



The Garden Herald

Greenmoore Gardens CSA

Share #13: August 16th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Summer Squash	Cantaloupe	Tomato	Carrots	Full and Bi:
Cucumber	Leeks	Cherry Tomato	Onions	Cauliflower
Chard	Potatoes	Beans	Garlic	Eggplant

News from the Fields

Here we are...the middle of August. Spinach is sprouting in the field, fall carrots and beets are on their way to fattening up, lettuces are planted out with more to come, and winter squash is just about ready to harvest. Soon sweet potatoes will need to come out, and the fall will truly be here. We've been working on getting all the empty fields cultivated and prepped for cover crops to be planted by early September. We've just got to get a few more plants planted in the field, and a few more sowings of quick maturing greens and radishes, and we'll be coasting along through the rest of the season. Lots of picking, weeding, and compost spreading will be in store.

Also, we've been occupied with snagging weeds before they all go to seed in the crop rows. It's a constant race to keep up with them. Just when you think you've got them all, the rain comes, and a whole new flush sprouts and is ready to take back over. We try to go in with the cultivator and wheel hoe, and take them all out before they get too big, as long as it gets dry enough to do so. The dry periods are few and far between this past couple weeks, so I'm hoping it doesn't set us too far behind in the weed control department.

Now we'll begin planting winter salad greens in the high tunnel. The rains have given us good opportunities to spread compost and prep beds in there.

The fall weather is here early this year, which is great for all the fall crops we have in the field, but I hope that doesn't mean an early frost or a tough winter ahead. It would be a shame if the killing frost comes just as the tomatoes and peppers are really ramping up production! But that is how it goes, we move with the flow of the season, and take what nature gives us. Hope you've been enjoying your summer veggies so far, and for many weeks to come! --Sunil

Veggie Notes

Onions - Some more onions for your sautes and soups.

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

Cucumber - The cucumber variety I planted was advertised to not need pollination for fruit development, but apparently it did, as it was only after uncovering them, that they started to form fruit. At least the plants got nice and big so we should have a harvest through till frost I hope.

Potatoes - These are mostly Yukon Gold Potatoes that we dug on Saturday at our fun digging event. Usually it takes a couple people a couple hours to dig all the potatoes we need for your shares, but we were able to get them dug in no time! Thanks to all those who made it out. It was great to see the kids discover the little gold gems in the soil!

Leeks - What better vegetable to go with potatoes, than leeks? It's August, but it feels like fall is coming, so maybe a good time to make a nice potato leek soup!

Tomato - It seems that all at once, the tomatoes have decided to ripen. You'll find slicing tomatoes and heirlooms. Heirloom tomatoes tend to be very delicate and will split easily. They also tend to make strange shaped fruit and will scar here and there. This is the reason you don't find them in the grocery store. So it's best to eat these soon. You'll find pink Brandywines, dark Paul Robeson, Yellow and red streaked Striped German, pointy paste tomatoes, red slicers, and orange Valencias. If you find you can't get to your tomatoes before they get over-ripe, just throw them whole in the freezer to make sauces or soups at a later time.

Beans - The beans are bouncing back after the nice soaking rains we've had, so we can hope for a steady supply. The yellow wax beans are back in the mix with the green beans.

Cherry Tomatoes - You'll find orange Sungolds, Yellow Pears, sweet reds, and Black Cherry tomatoes. All the moisture we've had has caused them to split. Some of them will even split after we pack them. Just try to eat them soon if they're cracking.

Cantaloupe - Some of the last cantaloupes for you today. Some may get watermelon instead. The rains may have diluted the sweetness a bit, but there should still be a nice melony flavor.

Garlic - Another round of garlic for everyone.

Chard - The Chard is still putting on some nice growth, and should keep us supplied through fall.

Carrots - This planting was planted in a place that wasn't the deepest of soils, so you'll find that they are a little shorter than previous carrots. Hopefully all this rain has made them nice and juicy though.

Full and Bi-weekly:

Eggplant - Asian varieties come in pink, purple, and green colors. There are also Italian style eggplants which come in black and white. For those of you who don't like eggplant, try them in a baked or roasted recipe. Roasting really brings out the sweetness.

Cauliflower - There's not a whole lot of them heading up together, but the trickle coming out of the field seems to be just enough to supply the full shares.

Herb Shares: Parsley, Lemon Thyme, Sage, Mint

JOIN US For Our FUN FARM EVENTS In AUGUST!

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

RATATOUILLE EXPRESS

(from www.easy-french-food.com)

- 1/4 cup olive oil
- 2 onions, slivered
- 3 bell peppers, cut into one inch squares(try different colors)
- 2 eggplants, cut into 1/2 inch cubes
- 2 zucchini, cut into 1/2 inch cubes
- 4 cloves garlic, minced or crushed
- 2 pounds tomatoes, chopped
- 1 tablespoon minced fresh thyme
- salt and pepper
- 1/4 cup chopped fresh basil

Preparation Time: 25 minutes

Cooking time: 40 minutes

1. Heat olive oil in a heavy soup pot on medium heat. Sliver onions and add to oil.
2. While the onions cook, chop the bell peppers and add them to the pot, stirring well.
3. Chop the eggplants and add to the pot, stirring well to coat the eggplant with oil. At this point all the olive oil will have soaked into the eggplant, so you need to stir often to keep things from burning until they soften some.
4. Chop the zucchini and stir it in once the eggplant has softened a bit.
5. Chop the garlic and add to the vegetables, stirring well.
6. Chop the tomatoes and add them.
7. Mince the thyme and add it along with salt and pepper to taste. Stir well and cook two minutes.
8. Turn down heat and cover the pot. Simmer until everything is soft and well blended - about 40 minutes.
9. Stir in basil and remove from heat.

POTATO LEEK SOUP With SWISS CHARD (or Kale)

(from www.alacartewellness.com)

- 2 tbsp Olive Oil
- 2 stems Parsley - chopped
- 5 small Potatoes cut in 8
- 1 Onion - chopped
- 3 leaves Swiss chard/kale
- 3 Leeks - well cleaned and sliced
- Salt & Pepper

Heat the olive oil and add the onion, leeks, chard and the potatoes and sauté for 3 minutes until softened but not browned. Add 3 and 1/2 cups of filtered water or vegetable stock and bring to a boil then reduce the heat and simmer covered for 20 minutes.

Use a hand blender or other kind of blender and process until the mixture is smooth. Transfer to a pot and reheat the soup, then add salt and pepper. The soup will keep for 2 to 3 days.

QUICK TIPS FOR FREEZING SUMMER SQUASH

(FROM WWW.PLANETGREEN.DISCOVERY.COM)

- Slice your squash into 1-inch thick slices, or 1-inch cubes, depending on how you want to use it later on.
- Bring a pot of water to a boil.
- Add the squash, and boil for 30 seconds.
- Remove the squash, and place it in a bowl of ice water for a minute. This will stop the cooking action.
- Drain the squash thoroughly, and place in a freezer-safe container.
- Freeze.