized for its cancer-fighting potential. Some of the potent chemicals in parsley include: **Polyacetylenes**, which seem to protect against certain cancer-causing substances found in tobacco smoke. It may also help to regulate the body's production of prostaglandin, which is a powerful tumor promoter. **Coumarins**, which help prevent blood clotting, reducing your risk of arterial blockages that can lead to heart attacks. **Flavonoids**, some of which act as anti-oxidants that neutralize dangerous free radicals, others that have been shown to prevent or slow the development of some cancers. **Monoterpenes**, which are thought to have cancer-delaying properties, especially with breast tumors, and to reduce cholesterol.

Easy ways to use up extra parsley:

Combine 2 sticks butter, 3 peeled cloves garlic, 1 1/2 cups Italian parsley and salt and pepper to taste. Whirl in a processor until smooth and drizzle in 2 tablespoons olive oil. Store in the freezer. Use on grilled fish, pastas, steamed zucchini or fresh corn.

Italian parsley intensifies the flavors of other herbs and can be included in any dish using herbs for a fuller, richer flavor.

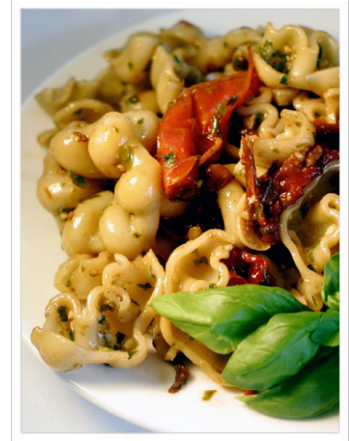
Combine one stick of butter at room temperature with two tablespoons chopped Italian parsley and two tablespoons lemon juice to make the classic Maitre d' hotel butter to use on steaks, fish, vegetables and breads.



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

Spicy Tomato Pesto

- 1 large red bell pepper, roasted (can also use jarred roasted peppers)
- 1/2 teaspoon red pepper flakes
- 2 tablespoons pine nuts, toasted
- a few grindings of fresh black pepper
- 2 medium tomatoes, peeled, deseeded and roughly chopped
- 1/4-1/2 teaspoon Tabasco sauce
- 1 garlic clove, peeled
- 2 oz. fresh basil leaves, roughly chopped
- 8 pieces sun-dried tomatoes packed in oil, chopped
- 3 tablespoons tomato paste
- 6-12 tablespoons olive oil
- 1-2 ounce pecorino Romano cheese or fresh parmesan cheese, grated



If using a fresh pepper, grill the red pepper until the skin blackens and blisters. Allow to cool for a few minutes, and then peel the skin off.

Put the garlic, red pepper flakes ground pepper and toasted pine nuts in a food processor, roughly chop. One at a time, add the red pepper, basil, sundried tomato and tomato paste, processing everything is roughly blended. Add the grated Pecorino or Parmesan. With the food processor running, slowly add the oil, stirring until everything has become a paste, but still retains a little of its own identity. Add Tabasco to taste.

Serve over hot pasta or bruschetta.

How to Store This Week's Lettuce Patch Produce

Swiss Chard 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). During the summer months it will keep for up to a week.

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.

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.



Grilled Halibut

Broiled (or grilled) Halibut with Parmesan "Caesar" Glaze

8 skinless halibut fillets, 4 to 5 ounces each
Kosher salt and freshly ground black pepper
1/3 cup good-quality mayonnaise
1-1/2 ounces (1/2 cup) freshly grated Parmigiano Reggiano, grated on the small holes of a box grater
1-1/2 tablespoons loosely packed finely grated lemon zest (from 1 large lemon)
1 tablespoon fresh lemon juice
1/2 teaspoon Worcestershire sauce
1 small clove garlic, minced
2 tablespoons coarsely chopped fresh flat-leaf parsley



Position a rack 4 inches from the heat element and heat the broiler on high. Lightly season both sides of the fillets with salt and pepper. Set a fillet before you, skinned side up, and starting at the narrow end, roll up the fillet. Repeat with the remaining fillets.

Spray a broiler pan with nonstick cooking spray. Arrange the flounder rolls, seam side down, in the pan. Broil until the tops are lightly browned, 7 to 8 minutes. Meanwhile, whisk the mayonnaise, Parmesan, lemon zest and juice, Worcestershire, and garlic in a small bowl. Season with pepper to taste.

When the tops of the fillets are lightly browned, remove the fish from the broiler. Spread equal amounts of the mayonnaise mixture over the top of each fillet. Return to the broiler until the topping is golden brown and bubbling, 1-1/2 to 2 minutes.

Transfer the fillets to four dinner plates and sprinkle with the parsley. Serve immediately.

To grill the fish instead, preheat the grill with all burners set to high and the lid down until very hot, about 15 minutes. Lightly dip a small wad of paper towels in vegetable oil; holding the wad with tongs, wipe grill rack. Grill halibut, covered turning once (using a spatula) until barely translucent at the very center of the steak (7-9 minutes).

When fish is almost done (5-7 minutes into cooking time) Spread equal amounts of the mayonnaise mixture over the top of each fillet. Transfer the fillets to four dinner plates and sprinkle with the parsley. Serve immediately.

Adapted from [Fine Cooking](#) #65, pp. 65

Words of Wisdom

Living in the world without insight into the hidden laws of nature is like not knowing the language of the country in which one was born.

~ Hazrat Inayat Khan

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