



The Garden Herald

Greenmoore Gardens CSA

Share #14: August 23

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

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|---------------|----------|--------|---------|-------------|
| Summer Squash | Garlic | Tomato | Carrots | Full and Bi |
| Cucumber | Peppers | Onions | | Beets OR |
| Chard | Eggplant | Beans | | Cauliflower |

News from the Fields

The torrential downpours we've been having have been nice because of the moisture they bring to the garden, but they've been violent enough to cause many of our pepper and eggplant plants to fall over. They are still alive, but their condition makes for a difficult harvest and weeding job. The fall crops are looking pretty good these days because of the mild temperatures and plenty of moisture they have been receiving. The cherry tomatoes have all unfortunately split due to their receipt of a lot of water over a short period of time. The regular tomatoes have split, too, but I try to harvest them before the rains come each time. The winter squash is on its way to curing in the field. The sweet potatoes should be ready to dig out in a couple of weeks. The brussels sprouts are looking like they will fatten up for October harvest, and cabbages are heading also. We're now halfway through the season everyone! This means there's a whole 14 weeks of fall bounty to come. Hope you enjoy it! --Sunil

Veggie Notes

Onions - Some more onions for your sautes and soups.

Summer Squash - The second planting is winding down now. The last planting is still producing, though.

Cucumber - The cucumber variety I planted was advertised as not requiring pollination for fruit development, but apparently it did, as it was only after uncovering them, that they started to form fruit. They're really starting to come on strong now.

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 that you can't get to your tomatoes before they become over-ripe, just throw them whole in the freezer to make sauces or soups at a later time.

Beans - Wow, we had a huge harvest of these yellow wax beans! We're putting a bunch on the side for you to take extra if you like to preserve or pickle. Just blanch them and freeze them, or pickle them in vinegar like you would with cucumbers.

Garlic - Another round of garlic for everyone.

Eggplant - The plants seem to be taking a short break, but there are enough out in the field 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 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 those spots 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.

Basil - A few sprigs for everyone today.

Full and Bi-weekly:

Cauliflower OR Beets - The trickle of cauliflowers from the mistaken planting are still coming in. Some of you will find a bunch of beets instead.

Herb Shares: Rosemary, Mint, Thyme

JOIN US For Our FUN FARM EVENTS!

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

**Sat, Sept 17th - Preserving the Harvest - 10 am -
12 pm - Basic canning, freezing, and other
preserving techniques.**

**Sat, Oct 15th - Fall Fest & Pumpkin Pick - 10 am
- 12 pm - Join us to celebrate the harvest, enjoy
the farm ambiance, and visit the pumpkin patch!**

Green and Yellow Bean Salad With Chunky Tomato Salsa

~ Adapted from a Cooking Light recipe

- ¾ pound green beans
 - ¾ pound wax beans
 - 2 cups tomatoes, chopped
 - 2 tsp olive oil
 - 1 Tbsp sherry vinegar
 - 2 ounces reduced fat feta
 - 2 tbsp basil, chiffonade
1. Steam or boil beans until slightly crisp.
 2. Chop tomatoes and mix with olive oil, sherry vinegar, and salt and fresh ground pepper to taste.
 3. Plate beans onto 8 plates, top with tomato mixture and 1 Tablespoon of feta cheese sprinkled with basil chiffonade.

Grandma's Yellow Wax Bean Soup

- 2 Tbsp butter
 - 2 onions, chopped
 - 4 cups yellow wax beans, cut in 3
 - 8 cups chicken broth
 - 1 ½ cups milk
 - 2 Tbsp cornstarch
 - Salt and pepper to taste
 - Fresh chopped chives to taste
1. Heat the butter in a stockpot and sauté the onions for 1 min.
 2. Add the beans and the chicken broth.
 3. Cover and simmer for 25 min. or until beans are cooked.
 4. Mix in the milk.
 5. Dilute the cornstarch in a small amount of the warm broth and thicken the soup to taste.
 6. Season and sprinkle with fresh chives.

Green and Yellow Beans with Wild Mushrooms

~ From EatingWell.com

- 1 pound green beans, trimmed
- 1 pound yellow wax beans, trimmed
- 3 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced

- 8 ounces wild mushrooms, such as chanterelle, oyster or porcini, trimmed and sliced (see Substitution Note)
 - ½ teaspoon kosher salt, divided
 - Freshly ground pepper, to taste
1. Bring a large pot of water to a boil. Add green beans and wax beans and cook until tender-crisp, about 4 minutes. (Cook for another minute or two if you like your green beans more tender.) Drain well.
 2. Meanwhile, heat oil in a large heavy skillet over medium heat. Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in mushrooms and cook, stirring, until they release their juices and most of the liquid has evaporated, about 5 minutes. Season with ¼ teaspoon salt and pepper.
 3. Reserve 1 tablespoon of the mushrooms for garnish. Add the cooked beans to the mushrooms in the pan and cook, stirring to combine, until heated through, 1 to 3 minutes. Season with the remaining ¼ teaspoon salt and pepper. Serve topped with the reserved mushrooms.
 4. Substitution note: If you can't find wild mushrooms, use button or cremini mushrooms.

Baked Oregano Tomatoes

- 4 large ripe tomatoes, sliced ¼ inch thick
 - ⅓ cup grated Romano cheese
 - ½ cup fresh bread crumbs
 - 1 clove garlic, minced
 - 2 sprigs fresh parsley, chopped
 - Salt and pepper to taste
 - ½ teaspoon oregano
 - 1 tablespoon olive oil
1. Preheat oven to 400 ° F and coat a shallow baking dish with cooking spray.
 2. Place tomato slices close together in prepared baking dish. Sprinkle with cheese, bread crumbs, garlic, parsley, salt, pepper, and oregano. Drizzle with olive oil.
 3. Bake for 20 minutes in the preheated oven, or until cheese is lightly toasted.