



The Garden Herald

Greenmoore Gardens CSA

Share #10: July 26

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Summer Squash	Green Pepper	Tomato	Baby Celery	Full and Bi:
Onions	Basil	Beans	Garlic	Eggplant
Watermelon	New Potatoes	Beets		Strawberries

News from the Fields

As I was driving home Sunday night from town, the rain started pouring down. I felt a great weight lifted as I imagined the water feeding the plants and rushing into the pond which is dangerously low at the moment. It was such a nice soaking rain. But as soon as I got to the end of North Atherton Street, the road was bone dry! The storm just barely missed us. It was quite disheartening, but thankfully as I write this, we've gotten about half an inch of rain. It wasn't quite enough to penetrate the soil nicely, but at least the soil isn't blowing away in the wind anymore, and the pond will fill up a little more. The tomatoes in the field are taking their own time to ripen this season. Intuition says that the hotter it is, the faster they'll ripen, but really, the optimal ripening range is around 65 to 85 degrees. The slow start to the summer and the excessive heat last week have both contributed to the slow tomato start. The cherry tomatoes are finally starting to look like they are just starting to take off, but the slicers, heirlooms, and paste tomatoes have yet to show color in large amounts. It seems that the other farms around central PA are getting into full tomato season though. I think our micro-climate has put us a couple weeks behind. I do recall that our garlic scapes were a whole two weeks behind most other farms, and same with many of our other crops. We're still waiting for the next planting of cucumbers to fruit also. When all these things really start to come to ripen, I think we'll have a better late summer and fall. We're crossing our fingers for some more red tomatoes, some sweet peppers, and all the fall roots, sweet potatoes, and winter squash. --Sunil

Veggie Notes

Green Pepper - You may find some purple peppers also which are green on the inside. We're seeing some of the peppers start to turn color, so we hope there will be a lot of sweet peppers in a few weeks. You may get a pepper that's turning color also.

Onions - We're packing a bunch of the smallish onions that had a tough time in the hard compacted spring soil. A little more work peeling all of them, but they cook up just the same. You'll see larger onions in later shares as they are more likely to cure well.

Summer Squash - It seems as though the drought and cucurbit diseases really slowed the squash down, but there's still just enough coming out of the fields for those of you who aren't sick of them yet! You'll see some damage from squash bugs on the flesh making them look less than beautiful, but they should taste just the same.

Garlic - Another bulb of garlic for you this week.

New Potatoes - These are potatoes picked before the skin has toughened up, so they won't store like regular potatoes. They have a nice fresh taste when picked young like this. Most of you will be getting red Norlands, and some will get the start of the Yukon Gold and Kennebec harvest.

Basil - A few sprigs for you today.

Tomato - The plants are loaded with green fruit, we're just waiting for them to ripen in large amounts. You may get a tomato that's not fully ripe yet. Just set it out wrapped in a paper bag or newspaper on your counter or a warm place, and it should color pretty soon. Some of you may get some cherry tomatoes as part of your tomato share also.

Beans - The second planting is finally sizing up enough to start harvest. You'll see green beans and yellow wax beans in your share.

Beets - These are red beets with the tops. The greens are edible too! Try shredding the beets over your salad if you tend to dislike them.

Watermelon - The first planting of watermelons is just starting to ripen, so we've portioned them out to get everyone a taste. We have a shortage of this crop also as most of the planting was planted on ground that got over saturated back in May, compacting the soil and stunting the plants. The cantaloupes and muskmelons are doing better though and should start to ripen in a couple weeks or so.

Baby Celery - Celery requires a lot of water to keep good eating quality. We haven't been able to water it enough due to the lack of water in the pond, so here's a small head of celery or two for you. It will have a very strong flavor, and is best used in a cooked dish. Not for crunching on raw. Try cooking it down, greens and all, along with some onions and carrots for a good base to a soup or sauce.

Full and Bi-weekly:

Eggplant - You'll see italian eggplants: teardrop shaped, and/or asian eggplants: long and slender. The asian eggplants tend to have a meatier texture and are great for roasting in the oven or on the grill. Eggplants come in many different colors. You'll see white, purple, green, or black eggplants in your share today.

Herb Shares:

Mint, Tarragon, Lemon Thyme

Garlic Green Beans Recipe

1 tablespoon butter
3 tablespoons olive oil
1 medium head garlic - peeled and sliced
¼ Lb. green beans
salt and pepper to taste
¼ cup grated Parmesan cheese

In a large skillet over medium heat, melt butter with olive oil; add garlic, and cook until lightly browned, stirring frequently. Stir in green beans, and season with salt and pepper. Cook until beans are tender, about 10 minutes. Remove from heat, and sprinkle with Parmesan cheese.

Beet Soup with Potatoes & Beet Greens

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 cup diagonally sliced carrot
- ½ cup finely chopped celery
- 1 ½ cups finely chopped peeled beets (about ¾ lb.)
- 1 ½ cups finely chopped red potatoes (about ½ pound)
- 1 ½ cups water
- 2 tablespoons tomato paste
- ⅛ teaspoon black pepper
- 2 (10 ½-ounce) cans beef broth
- 1 or 2 tomatoes
- 4 cups coarsely chopped beet greens (about 1 pound)
- 1 tablespoon brown sugar

Heat oil in a large Dutch oven over medium-high heat. Add onion, carrot, and celery; sauté 5 minutes or until tender, stirring frequently. Stir in beets and next 6 ingredients (beets through tomatoes). Bring to a boil; reduce heat, and simmer 35 minutes or until vegetables are tender. Stir in beet greens and sugar; cook 5 minutes.

Green and Yellow Bean Salad with Chunky Tomato Dressing & Feta Cheese

- ¾ pound wax beans, trimmed
- ¾ pound green beans, trimmed
- ½ cup chopped tomato
- 1 tablespoon sherry vinegar
- 2 teaspoons extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ cup thinly sliced fresh basil
- ½ cup (2 ounces) crumbled feta cheese

Cook beans in boiling water 5 minutes or until crisp-tender. Drain and rinse with cold water. Combine the tomato and next 4 ingredients (tomato through pepper) in a bowl. Divide the beans evenly among 8 plates. Spoon ¼ cup tomato mixture over the beans. Sprinkle with 1 tablespoon sliced basil and 1 tablespoon cheese.

Summer Squash Bread

- 3 eggs, beaten
 - 2 cups white sugar
 - 1 cup vegetable oil
 - 2 teaspoons vanilla extract
 - 3 cups all-purpose flour
 - 3 teaspoons baking powder
 - 2 teaspoons ground cinnamon
 - 2 teaspoons ground nutmeg
 - 2 cups shredded summer squash
1. Preheat oven to 325 °F (165 °C). Grease a 9x13 inch baking dish.
 2. In a large bowl, use an electric mixer to beat the eggs until fluffy. Beat in the sugar, oil, and vanilla. Gradually mix in the flour, baking powder, cinnamon, and nutmeg. Fold in the squash. Transfer to the prepared baking dish.
 3. Bake 45 minutes in the preheated oven, until a knife inserted in the center comes out clean.