



BROWN BAG LUNCH IN THE GARDEN

June 25, 2010—Beets & Carrots

This Week's Recipe:

Herb-Roasted Chicken with Roasted Root Vegetable Medley

From "Cook Yourself Thin"

For the chicken:

- 1 3 ½ - 4lb whole chicken
- Salt & pepper to taste
- 1 clove garlic, minced
- 2 t. dried thyme
- 2 t. dried sage
- 1 T. dried rosemary
- 2 T. olive oil

For the vegetables:

- 4 beets, peeled & quartered & stems trimmed
- 2 sweet potatoes, peeled & quartered
- 3 baking potatoes, peeled & quartered
- ¼ lb baby carrots
- 2 T. olive oil
- Salt & pepper to taste

Preheat oven to 475 degrees. Wash chicken & pat dry. Season cavity & outside with salt & pepper. Mix together garlic, spices & oil. Rub into cavity & outside of chicken. Cook chicken for 1-1 ½ hours or until golden brown. Remove from oven & let sit 10 minutes before carving.

Place vegetables in large bowl & season with salt & pepper. Drizzle with olive oil & place in roasting pan. Roast vegetables 45 minutes at 475 degrees, turning once halfway through cooking time. Serve with roast chicken.

Serves 4

Harvesting & Storing Beets

- Can be eaten at any size! Best at 2 inches.
- Beet greens are also edible.
- Pull some beets from the row as they grow to allow space for others to grow.
- Knock off dirt, but don't wash until ready to use.
- Trim tops 1" from beet.
- Trim roots to 1" from beet.
- Store in an airtight bag or container in refrigerator
- Long term storage in a cool, humid place

Other Points of Interest in the Garden This Week:

- Some of the zucchini are not developing due to lack of pollination.
- Lots of signs of water stressed plants
- Some squash are going to die from squash vine borer any day now.
- First signs of Early Blight on tomatoes.
- Blooms showing up on the Chinese Long Beans.

Coming Next Week—Swiss Chard

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Roasted Beet & Orange Salad with Spicy Greens

3 lbs. medium beets
Extra virgin olive oil
Salt
Freshly ground black pepper
6 small oranges
Orange Sherry Vinaigrette (recipe follows)
1/4 pound baby arugula (or other greens)
1/4 pound baby spinach (or other greens)
1/4 cup sherry vinegar
1/4 cup finely chopped chives

Preheat the oven to 400 degrees.

Trim the tops and roots from the beets and wash well. Place the beets on a piece of foil large enough to fold over and seal. Drizzle with olive oil and season with salt and pepper. Seal the foil. Place on a sheet tray and roast in the preheated oven for 1 to 1 1/2 hours until the beets are tender when pierced with a knife. Allow the beets to cool and then peel.

Cut each peeled beet into eight wedges. Toss with 2 tablespoons of sherry vinegar; season with salt and pepper. Allow the beets to marinate for at least 1 hour.

Peel the oranges with a serrated knife and remove all of the white pith. Slice into rounds 1/4-inch thick. Remove the seeds and reserve the slices in the refrigerator.

Wash the arugula and spinach well and spin dry. Mix the greens together and reserve covered with a damp towel in the refrigerator.

In a large bowl, toss the beets and their juices together with enough vinaigrette to coat; add the orange segments and toss gently so that they don't break up.

Drizzle the greens with vinaigrette to moisten and toss with the beets and blood oranges; season with salt and pepper to taste. Garnish with the chopped chives.

Orange Sherry Vinaigrette

2 small oranges
1 medium shallot, peeled, trimmed, and minced
2 tablespoons sherry vinegar
Salt
Freshly ground black pepper
1/4 to 1/2 cup extra virgin olive oil
Juice and strain the oranges. Measure 1/4 cup of juice. (Or just use orange juice!)

In a medium bowl, whisk the juice with the shallots and the sherry vinegar; season with salt and pepper to taste and let the mixture marinate for 10 minutes. Whisk in the olive oil to taste. Add more olive oil if the vinaigrette is too acidic for your palette. Adjust the seasoning to taste.

Makes 1/2 to 3/4 cup.

Adapted from The Vineyard Kitchen: Menus Inspired by the Seasons (HarperCollins, 2003)

Easy Roasted Carrots

2 lbs. carrots
Olive oil
Salt & pepper to taste
Herbs or spices to taste

Preheat oven to 375 degrees. Scrub carrots well. Peel and trim tops if desired. Slice in half the long way.

Place carrots cut side down on a lightly oiled baking sheet. Drizzle more oil over the top. Season with salt and pepper. Sprinkle chopped fresh herbs or dried herbs over the carrots. Drizzle other flavorings if desired.

Roast in the oven for 30-45 minutes or until tender when checked with a fork.

Seasoning Options: Thyme, Rosemary, Balsamic Vinegar, Honey, Cardamom, Nutmeg, Cinnamon, etc.