

SunKiSS Gardens

J U N E 2 0 0 9



Featured Products

Tuscany Trio features compact basil, garlic chives, and flat-leaf parsley. These herbs impart the familiar flavors of Italian cooking and also work well in French dishes.

Pizza Partners will liven up your homemade pizza - or even a frozen one! - with the flavors of oregano, basil, and thyme. They also add *pizzazz* to a variety of other Italian dishes.

Mediterranean Mix is a versatile combination of sage, thyme, and oregano. These herbs grow well together because of their origins in the dry Mediterranean climate and are used in a wide range of cuisines, from Greek to Mexican.

Sneak Preview: July



Basil Lovers

Ready to explore beyond everyday basil? We've got a fun mix growing, from lettuce leaf to red rubin!

Basil Delights

A combination of scented basil that will delight your nose AND your tastebuds! Lemon, lime, cinnamon, and licorice.

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



Parsley: A Versatile "Starter Herb"

It's time to move parsley to the center of the plate! Parsley deserves to be much more than a garnish that gets pushed aside. Parsley's mild, pleasant taste makes its health benefits easy to enjoy. Parsley is a good source of iron and is especially rich in vitamins A, B, and C (which helps your body absorb the iron).

New to cooking with herbs? Parsley is a great "starter herb" because it complements so many other herbs, and it's almost impossible to overdo. It has an unintrusive peppery tang that works in pastas, salads, soups, egg dishes, meats, vegetables, baked goods, and more. We even add some dried parsley to Sam's oatmeal for the vitamin C and iron!

There are two main types of parsley – curly (the stuff you're used to seeing plate-side) and Italian or flat-leaf (which is what we currently sell, and which has a more pronounced flavor). Parsley is essentially an annual in Minnesota, and it doesn't transplant well because of its long taproot. It does do well in containers – making it easy to keep on hand near the kitchen. If you keep parsley on the patio, try to find a spot with full sun that offers a little shade during the hottest part of the day. If you keep it indoors, pick the sunniest spot!

Parsley Tips & Tricks

- Harvest leaves by cutting the stem at the base of the plant, so new growth is generated while keeping the plant compact.
- You can use both leaves and stems in cooking (chop stems finely).
- Parsley loses some flavor when dried. This is good for some uses; see recipe below. To dry, hang by the stem upside down in a dry, dark place. Store dried leaves in a lidded jar.
- When you want to preserve more of parsley's flavor, it can be frozen for storage. Cut the leaves (and stems, if desired) and place about a tablespoon in each cell of an ice cube tray. Add water and freeze, then keep parsley cubes in a bag or container in the freezer. Anytime a recipe calls for 1 T fresh parsley, pop in a cube!
- Use it on a sandwich instead of lettuce or add it to a salad of greens.
- Fry parsley leaves and sprinkle over cooked fish for flavor and crunch.

Sources: *Favorite Recipes with Herbs* and *Herb Gardening for the Midwest*

Sam's Instant Oatmeal

Parsley in oatmeal?! We included this recipe to show you what an easy and "everyday" herb it is.

Watch our Web site for additional ideas this month!



½ c raw, hulled
sunflower seeds
2 c rolled oats
1 ½ T dried parsley

Source: *Simply Natural
Baby Food*

Grind sunflower seeds, then add oats and parsley and grind mixture to a coarse powder. Store in lidded jar. Add boiling water for an instant breakfast, or boil and then simmer at a 1:3 ratio with water for a smoother texture. Optional: Mix with fruit and/or yogurt for a complete breakfast.

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

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