



# The Garden Herald

## Greenmoore Gardens CSA

Share #12: August 9th

NEWSLETTER AVAILABLE ONLINE! @ [WWW.GREENMOOREGARDENS.COM](http://WWW.GREENMOOREGARDENS.COM)

Summer Squash	Cantaloupe	Tomato	Beets	Full and Bi:
Onions	Basil	Cherry Tomato	Celery	Cauliflower
Eggplant	Potatoes	Beans	Cucumber	

### A Message from a fellow Share-holder:

Last Saturday I received more in my market basket than produce – a gift so significant that I feel compelled to share it. Perhaps it will speak to something similar in your own experience.

Because extreme weather conditions have made for a particularly challenging growing season, it has been my habit to arrive early to market. By transferring our fresh produce immediately into a cooler, I hoped to protect it from the summer heat. This past humid, rainy Saturday was no different. In an effort to beat the rain home, I grabbed my market box and quickly began removing eggplants, a few peppers, a bag of green beans, bunch of beets, and then lifted out a tomato. It was a huge one, filling my hand; and as I was about to place it in the cooler, I felt a bump on its side and noticed that it had a scaly scar in the shape of a crescent that had formed under the bump. My reaction was instantaneous: the tomato was unacceptable! A strong feeling of aversion drove me to hand it back to Laurie the young woman who was distributing the shares that morning. “You can have this tomato back,” I said, “I don’t want it.” Dutifully, she took the fruit from me, carefully examined it, and pointing to the crescent-shaped scar, responded, “This tomato is smiling!”

In a hurry to get home, and unwilling to engage further, I finished packing my cooler and headed for my truck. Once on the road, however, I could not shake a sense that something of deep consequence had just occurred in what seemed to be an insignificant event. All the way home I was haunted by the words, “This tomato is smiling!” Clearly Laurie had a very different perception of the tomato than I did. I saw imperfection, a tomato that had to be taken “as is.” She saw something beautiful, something extra-special about the “as is” tomato. I was distressed and agitated by my rejection of the tomato and could not forget it.

After much pondering, I discovered that the source of my reaction to the tomato was to be found in a concept of the “ideal” tomato that I was mindlessly carrying around, automatically measuring and judging real tomatoes by its standard – and of course, finding the real ones repeatedly falling short. It wasn’t long before a list of other concepts, “ideals,” that I was mindlessly carrying around began to emerge. There was the “ideal” female body; the “ideal” daughter; mother; wife; the “ideal” marriage, meal, dog. Expecting reality to manifest our mental constructs is a recipe for disappointment and frustration. And tragically, it makes it impossible for us to experience the perfection of every real thing, a perfection, beauty and goodness which is intrinsic to the very specific ways in which real things diverge from the “ideal” ones– those very features of real things which we say makes them “unique.”

The tomato I had in my hand was not ideal, but it was incomparable – perfect just as it was. It deserved to be celebrated – not merely accepted or tolerated.

Had I been able to respond in gratitude, I would have been keeping my end of the deal with Greenmoore Gardens, which was to partner with the farm, the farmers and the earth in celebrating the harvest just as it is. In the act of rejecting the tomato, I had broken my contract with Greenmoore. I had failed in my commitment to the farmers. I had broken my promise to my friend, Sunil, our farm manager. Beyond even this, I had allowed myself to slip into the deluded belief that there was such a thing as an “ideal” tomato, and that I could expect to see one in my market box. Thus, I was unable to acknowledge and appreciate the beauty and goodness of the real tomato that I was lucky enough to have held ever-so-briefly in my hand.

How I wish I could taste that perfect tomato right now!

---Meido Barbara Anderson

### Veggie Notes

**Onions** - Some more onions for your sautes and soups.

**Summer Squash** - Sick of squash? Try shredding them and freezing for later.

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

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

**Tomato** - Finally there are some tomatoes in the field that are ripening in larger numbers. The blossom-end-rot is taking out a large proportion of future harvests, so we’ve decided to put a bunch of them on the side so you can cut out the good parts and use them.

**Beans** - The recent drought has caused most of our bean production to come to a standstill, so we’re seeing some shortages there. However, there’s some new growth happening recently since the weather has become more favorable.

**Cherry Tomatoes** - The rains have caused many to split. Eat soon!

**Eggplant** - Asian varieties come in pink, purple, and green colors. There are also Italian style eggplants which come in black and white.

**Cantaloupe** - Some of the first cantaloupes are ripening in the field. We pick them when they’re fully ripened on the vine, so you will want to eat these soon!

**Beets** - Another installment of beets for you today.

**Celery** - This is unblanched celery, so you may find the flavor much stronger than what you’re used to.

**Cucumber** - Finally some more cukes are coming out of the field.

### Full and Bi-weekly:

**Cauliflower** - I know it’s not the season for cauliflower, but we mistakenly planted an early maturing variety too early. They’re not so bad given the hot temps they were growing in. You’ll see evidence of some stress in a purple tinge.

**Herb Shares:** Chives, Sage, Rosemary, Lemongrass

### JOIN US For Our FUN FARM EVENTS In AUGUST!

**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)**

## **Roasted Cherry Tomatoes**

- 1 pint cherry tomatoes, whether red or orange or yellow or a combination, stemmed
  - ¼ cup extra-virgin olive oil
  - 1 tablespoon natural cane sugar or maple syrup
  - ½ teaspoon fine-grain sea salt, plus more to taste
1. To make the roasted cherry tomatoes, preheat the oven to 350°F (176°C). Adjust the oven rack to the top third of the oven.
  2. Slice the tomatoes in half and place them on a rimmed baking sheet.
  3. In a small bowl, whisk together the olive oil, sugar or maple syrup, and a scant ½ teaspoon salt. Pour the mixture over the tomatoes and gently toss until well coated. Arrange the tomatoes in a single layer, cut-side up, and roast, without stirring, until the tomatoes shrink a bit and start to caramelize around the edges, 45 to 60 minutes.
  4. Nibble the roasted cherry tomatoes straight off the baking sheet. Or, if you aren't using them immediately, let them cool and then scrape them into a clean glass jar along with any olive oil that was left in the baking dish or sheet. Sometimes I top off the jar with an added splash of olive oil. The tomatoes will keep for about 1 week in the refrigerator.

## **Eggplant Bruschette**

- 1 baguette
- 4 tablespoons extra-virgin olive oil
- 1 ½ garlic cloves, whole clove left unpeeled
- 1 small eggplant (½ lb)
- ½ teaspoon finely chopped fresh thyme
- ¼ teaspoon finely chopped fresh rosemary
- ¼ teaspoon finely chopped fresh oregano

- ¼ teaspoon coarse gray sea salt
- ⅛ teaspoon coarsely ground black pepper
- 1 tablespoon chopped fresh flat-leaf parsley
- 2 tablespoons [finely grated](#) Parmigiano-Reggiano

Put oven rack in middle position and preheat oven to 375°F.

Cut off and discard 1 end of baguette, then cut 12 (¼-inch-thick) crosswise slices from baguette (reserve remainder for another use). Lightly brush 1 side of each slice with some oil (about 1 tablespoon total) and arrange, oiled sides up, on a baking sheet. Toast until golden, 8 to 10 minutes. While toasts are still warm, rub oiled sides with cut side of garlic clove half, then transfer to a rack to cool. Reduce oven temperature to 350°F.

Halve eggplant lengthwise and make shallow ½-inch-long incisions all over cut sides with tip of a paring knife. Arrange eggplant, cut sides up (without crowding), in a shallow baking dish and add unpeeled garlic clove. Sprinkle thyme, rosemary, oregano, sea salt, and pepper over eggplant, then drizzle eggplant and garlic with 2 tablespoons oil.

Bake until garlic is very tender, 30 to 35 minutes, then transfer garlic to a cutting board and continue to bake eggplant until very tender, 20 to 25 minutes more. When garlic is cool enough to handle, squeeze flesh from peel onto cutting board.

Transfer eggplant to cutting board and let stand until cool enough to handle, about 15 minutes. Scrape out flesh with a spoon onto cutting board, discarding peel. Finely chop eggplant and garlic together and transfer to a bowl. Add parsley and remaining tablespoon oil, then stir until combined well. Season with sea salt and pepper to taste.

Top toasts with eggplant mixture and sprinkle with cheese.