

THE SEEDLING CHRONICLE



LETTUCE

A PICTURE OF WHAT'S TO COME

Above Concept and Winter Density Lettuce

This Week's Share

Chard: Fordhook

Considered the 'standard' Swiss Chard. Leaves are medium green and savoyed (crinkled) with white veins and broad, white stems. Plant 8-12 inches apart in full sun or partial shade.

Parsley Titan

Outstanding sweet flavor lends itself to many culinary uses. Petite, dark green leaves make an attractive fresh garnish. The



smallest flat-leaf offered. Compact, upright plants with nice uniformity and yield. Plant 12 inches apart in full sun to partial shade.

Lettuce: Winter Density and Concept

Winter Density: Green Romaine. Compact, extra-dark green heads, avg. 8" tall. Very tightly folded. Even the outer leaves take part in the head formation. Can be best described as a tall Buttercrunch. Good salad quality.

Concept: Green Summer Crisp. The leaves have characteristics of both a romaine and a greenleaf, and are arranged in a whorl, giving the plant a unique vase-like shape. Leaves are thick, juicy, and flavorful. Plant 8-12 inches apart in partial shade to full sun.

WELCOME TO THE 2011 GARDEN STARTS CSA

Oh, there's so much to say to introduce this newsletter...but it would be best to say nothing and save room for the *really* important stuff. I mean we got recipes, wisdom from the 19th century, plant info, and, of course, gardening tips to cover! So, besides a note from the greenhouse-- *everything is going good!*--we will dive straight into the newsletter.

Rylan Morton-Starner
Garden Starts Coordinator

To start off, I wanted to include some words that I often think of when planting:

I am not alone and unacknowledged. They nod to me and I to them.

-Ralph Waldo Emerson-



Massaged Kale Recipe:

With the kale and the other plants in the ground, what else is there to do to help pass the time until harvest? It never hurts to start thinking ahead. After all did you ever stop to think about what you are going to do with all that kale? What better way to reward the plant's hard work than to give it a little post harvest massage? After all they worked so hard for you, it is the least you can do. Plus, you won't regret it!

What You Need...

- 1 bunch kale
- 1 teaspoon sea salt
- 1/3 cup sunflower seeds, toasted (or [Sweet Glazed Nuts](#))
- 1/4 cup diced red onion
- 1/3 cup currants
- 3/4 cup diced apple, (1/2 apple)
- 1/4 cup olive oil
- 2 tablespoons unfiltered apple cider vinegar
- 1/3 cup gorgonzola cheese, crumbled

How to prepare it...

De-stem kale by pulling leaf away from the stem. Wash leaves. Spin or pat dry. Stack leaves, rollup and cut into thin ribbons. Put kale in a large mixing bowl. Add salt, massage salt into kale with your hands for 2 minutes. To toast seeds, put in a dry skillet over low to medium heat and stir constantly for a few minutes until they change color and give off a nutty aroma. Put kale in a fresh bowl and discard any leftover liquid. Stir onion, currants, apple and toasted seeds into kale. Dress with oil and vinegar and toss. Taste for salt and vinegar, adding more if necessary. When at desired flavor, toss in cheese.



Highlight of the Week: Swiss Chard

Not only is it good to know how to plant the vegetables of the week, but sometimes it's helpful to know a little background information about the plant. Here is a little extra information on Chard taken partly from one of our 2009 newsletters.

Swiss chard has brought color, flavor and nutrition to gardens since the time of Aristotle. The first varieties have been traced back to Sicily. Swiss chard is in the same family as the beet. The critical difference between them is that beets put their energy into producing sweet, succulent roots, and swiss chard concentrates on abundant, tasty leaves. Best of all, chard is high in vitamins A and C.

More on the Share



Cilantro: Santo

Cilantro is an aromatic herb popularly used in American, Mexican and Asian cuisine. The foliage is called cilantro, while the edible seed is coriander. Santo is an extra-slow-bolting selection grown for its tasty leaves. Plant 2-4 inches apart in full sun.

Nasturtium: Alaska Mix

Improved strain of brilliant, single, 2" flowers in yellow, crimson, orange, salmon and cherry. Compact, mound-shaped plants. The flower, leaves and seed pods are edible. Chop leaves to add to salad; use flowers stuffed or minced and added to butters. Pickle immature seed heads. Sow the seeds 1/2 to 1" deep. Cover, as darkness is required for germination. If necessary thin to 6-12 inches apart. Harvest the edible flowers when they are fully open and the leaves at any time.

Note to Members:
The Garden Starts CSA recycles! Please bring your flats and empty 6-packs back during the next pick-up and we'll use them again.