

The Chef's Garden



Growing vegetables slowly and gently
in full accord with nature.

GROW

summer menu planning guide



SUMMER 2019

The Chef's Garden, Inc.

Growing vegetables slowly and gently in full accord with nature.



The dog days of summer are mere pups right now, but it won't take long before they're full grown lazy hounds lolling on the back porch.

Spring break is over on the shores of Lake Erie, and along with it, daylight savings time. As sunshine lengthens our days, the school kids are looking out the windows, longing for unscheduled, endless lazy afternoons by the pool, at Cedar Point amusement park, or at Huron's famed Nickel Plate beach.

As I look out my window, I'm longing for something too. I'm longing for the juicy, succulent burst of flavor from the season's first sun-ripened tomatoes. I'm anticipating the return of peppers and eggplants to the farm. It's been a few seasons since we've grown them, but we've already planted six varieties of eggplants, sixteen varieties of hot peppers, and four varieties of sweet peppers.

Even though much of the world takes a vacation during the summer months, at The Chef's Garden the entire team is working harder than ever — from the growers and harvesters, to the bumble bees and the earthworms.

I know you work just as hard as we do, Chef. But I hope you'll take time to pour yourself a tall glass of lemonade or sweet tea, put up your feet and thumb through our latest Menu Planning Guide.

Think of it as an early wish list of what's coming next from the farm, and save a place on your summer menu for the freshest, most nutritious and delicious vegetables you can get.

Farmer Lee Jones
Eat Your Veggies

 @farmerleejones





squash blossom
16SB-1

petite mixed squash
16PMS-33 50ct

ultra squash
16UMS-33 50ct

mixed baby squash
16MBS-2 #

mixed young squash
16YMS-2 #



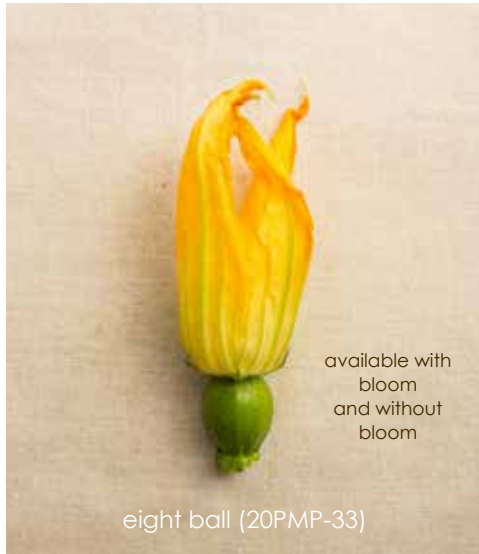
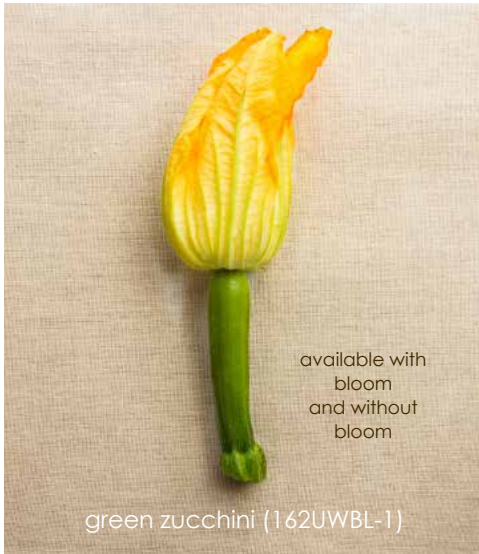
Summer Squash

Our lineup of summer squash is definitely taking shape. Or should we say shapes? Some are little hand-grenades, others bowling pins. There are space ships and baseball bats, solids and stripes, in yellow, lime and dark green. Combine varieties and preparations to showcase the versatility of this spring favorite.



petite squash
16PMS-33 50ct





also available: peter pan



Lettuce

Elevate your salads and other unique dishes by choosing exactly the right farm-fresh lettuce from our rainbow of options, precisely selecting the best flavor, color, body, texture, head density and overall size. Choices range from grassy flavors to ones that are earthy or nutty, with textures ranging from chewy to crunchy, and hues including dark red, light red, purple, light green, speckled green and emerald.

Consider the red rose Romaine, as just one example, that offers up classic Romaine flavor and crispness, with long leaves fading from red to green with pink-tipped stems and pink veins. Or, if your dish needs a mildly bitter flavor with a sweet radish note, then the speckled crisp leaf can provide just what you need. As just two more marvelous options, the green rosette offers up sweet, mild flavor—while the red rosette provides slightly bitter and savory flavors with notes of parsnips in tender, petal-like leaves.

Contrast those flavors with the emerald crystal lettuce with its salty intro

and refreshing, citrusy finish—and picture the visual beauty of crystal lettuce quartets with their stunning ice crystal appearance. Or, if you'd like to beautifully blend all of the available flavor notes into one, never-quite-recaptured melody, then consider our mixed lettuce, consisting of the absolute best that our farm has to offer in a single moment in time.

At The Chef's Garden, we never want our chefs to feel locked into any particular choice, including size, so we offer a multitude of sizing options, including the perfect fit for your perfect plates. For example, petite lettuce leaves are 2-3", while ultra leaves are 3-4", and baby, 4-6". Sizing is about precision, proportion and balance, both visually and in terms of flavor, and so we harvest our farm-fresh lettuce at exactly the right times.

We wish that each one of you could walk through our fields of lettuce, smelling the sunshine as it warms the earth beneath our feet.

You'd see a masterpiece of patchwork precision, sometimes parallel rows, other times perpendicular ones. No matter the angle, each of these perfectly straight rows are filled with impossibly perfect little lettuces set an exact equal distance from one another.

As the sun's beams kiss each plant, you could admire the stunning colors of every type of lettuce, with each leaf so glossy and bright that it's easy to imagine them being hand-polished. As you'd walk through these fields, you'd notice how there are no weeds in the furrows of soil separating each ruffled row of lettuce. None.

You'd also see dedicated farmers crouched low, inspecting the soil for even the smallest signs of a weed. Because tractor tilling can disrupt the fragile root structure of lettuce once it starts to grow, our team painstakingly inspects each and every section of the fields where lettuce grows, protecting crops until it's time to individually harvest your order.

Let us be your personal farmer today.



Spanish Oaks
Matt Schaefer

Chef Matt is executive chef at Spanish Oaks Golf Club in Bee Cave, Texas, where he and his culinary team serve roughly four to five hundred people per week featuring dishes from set menus and à la carte options, as well as buffet-style meals.

Ultra Mesclun Blend is a Spanish Oaks staple. This “best of the farm” blend typically includes a mix of tender red, green and speckled lettuces, spicy Asian greens, pea tendrils and red ribbon sorrel.

“It’s a little of everything,” Chef Matt said. “There’s a little spice, and it’s really earthy as opposed to the bland stuff. For us it’s about texture and flavor.”

Taste-wise, Chef Matt said he prefers the subtleness of ultra mesclun over larger, more aggressive lettuce. “It has a sweeter flavor,” he said. “It takes to the seasonings and vinaigrettes really well and complements them really nicely.”

Visual appeal counts, as well.



The French Room
Anthony Dispensa

In the French Room at the Adolphus Hotel, Chef Anthony Dispensa pays attention to each and every detail as he presents his modern interpretations of classic French dishes to diners. And, in two of those dishes, he has decided that our quartet crystal lettuce is exactly what he needs.

“In my carrot dish,” he says, “this lettuce provides precisely the right bitter notes to create a balance of sweet and bitter flavors. In my duck dish, it does the same thing, adding just the right amount of bitterness and freshness to the dish.”

Chef Dispensa notes how the quartet crystal lettuce also offers up a nice texture and crunch that adds interest to the dishes, and he also points out the visual beauty of the product. “It’s gorgeous,” he tells us, “similar to sea greens. Its visual appeal is another major factor why I use this lettuce in my dishes.”



Union Square
Events
Kaley Mason

The amazing team at Union Square Events knows all about the importance of making precisely the right first impression when they present dishes to diners.

This team is responsible for all the catered events from Danny Meyer’s Union Square Hospitality Group and, to dazzle diners with their first course dish, they’ve used petite speckled crispleaf from The Chef’s Garden. The petite size of this crispleaf lettuce dovetailed with their needs and, adds Kaley Mason, “we chose this item because of its unique appearance to create an impressive first course and set the tone for the rest of the meal.”

This unique lettuce has green leaves with eye-catching maroon spots, offering up notes of green peppercorn and olive oil, with an overall flavor that’s slightly bitter and peppery. Its texture is soft and tender, making it an ideal choice for some of the first courses presented at Union Square’s one-of-kind events.



Lettuce

When nature gives us a window of opportunity, our lettuce growers get busy tucking tiny tufts of lettuce into field rows. Moving from greenhouse to field yields unbelievably robust lettuce with pumped up flavor, texture and color. All of our varieties, all of our sizes, all of the time.



baby outredgeous
2# 09OU-9



ultra outredgeous
50 ct. 09UOU-33



petite outredgeous
50 ct. 09OUP-33





Greens

Healthy greens will make you strong, but only ours can make you weak in the knees. They're that gorgeous. Open a box of our Asian greens, braising blend, kales or spinach and prepare to swoon.



petite mixed arugula
08NGPMA-33 50ct





petite new zealand spinach
50 ct. (14PNZSPR-33)



baby mixed kale 3# (07BKM-9A)



petite mizuna 50 ct. (09MIZP-33)



petite bok choy 50 ct. (09BOKP-33)



root spinach 3# (04RSPI-26)



petite watercress pk. (14PWA-33)



petite mixed mustard 50 ct. (04PMM-33)



baby asian blend 3# (09BA-9A)



ultra swiss chard 50 ct. (04URCP-33)



Petite Vegetables

Sometimes you want just a little something. May we suggest a little carrot, or perhaps a little cuke with bloom? At The Chef's Garden we've always been big on the little things, and our petite vegetables are proof positive that to us, a little means a lot.

petite mixed root crop
01NGPMR-33-L 50ct





cuke with bloom 20 ct. (05CU-33)



petite mixed turnip 50 ct. (01NGPMT-33)



petite mixed allium 50 ct. (01PMA-33)



petite mixed carrot 50 ct. (01PMCGH-33)



petite mixed leek 50 ct. (01PLK-33)



petite mixed radish 50 ct. (01MR-33)

Micro Greens

Our microgreens are more than just a garnish. They are an opportunity to add flavor, color and aroma with pin-point precision, whether it's a strand of sorrel, a tangle of thyme, or a perfectly placed pea tendril.

micro corn-ucopia blend
04MCO-33-L





green pea tendrils # (04PT-2)



gold memo chives (04GCI-33-H)



borage (14MBO-33-E)



cutting celery (04MCE-33-L)



calvin pea tendrils 50 ct. (04CPT-33)



lemon bergamot (14MLBE-33-S)



sunflower (04SS-33-L)



arugula (04AR-33-L)



gold pea tendrils (04GPT-33-L)



Edible Flowers



citrus coriander blooms 50 ct. (05CCB-33)



bowtie arugula blossoms 50 ct. (05BAB-33)



nepitella mint blossoms 50 ct. (08NEPB-33-S)



arugula blossoms 50 ct. (05AB-33)



oxalis blossoms 50 ct. (14OXB-33)



arugasabi blossoms 50 ct. (05ASB-E)



Edible Blooms & Blossoms



BEYOND maple

*Resources
of the
Land*

As winter yields to spring, the land and water surrounding the Culinary Vegetable Institute are teeming with activity. It is a precise, seasonal point in time when nature offers precious and plentiful gifts to seize and savor before the special moment is gone.

The natural rhythm of freezing nights and warmer days releases the flow of sap running through the black walnut trees lining the CVI property. That means the time is ripe for tapping the trees and collecting their crystal clear liquid for transformation into syrup.

On a sun-soaked morning in early March, CVI Chefs Jamie Simpson, Tristan Acevedo and Dario Torres set out with a hand drill, a galvanized pail full of spouts (called spiles), a hammer and a crate full of bottles. Against the grey March sky, all of the towering leafless deciduous trees appear relatively similar. To the untrained eye, which trees are Black Walnuts is anyone's guess. The dead giveaway is underfoot in the litter of fallen walnuts scattered on the ground. Before driving in the first spile, Chef Jamie cracks open a shell to sample the sweet, tender, tannic nutmeat. "We might be able to use some of these," he says, hopefully.

At the first tree he has identified for syrup tapping, Chef Jamie drills through the bark, about two inches deep in a conical fashion. Almost immediately the clear watery sap bleeds from the tree's flesh. He sets a spile and taps it gently to secure it into the wood, then suspends a bottle to collect the sap one precious droplet at a time. Then it's on to the next.

For three weeks the chefs will take turns visiting the trees to collect each day's accumulation. Some of the bottles are brimming, others less so. An unexpectedly long freeze causes a few to crack and spill their contents but, in the end, the eight trees produce about five gallons of sap.

The watery fluid is unexpectedly free of debris of any kind. "Obviously there's some kind of filtration going on," says Chef Tristan. "The tree is one big filter." The sap from the bottles is as bracingly cold as it is clear. He pours himself a palm full and drinks. "That's a good beverage."

He's right. The water is impossibly quenching. Not sweet exactly, but like something you'd want to chug ice cold from a bucket on a scalding hot day.

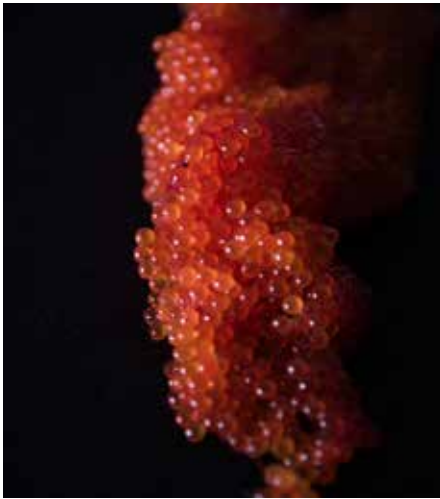


Not far from the tree line where the sap flows, steelhead trout are following the flow of the Huron River, which borders the CVI property. The fish are eager to spawn and are filled with blood-orange pearls of glistening roe. The river water is clear and ice cold. It's the time of season when steelhead are at their best.

CVI kitchen porter Jeff Pfister is a fisherman, and he has hooked two impressive fish about a quarter of a mile upriver. Soon, these few simple elements, two fish and the sap of eight walnut trees, will be the foundation of a single dish celebrating the abundant seasonal resources that exist just beyond the CVI doors.

The walnut sap is boiling away in heavy pots set over an outdoor charcoal fire. In several hours, the five gallons will fully reduce into finished syrup. The yield will be an infinitesimal fraction of the original volume. "We're hoping to get a cup," Chef Tristan says.

Meanwhile, the chefs clean the nearly five pound fish. The eggs are perfect spheres contained inside a membranous sac called a skein. The teeming egg sac is about the length and shape of a full-sized Toblerone candy bar, and slips from the fish's belly cavity entirely intact.



Lake Erie Trout Roe



Walnut Sap



Cured Fish. Black Walnut Syrup. Custard. Trout Roe. Snow Peas. Calvin Pea Tendrils. Dill Blooms. Mountain Mint.

The chefs prepare the fileted fish in a cure of salt, brown sugar, bay leaf, peppercorns and Chef's Garden thyme and mountain mint. "The fresh herbs are both really aromatic and infuse quickly," Chef Tristan says. "All of that flavor goes into the flesh itself. For such a small percentage of the recipe, they're a huge percentage of the final flavor. That's really their role."

As the fish cures, Chef Tristan rolls the trout roe through a grate, using his fingers. The tiny eggs seem unexpectedly resilient. "They can't be too delicate," he says. "Otherwise they'd never survive." The eggs gradually let go and fall through the grate leaving only the remnants of the skein behind.

In keeping with the CVI's no-waste kitchen policy, Chef Tristan says the bits of membrane will be put to future use. "All those little stringy bits we'll use for bait," he says, "so we can catch more fish."

The young chef seems mesmerized by the shining collection of individual vermilion jewels. "What an ingredient," he muses. "You can't make that." He rinses the roe repeatedly with brine to remove remnants of skein and blood, then sorts them like beans for a final check. Emancipated from the vascular sac, the eggs are paler now, the shade of tangerine pulp.

When the walnut syrup is fully reduced, it is the color of a copper penny and there is just enough to cover the bottom of a large pan. Its sweet, rich caramel flavor is toasty and woody from the fire that cooked it, a delightful taste reminiscent of Cracker Jack. Chef Tristan stirs a spoonful of syrup into the fish eggs, causing them to gleam like they've been machine polished.

The chef makes a consommé of some reserved unreduced walnut syrup, dashi, shaved bonito, seaweed, dill blooms and mountain mint. He chars a pine bough from the property, and places roasted Jerusalem artichokes and the cured fish on top to capture the smokiness, then purées the artichokes with some of the foraged black walnuts and scalded milk into a smooth custard.

To assemble the dish, Chef Tristan plates triangles of cured fish, which he's also glazed with the black walnut syrup. Alongside goes the quenelle of custard and three small mounds of sweetened

roe. He garnishes the dish with spring-themed watercress blooms, Calvin pea tendrils, chickweed, cukes with blooms, petite snow peas, dill blooms and micro mountain mint. The final element is a shallow lake of piping hot maple water consommé to surround the composed elements.

The dish, the chef says, is "a moment in time at the CVI, when the components were all right here at the same time." It is the purest expression of seasonality, a celebration of nature's provision rendered on a single plate, at a precise time in a specific place. And then it is gone.

"THE SAP FROM THE BOTTLES IS AS BRACINGLY COLD AS IT IS CLEAR. HE POURS HIMSELF A PALM FULL AND DRINKS. "THAT'S A GOOD BEVERAGE."



Herbs

Herbs are all about aroma, and aroma is the gateway to flavor. Our herbs have aroma and flavor in spades. They also happen to be beautiful to look at. Our mint may look too pretty to muddle, but go ahead and make that mojito.

basil sampler
08BS-33 50 ct.



lemon balm 50 ct. (08LB-33)



garlic shoots pk. (14GS-33)



kinome 25ct (08KIN-24)



mint sampler 50 ct. (08MS-33)



garlic root pk. (14GR-33)



anise hyssop 50 ct. (08AH-33)

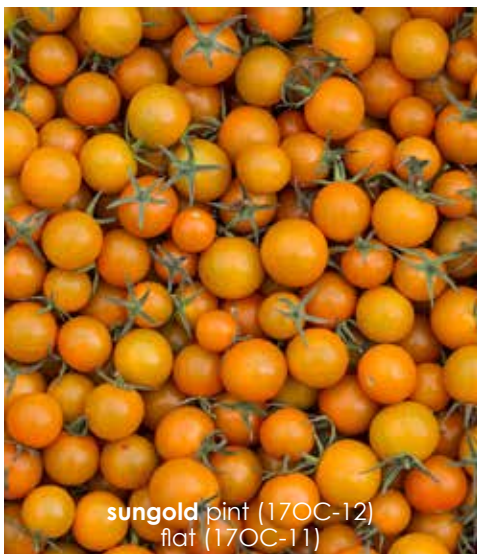
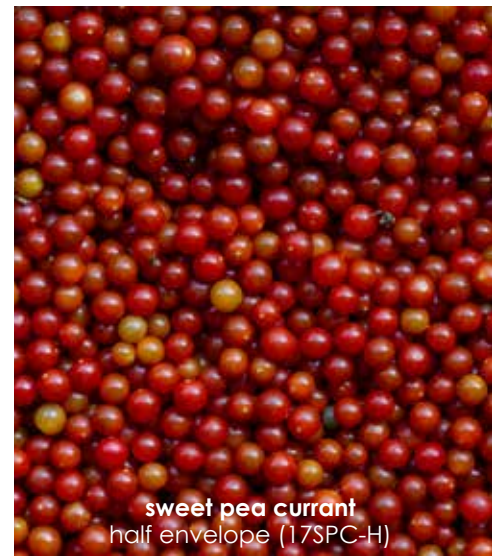


Tomatoes

Look no further. We are your summer source for tomatoes. From the finest huckleberries to the heartiest heirlooms, we have tomatoes in every size, shape, color and flavor profile, so our chefs never have to settle for "good enough."

*mixed tojbox
tomatoes*
17TB-44 8#





Green Bee Tomato



green bee tomato
17GBT-2 1#

What's the buzz about?

Label someone "green," and it means they have some maturing to do. But a little "Green Bee" tomato rejects labels. Even though it's green, it is all grown up and ready to shake the status quo.

Just because green tomatoes are assumed to be unripe doesn't make it universally true. The Green Bee tomato boldly crosses the boundary lines like a little green rebel, sidestepping conventions and stereotypes.

Traditional tomatoes are grown to be sweet, soft, juicy and thin-skinned. But for an outsider blazing its own trail, thick skin is a better way to go, and tanginess better suits its off-beat personality. And just to throw in a curveball, the Green Bee walks on the crunchy wild side.

Green Bee tomatoes are a brand new cherry tomato perfected over the course of four years in cooperation with tomato breeder Fred Hempel, of Artisan Seeds in Sunol, California. Thanks to the collaboration with Hempel, these experimental tomatoes are now available from The Chef's Garden.

The goal was to create a tomato with a unique combination of flavor and texture. It sounds counterintuitive, but as the Green Bee ripens, it never fully softens. The texture is surprisingly crunchy, and the flavor is bright and tart with notes of green apple, sorrel and sweet plum.

Chef Jamie Simpson said the innovative tomato is actually a nod to the past. "Since the first tomatoes were cultivated in Central America centuries ago, humans have tried to cross breed and create the perfect sweet tomato with thin skin," Chef Jamie said. "We are going back to their roots for this new variety."

He said the Green Bee's bright flavor lends brightness to a mixed tomato salad, and its crunchiness introduces an unexpected textural dimension. Chef Jamie has also floated paper-thin slices of Green Bee tomato atop a tomato water jelly. "It's something brand new, but it's still one hundred percent tomato," he said.

Chef Megan Ketover sampled the Green Bee prior to it becoming an official Chef's Garden offering.

"We ate them next to a standard green tomato, since that is what the texture reminded us of, and the flavor you all achieved was amazing!" she said. "We sliced them as well, and appreciated that they cleanly held their shape, and had a very nice vibrant appearance and translucency."



Tomato Water Jelly. Raw Celery. Green Sorrel and Wood Sorrel. Cultured Cream. Black Pepper. Green Bee Tomatoes.

But if this tomato never softens, how can you tell when a green Green Bee becomes a ripe Green Bee? At first, the tomatoes are true green with subtle white striations. The tomato is ideally edible when only the stripes and tips turn yellow. An all-yellow Green Bee is well past its prime.

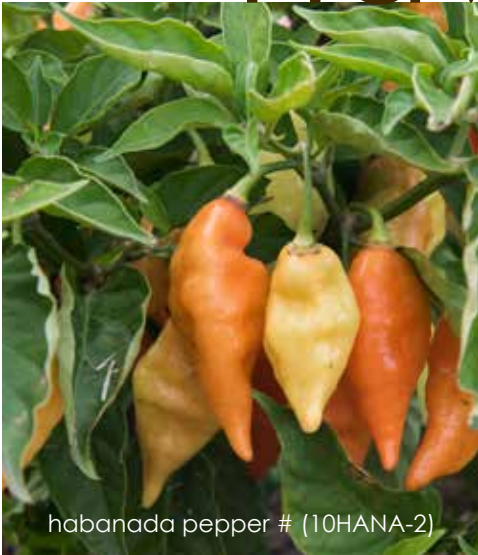
Fortunately, unlike more mainstream cherry tomatoes, ripe Green Bees can withstand refrigeration without loss of flavor or texture – a benefit that greatly prolongs shelf life.

We believe innovation on the farm translates into innovation in the kitchen, and we are proud to offer our chefs this unique tomato variety.

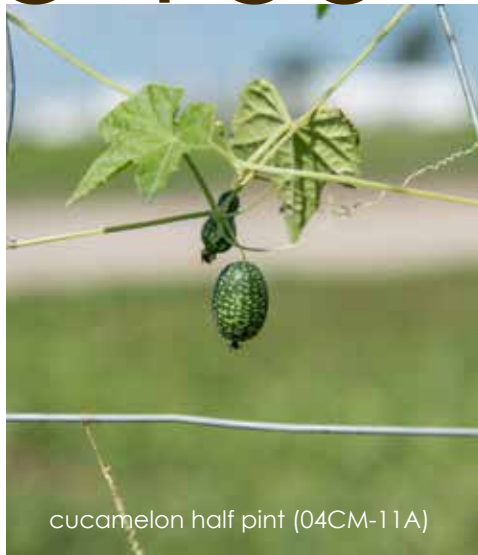
"Try it for yourself"



Have You



habanada pepper # (10HANA-2)



cucamelon half pint (04CM-11A)



petite speckled
snow pea 50 ct. (20SPSNP-33-S)



kohlrabi # (07BGK-9)



mixed baby eggplant # (03MBE-2)



citrus lace 50 ct. (05CMLV-33)



mixed baby bell peppers # (10BMB-2)



mulbery cauliflower 16 ct. (10BMB-2)



shelled english peas # (20SEP-2)



runner bean blooms 50 ct. (01YBFBT-26)



carmellini @ beans 100 ct. (20CA-33)



petite red ribbon sorrel 50 ct. (08PRR-33)

Tried These?



peppers | Harvested to Order | 419.433.4947



The Chef's Garden | www.chefs-garden.com |     