

Week 3

**Carrots**! Hurray! These ones are growing in the greenhouse.

Hakurei **Turnips**

**Spinach**

Butterhead or Romaine **Lettuce**—the last of the greenhouse lettuce.

**Green** **Garlic** (chop it up—white and green parts-- and use it like baby leeks!)

**Kohlrabi—**these alien-looking veggies are enlarged stems, not roots as you might initially guess. Try them sliced thin and dipped in your favorite dressing.

**Oregano**

**Broccoli**

**Kale**—this one is named Baltisk Rod Purpurkai—I had to grow it just for the name—but I’m also loving the color and the frills.

Farm news: So, remember those eggplant and peppers that were waiting to go into the greenhouse? After another week of beautiful warm weather, I decided to change plans: yesterday we transplanted those into the field (between the winter squash and the beans). It still feels a little risky to not have any in the greenhouse, but if this summer is anything like the last two years, they’ll be just fine outdoors—and probably they’ll be better pollinated. I’m still adjusting to this new climate—I keep waiting for cold cold rains to start falling and keep going through July—but the plants seem to be adjusting much faster than me.

When I was harvesting broccoli today, I noticed that the fava beans are growing like crazy. It will still be several weeks before the pods are big enough to harvest, but they would like the world to know that they are on their way.

**Saag Paneer** modified from allrecipes.com (In case the spinach is piling up in your refrigerator—this recipe is great for using it all up in one go. You can also substitute kale, beet greens, or turnip greens, though spinach is by far my favorite in this dish.)

1 pound greens (i.e., 2 bags spinach), roughly chopped

2 tablespoons coconut oil

8 oz paneer, cubed (if you can’t find paneer, use feta or farmer’s cheese, or tofu, if you prefer a non-cheese option)

1 teaspoon cumin seeds

1 onion, thinly sliced

3 cloves garlic, minced

2 teaspoons garam masala

1 teaspoon powdered ginger

1/2 teaspoon ground turmeric

1/2 teaspoon cayenne pepper

1/2 cup heavy whipping cream (or yogurt. Or coconut milk. Or whatever you like.)

salt to taste

brown rice (or some other grain)

In a large pan or wok, heat the oil and brown your cumin seeds. Saute the onions; toss in the garlic; when that starts to brown, dump in all the greens and spices and stir until they wilt. Turn off the heat; use a food processer to puree your greenery (you might want to let it cool first). Return it to the pan and while it’s reheating, stir in the cream or yogurt or whatever. Adjust the salt and spices; stir in your paneer (or whatever). Serve over rice—I like brown basmati—or with quinoa, or, you know, whatever.