



BROWN BAG LUNCH IN THE GARDEN

June 4, 2010—Lemon Balm

This Week's Recipe:

Lemon Balm Pesto

(from a newsletter from Harmony Valley Farm CSA)

Lemon Balm Leaves (at least 1 c.)

1 c. grated parmesan cheese

1/4 c. olive oil

Juice of 1 lemon

1 c. sliced almonds (or other nut, like pine nuts)

Salt & pepper to taste

Garlic (either fresh cloves or garlic powder), optional

Combine all ingredients in a food processor until smooth. Season with salt and pepper to taste. Store in an air-tight container in a refrigerator for up to 1 week.

Uses:

- Stir into cooked pasta with a little butter for a pesto pasta sauce.
- Pat onto chicken breasts or thighs before baking.
- Pat onto fish before broiling or baking.

Harvesting & Storing Lemon Balm

- Pick or snip off individual leaves
- Cut off 3-4" sprigs (allows for branching)
- Store sprigs in a glass of cool water
- Store leaves in a plastic bag in refrigerator
- Make sure leaves/sprigs are dry before refrigerating

Other Points of Interest in the Garden This Week:

- Beans showing damage from bean leaf beetles
- Black Raspberries & Red Currants ripening
- Strawberries nearing the end of peak harvest
- Swiss Chard is ready to begin harvesting
- Chinese Cabbage is ready to harvest
- Squash Vine Borer trap & eggs on plants

Coming Next Week—Chinese Cabbage