



The Garden Herald

Greenmoore Gardens CSA

Share #11: August 5 & 6

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Summer Squash	Garlic	Tomato	Corn	Full and Bi:
Onions	Basil	Cherry Tomato	Peppers	Watermelon
Eggplant	Potatoes	Beans		Cauliflower

News from the Fields

As August comes, it's time to get the last sowings and plantings of all the fall crops in before the month's end. We've been busy planting some of the last cabbages, cauliflowers, and broccoli. Fall kale is in the ground, and we're about to start sowing turnips, spinach, radishes, lettuce, and other fall greens. In August, the days start to get noticeably shorter, and the end of the busy season is in sight.

The woes on the farm continue with the recent drought, which has showed its ugly face in the many tomatoes that are showing blossom-end-rot due to very hot and dry weather a few weeks ago. The first flush of fruit developed under better conditions, so they will keep trickling in (at a slow rate of ripening), but we won't have nearly the quantity that was expected from the plants overall. We had a tough time getting corn to grow in the cold and wet spring, and so we're searching for some corn from neighboring farms for you while our second planting is just starting to silk and grow ears. It seems as though many other farms in the area have had tough times with their corn crops as well, because usually at this time we see corn everywhere. I'm sure you all are realizing that the influences of the weather and the resources on the farm play a "make it or break it" sort of role in the quality and quantity of produce that is produced. I hope this experience will teach us all humility, patience, and perseverance.

Two of our full-time work-crew are on their way out next week. George, who spent the whole season here last year and most of this year is now moving on to start his own small farm not too far from here. We wish him luck, and thank him for all of his hard work and dedication over the past couple seasons. Tom, who spent a few months here is going back to Philadelphia to continue his school work. We appreciate his endurance and help and wish him the best in his future endeavors.

--Sunil

Veggie Notes

Onions - We're delivering to you 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 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 - Sick of squash? Try shredding them and freezing for later use.

Potatoes - Mostly Kennebec potatoes, which have white skin and flesh.

Basil - A few sprigs of basil for you today.

Tomato - The field tomatoes are taking their time to ripen, so 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 as Green Zebra tomatoes which are yellowish green with an orange hue when ripe.

Beans - The beans have been crying for water. You'll see evidence of drought in the quantity and the large proportion of small beans in your bags. There will be green beans and yellow wax beans in your share.

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 probably one of the few crops that is doing great in the field. 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.

Garlic - Another bulb for you this week.

Corn - There's a little corn from our farm's first planting, but most of it is from Way Fruit Farm just down the road from us. It is very local, but not organic.

Peppers - The full shares are getting some of the first sweet peppers, and half shares are getting one or two sweet yellow banana peppers.

Full and Bi-weekly:

Watermelon - Probably the last of the watermelon this season..

Cauliflower - I know it's not the season for cauliflower, but we mistakenly planted an early maturing variety too early. It's small but not so bad given the hot temps it was growing in.

Herb Shares: Chives, Sage, Rosemary, Dried Thyme



JOIN US For Our FUN FARM EVENTS In AUGUST!

Sat, Aug 6th - **PASA farm tour**---Take a tour of our farm and other farms around the area! See www.pasafarming.org for details and how to sign up!

Sat, Aug 13th - **Greenmoore Gardens Potato Dig & Tomato Pick** – 10 am - 12 pm. Bring your shovels and help us dig some potatoes and pick tomatoes!

Wed, Aug 24th - **Dog Days of Summer – Pizza & A Movie For Kids** – 6:30 pm - 9 pm (rain date Aug 26th)

Baba Ghanoush

Baba ghanoush, a Middle Eastern spread and dip, is similar to hummus, but is made with eggplant instead of chickpeas (garbanzo beans). This vegan recipe is particularly hummus-like, since it uses some chickpeas for a thicker texture. For a non-vegan variation, add mayonnaise for a creamier texture.

- 1 large eggplant
- 1 can chickpeas, drained (garbanzo beans)
- 3 cloves garlic
- ¼ cup lemon juice
- 3 tbsp tahini
- dash sea salt
- ¼ cup olive oil
- 2 tbsp fresh chopped parsley (optional)

Slice eggplant in half, and roast in 400 °F oven for approximately 30 - 45 minutes, or until soft. Allow to cool slightly, then scoop out inside of eggplant, leaving skin behind.

In a blender or food processor, combine eggplant and remaining ingredients, except oil and parsley, until smooth. Mixture will be somewhat thick. Slowly incorporate olive oil until well mixed. Mix in chopped parsley by hand. Serves eight.

Summer Squash Pancakes

These savory pancakes make a wonderful vegetarian summer meal.

- 3 small yellow squash
- 3 small zucchini
- ½ yellow onion
- 1 teaspoon kosher salt
- 2 large eggs, lightly beaten
- 2 garlic cloves, pressed
- 2 tablespoons whole wheat flour
- 1 tablespoon chopped fresh oregano
- ½ teaspoon freshly ground pepper
- 2 tablespoons olive oil
- Greek yogurt, for serving

- Trim the ends from the squash and zucchini. Shred the squash, zucchini and onion using a cheese grater or food processor.
- Place the shredded squash, zucchini and onion in a large colander set over a bowl or in the sink. Sprinkle the kosher salt over the vegetables, then toss gently. Allow the vegetables to sit for about 15 minutes to release their water. You can help squeeze out some of the water with your hands. When the vegetable mixture is fairly dry, place it in a large bowl.
- Add the eggs, garlic, flour, oregano and pepper to the vegetables, stirring to blend completely.
- Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Drop a few tablespoons of the squash mixture onto the hot skillet. You will have to use a spoon or your fingers (careful not to burn) to gently shape the dollops into pancakes. Allow them to cook just long enough to brown one side, then carefully turn them over with a spatula. When both sides are nicely browned, transfer the pancakes to a plate and keep warm while you work with the rest of the vegetable mixture. Add the remaining tablespoon of oil if the pan seems dry.
- Serve the pancakes hot with the Greek yogurt on the side.