

SunKiSS Gardens

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Featured Products

Our **Market Meal** combo features three specialty basils (red rubin, lemon, and lettuce leaf or cinnamon) that can be used in a variety of ways. Our complete meal idea was featured in the July 11 issue of the Bloomington Farmers Market newsletter; visit our Web site for a link!

Basil Lovers is a build-your-own combo; just pick any three of our specialty basils listed on the next page. Go for a variety of sweet basils that offer different leaf sizes; pick some, such as red rubin, for ornamental value; stock up on citrus basils; or mix and match!

Sneak Preview: August

Bring in the harvest!



We're working on a harvest of fresh-cut herbs to go along with all those summer vegetables, to use for canning, or to get ready for winter by drying or freezing. We're also hoping to offer dried herbs in mixes for seasoning and teas. And cross your fingers for a special treat – wild blackberries! (Yup – we do fruit too!)

Greetings!

Welcome! We are a small, family-run market garden based in Bloomington. We enjoy connecting food and people.

WHAT WE DO: We currently specialize in potted culinary herbs. We also have a "Kitty Korner" and various herb products in the works.

HOW WE DO IT: We consider the health of people and the environment in everything we do. We source organic seeds wherever possible, use organic growing methods, and offer our products for sale in containers made of renewable materials.

WHO WE ARE: Kevin does environmental consulting by day and grows herbs by night. Sarah is an ecologist, educator, and writer and manages the business aspects of herb-growing. And Sam, who turns a year old this month, is our inspiration! That's us below, having just planted an apple tree for Sam at the family farm.



Herb of the Month



Basil: Never Too Much of a Good Thing!

Move over, sweet basil! There are hundreds of basil varieties to be tried and savored. We offer a handful of options:

Lettuce Leaf: Use the subtly flavored leaves in place of lettuce in salads, burgers, BLTs, and lettuce wraps.

Red Rubin: The purple leaves add a hint of spice and a rich color to vinegars, oils, jellies, and sorbets.

Summerlong: The dainty leaves can be used wherever sweet basil is called for (and require less chopping)!

Marseilles: Use the large leaves of this French variety in salads, sandwiches, and pesto (or in 'pistou', the provençal version – see below)!

Bounty: Use the abundant leaves throughout the season, for end-of-the-season tomato sauces or pesto for freezing.

Cinnamon: Cinnamon basil works in chutney, sorbet, baked goods, and tea, and it goes well with fruit flavors.

Lemon: Sprinkle lemon basil on seafood or chicken, add it to summer potato salad, or use it to make refreshing cookies.

Lime: Lime basil adds a summery flavor to fish and chicken, pasta and vegetables, vinegar and oil dressings, and desserts.

Licorice: This unusual basil flavor adds an interesting kick to a variety of foods; try it wherever you'd use sweet basil.

Basil Tips & Tricks

- Keep your basil in a sunny location, but don't let it get too hot.
- Water frequently, preferably early in the day. Basil doesn't like to dry out, but it doesn't like wet feet either.
- Pinch off regularly to keep your plant dense and bushy and to prevent it from flowering (which will cause much of the flavor in the leaves to disappear).
- "Purists" say to tear basil leaves instead of cutting them, to avoid bruising the leaves and spoiling the flavor.
- Basil doesn't like it cold and will turn black if you refrigerate it. If you've pinched some off but can't use it right away, put it in a glass with some water as you would a cut flower. Or pack leaves into a jar and cover with olive oil; the leaves can then be used for cooking and the oil for a tasty vinaigrette.
- To freeze basil, puree with a liquid (oil, vinegar, or water) and pour into ice cube trays, or make pesto (but hold the cheese; add in the Parmesan after thawing).
- Never harvest more than 1/3 – 2/3 at a time, so the plant has enough in reserve to keep growing.

Zucchini Fritters with Pistou

Make the pistou by combining ½ cup basil leaves with 4 garlic cloves and crushing both into a paste. Add 1 cup grated Parmesan and the finely grated rind of 1 lemon, then whisk in 2/3 cup olive oil a little at a time to make a sauce. Grate 1 lb of zucchini into a sieve; sprinkle with salt and let sit 1 hour. Rinse, drain, and dry. Sift ¾ cup flour into a bowl; whisk in 1 egg yolk and 1 T olive oil, adding water gradually as needed (up to 5 T). Add salt and pepper to taste; let sit 30 min. Stir zucchini into batter; whisk 1 egg white until stiff, then fold in. Heat ½" oil in frying pan and add spoonfuls of batter, frying in batches for 2 min until golden. Drain and serve with pistou. From *Basil: A Book of Recipes*.



For more recipes and other information, visit www.sunkissgardens.com

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