



# The Garden Herald

## Greenmoore Gardens CSA

Share #10: July 29 & 30

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Summer Squash	Green Pepper	Tomato	Baby Celery	Cherry Tomato	Full and Bi:
Onions	Basil	Beans	Garlic	Eggplant	Cucumber
Watermelon	New Potatoes	Beets	Blueberries		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 very 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 already 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 a little more.

The tomatoes in the field are taking their own time to ripen this season. Intuition says that the hotter the climate, the faster they'll ripen, but in actuality, the optimal ripening range is around 65 - 85 °F. The slow start to the summer and the excessive heat last week have both contributed to the slow tomatoes' start. The cherry tomatoes are finally starting to look like they are 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. Our micro-climate must have put us a couple weeks behind other farms. I do recall that our garlic scapes were a whole two weeks behind most other farms, as was the same situation with many of our other crops. We're still waiting for our next planting of cucumbers to fruit. When all these veggies start to ripen, I think we'll have better late summer and fall harvests. We're crossing our fingers for some more red tomatoes, some sweet peppers, and for all of the fall roots, sweet potatoes, and winter squash to do well. --Sunil

### Veggie Notes

**Green Pepper** - You may find some purple peppers which are also 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. We'll stop harvesting the green ones this week to allow for that.

**Onions** - We're packing a bunch of the smaller onions which had a tough time in the hard, compacted spring soil. It may be a little more work to peel all of them, but they cook just the same as others. 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's production, but there are still just enough being harvested from the fields for those of you who aren't sick of them yet! You'll see some damage from squash bugs on the flesh, which makes 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, so they won't store like regular potatoes. They have a nice fresh taste when picked young like these are. This variety in your box today are Yukon Gold, which are very flavorful potatoes.

**Basil** - A few sprigs of basil for you today.

**Tomato** - The tomatoes are finally starting to ripen out in our field. Most of these are red slicing tomatoes from the high tunnel. You'll also see an heirloom called Paul Robeson, which has a brownish red color with green shoulders. The insides are a nice purple color. Some of you may get some of the first pink heirlooms from the field planting as well.

**Beans** - The second planting is finally sizing well 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 ripening, so we've portioned them in order to give everyone a taste. We have a shortage of this crop also, as most of the planting was cultivated on an overly rain-saturated soil back in May, which compacted the soil and stunted the plants. The cantaloupes and muskmelons are doing better, though, and should start to ripen in a couple of weeks or so.

**Baby Celery** - Celery requires a lot of water to preserve its good eating quality. 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 greens and all, along with some onions and carrots for a good base to a soup or sauce.

**Cherry Tomatoes** - You'll see an array of colors in your share: orange ones (Sungolds--super sweet!), red ones, yellow pear-shaped ones, and maroon ones (Black Cherry).

**Eggplant** - The eggplant is really starting to take off, so here's a few for you today. You'll find many shapes and colors this season: Long slender ones are Asian Eggplants and have a meatier texture. They come in pink, purple, and green colors. There are also Italian style eggplants which come in black and white.

**Blueberries** - The owner of the farm, Mark, picked these from Mountain Home Farm. They are not organic, but were grown under a low-spray system. Enjoy!

### Full and Bi-weekly:

**Cucumber** - The second planting is starting to fruit, so we can expect a steady flow for a few more weeks.

**Strawberry** - We planted some ever-bearing strawberries back in April which are now producing just a taste for the full and bi-weekly shares.

**Herb Shares:** Mint, Tarragon, Rosemary

### **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.