

## **Summer Bounty in the Garden** **By Nannette Chisholm**

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As summer in Estes Park begins to wind down, it is time to savor all the delicious food we have grown in our community gardens. I enjoy strolling through the garden to see what's growing, and what I see always delights me: tons of lettuce; ripe, red strawberries peeking out from under dark green leaves; kale of every variety; a rainbow of Swiss chard; peas happily climbing on trellises; a riot of colorful flowers (many are edible); sturdy cabbages; bright cherry tomatoes; meandering squash vines; and an array of herbs, rhubarb, beets, carrots, onions and potatoes.

In the spirit of celebration, gratitude, and joy, I'd like to share with you one of my favorite summer meals from the garden. Just to be clear, I don't raise cattle, but I know there are some mighty fine ranches in the Estes Valley that do!

Give these recipes a try. You won't be disappointed! And raise a glass to yourself if you have grown food this summer, to the Estes Valley Community Garden for making such a lovely gardening area possible, and to our beautiful Mother Earth, for always providing us with everything we need to be healthy, happy and well-fed.

Here's what's on the menu for a perfect end of summer meal- Bon Appétit!

### Grilled Marinated Flank Steak (adapted from [allrecipes.com](http://allrecipes.com))

½ cup olive oil  
1/3 cup soy sauce  
¼ cup Worcestershire Sauce  
1 Tbsp Dijon mustard  
2 garlic cloves, minced  
½ tsp black pepper  
1 ½ pounds flank steak

In a large Ziploc bag, mix first 7 ingredients well, and then add the steak. Place in refrigerator and let marinate for 4-6 hours. Pre-heat grill to medium-high heat. Remove steak from bag and grill for 5-7 minutes on each side, depending on preference. Let steak rest for 5 minutes after grilling and slice against the grain in ¼ inch slices.

### Fresh Garden Salad

Combine a mixture of mixed baby greens, Swiss chard and kale cut in thin ribbons, spinach, arugula, sliced red onion, peas, cherry tomatoes and carrots. Top with flowers from johnny jump ups, marigolds and nasturtiums. Dress with a squeeze of lemon, a drizzle of olive oil, salt and pepper.

### Roasted Beets with Garlic and Feta

Peel and slice 3 garlic cloves. Sauté this with chopped beet greens until tender. Set aside.

Peel 4-6 beets and cut into 1 inch chunks. Place on baking sheet and drizzle with 2 Tbsp olive oil. Sprinkle with 1 tsp salt and pepper to taste.

Roast beets at 400 degrees, stirring occasionally, for about 30 minutes or until tender.

Add in the sautéed greens and garlic, and sprinkle with feta cheese crumbles.

Strawberry Rhubarb Crumble (Foodnetwork.co)

1 1/3 cups flour

1 tsp baking powder

6 Tbsp sugar

Grated zest of 1 lemon

10 Tbsp melted butter

1 1/2 cups 1-inch pieces chopped rhubarb

1 quart strawberries

Juice of 1 lemon

1/2 cup sugar

3 Tbsp cornstarch

Pinch salt

Combine the first 5 ingredients (topping) in a bowl. Toss the last 6 ingredients in a greased 9 inch square baking dish and spread the topping over it. Bake at 375 degrees for 40-50 minutes.

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Lavender Lemonade (Simplyrecipes.com)

Small handful of freshly picked lavender flowers (or 1 Tbsp dried)

1 cup sugar

2 cups boiling water

1 1/2 cups fresh lemon juice

2 cups cold water, ice

Place lavender flowers in a bowl and rub the sugar into them. Pour 2 cups of boiling water over the lavender sugar and stir until sugar has melted. Cover and let this infuse for 30 minutes. Strain the lavender-infused simple syrup and pour into a pitcher. Stir in lemon juice. Add 2 cups water. Taste and adjust for tartness. Add ice and more water to desired level of concentration.

*Nannette Chisholm has been an Estes Valley Community gardener for 3 years. She enjoys making colorful, nutritious meals produced from her garden, and sharing this bounty with her family and friends.*