

Voluntown Peace Trust  
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## Garden news

### WHITE CHEDDAR POLENTA WITH SAUTEED GREENS AND PORTABELLAS

3 medium portabella mushrooms  
3 1/2 tablespoons olive oil  
3 garlic cloves, minced  
1 tablespoon chopped fresh parsley  
4 cups water  
1 1/2 teaspoons salt  
1 cup polenta (coarse cornmeal) or yellow cornmeal  
2 tablespoons (1/4 stick) butter  
1 cup (packed) grated sharp white cheddar cheese (about 4 ounces)  
1 large bunch Swiss chard, ribs cut away, leaves cut in 3x1-inch strips  
1 10-ounce bag fresh spinach leaves

Preheat oven to 400°F. Oil 11x7x2-inch glass baking dish. Remove stems from mushrooms and chop finely; place in prepared baking dish. Using small spoon, scrape away dark gills from underside of mushrooms and discard. Cut each mushroom cap into 8 wedges; add to baking dish with chopped mushroom stems. Drizzle with 1 1/2 tablespoons oil. Sprinkle with 1 minced garlic clove, parsley, salt and pepper and toss to coat. Bake until tender, 25 minutes.

Meanwhile, combine 4 cups water and 1 1/2 tsp salt in large saucepan. Bring to boil. Gradually whisk in polenta. Reduce heat to low. Cook until polenta thickens and begins to pull away from sides of pan, whisking often, about 25 minutes for polenta or 15 minutes for yellow cornmeal. Whisk in butter, then cheese. Season with salt and pepper. Heat 2 tbs oil in large pot over medium-high heat. Add 2 minced garlic cloves and sauté 30 seconds. Add Swiss chard and spinach and sauté until tender but still bright green, about 4 minutes. Season with salt and pepper.

Spoon polenta onto plates. Top with greens and portobello mushrooms. Makes four servings.

Our second week of the CSA has been sweltering. We are watering occasionally in the long hot days between rains. Again you will find lots of greens in your box this week. All can be eaten raw or sautéed, stir fried, boiled or steamed. You will have lots of greens for the next couple of weeks. This week we have included Basil, Dill, and our first summer squash. Please know that Basil does not like wet leaves, nor cold, so it is best to store it in a glass of water on your counter. If you are making pesto and need more basil, please contact us and we would be happy to sell you more.

Things here at the farm are going well. We are being invaded by a number of insect pests, including Colorado Potato beetles, Mexican Bean beetles, and cucumber beetles. We are currently combating them by hand picking which appears to be keeping them under control.

To combat the continuing challenge of rabbits and groundhogs, we

have erected a fake owl in the field nearest to the greenhouse. It appears to be working, but time will tell.

There will be a new face in the garden this week. On Monday we will be joined by our newest volunteer Katie Jumper, who just left the Haley House Community in Boston ([www.haleyhouse.org](http://www.haleyhouse.org)). Katie will be with us for the next two weeks.

This week, when you return your box we are asking that you also return the black plastic liner bag. This will help us all conserve resources. Also, please remember to bring your compost to us (no dairy or meat). Our soil will thank you!

We will be opening our farm stand on the weekend of July 14. If you know folks who would like to purchase produce from us before then, please have them contact us at the phone number above. We would be pleased to accommodate them.

BON APETITTE!!!

### *What's in your box this week:*

Arugula

Salad greens & Mesclun Mix

Red leaf lettuce

Kale: *stems are edible, good for stock*

Swiss chard: *note the stem & leaf are both edible, but have distinct tastes*

Summer Squash

Basil: store on the counter in a glass of water

Dill

Salad Turnips: *eat raw or roasted, greens are also edible*