



The Garden Herald

Greenmoore Gardens CSA

Share #13: August 19th & 20th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Summer Squash	Carrots	Tomato	Garlic	Full and Bi:
Cucumber	Leeks	Cherry Tomato	Onions	Celery
Chard	Eggplant	Beans	Peppers	Beets

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 in the ground and we have more to come, and winter squash is just about ready to harvest. Soon sweet potatoes will need to be dug out, and the fall will soon truly be here. We've been working on getting all of the empty fields cultivated and prepped for cover crops to be planted by early September. We just have 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.

We have also 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 will sprout and is ready to take the rows back over. As long as there are dry conditions, we try to go in with the cultivator and wheel hoe, and take them all out before they get too big. 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 has arrived 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 sautés and soups.

Summer Squash - The second planting is winding down now, but the last planting is still producing!

Cucumber - The cucumber variety I planted was advertised as not needing 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 be able to harvest those up until the frost comes, I hope.

Leeks - These leeks were planted very deep and so they made nice long white portions, but many of them didn't fatten to size. Here's a few to sauté or cook in soup.

Tomato - It seems as though 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. 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 wait to split until even after we pack them. Just try to eat or process them soon if they're cracking.

Garlic - Another round of garlic for everyone.

Eggplant - The plants seem to be taking a short break, but there's enough out there to supply us all with a little this week.

Chard - The chard is still putting on some nice growth, and should keep us supplied through the 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 the previous carrots. Hopefully all of this rain has made them nice and juicy, though.

Peppers - The peppers are finally getting close to getting over the bout of blossom-end-rot caused by the recent drought. We're finally seeing some fruit turn color which doesn't have a spot of rot on the end. You may find a pepper or two that have small spots of rot, so you'll want to cut that out and use them sooner. You'll find pointy red Carmen, red, yellow, and orange bells, pointy orange snack peppers, and maybe a green pepper or two.

Full and Bi-weekly:

Celery - These have a stronger flavor than you may be used to. Best to use them in a cooked recipe more like an herb.

Beets - A bunch of beets with tops. The greens are edible too!

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** –
Join us to make your own pizza in a fire brick
oven provided by Nola's Joint. Enjoy a bonfire
or watch a move in the corn crib! *Event is
from 6:30 pm - 9 pm (rain date is Aug 26th)*

RATATOUILLE EXPRESS

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

- ¼ cup olive oil
- 2 onions, slivered
- 3 bell peppers, cut into one inch squares (try different colors)
- 2 eggplants, cut into ½ inch cubes
- 2 zucchini, cut into ½ inch cubes
- 4 cloves garlic, minced or crushed
- 2 pounds tomatoes, chopped
- 1 tablespoon minced fresh thyme
- salt and pepper
- ¼ 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 into cubes
- 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 ½ 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. until cool enough to handle, about 15 minutes.