



The Garden Herald

Greenmoore Gardens CSA

Share #15: August 30th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Summer Squash	Beets	Corn	Braising Mix	Full and Bi
Cucumber	Peppers	Onions		Garlic
Kale	Tomato	Beans		

News from the Fields

I dug up a sweet potato plant today to see what was going on under the surface, and I found some nice tubers that should size up to a harvestable size in a couple of weeks! Also, the brussels sprouts will be topped in a week or so to force the sprouts to form in time for the frosts in October. We harvested the early crop of winter squash and it's now curing in the greenhouse for a bit. There are a good many cabbages and broccolis just starting to head up, so the cabbage family extravaganza I have planned for this fall should be underway in a couple weeks I hope! --Sunil

Veggie Notes

Onions - Some red onions this week.

Summer Squash - The plants are showing a good deal of powdery mildew. Thankfully they are mostly Raven Zucchini, which seems to stand up to it for a longer time than some other varieties, so we should see a trickle of squash continue.

Cucumber - You'll find some scarring on some of these cukes from the cucumber beetles. The insides are good eating, though.

Tomato - Currently, we have many different varieties of heirlooms in the rotation...there's the orange Valencia--sweet and mild; dark Paul Robeson--nice purple flesh inside with nice flavor; yellow with red streaks Striped German--mild and beautiful; the perfectly round pink-purple Eva Purple Ball--long lasting on the counter, great slicing heirloom; the yellow orange with green streaks, the Green Zebra--great color and nice tangy flavor; and the famous Pink Brandywine--amazing texture and sweet flavor. Also, there are pointy paste tomatoes, Hog Heart, and Amish Paste; regular slicing tomatoes too.

Beans - After a stall from the drought, the first couple plantings of beans have put out another flush of fruit. Now they're ready to harvest at the same time as the third planting! Since we have a huge harvest, we are packing your shares full. To save them for later, just blanch and freeze them. It's easy, just bring a large pot of salty water to a boil, put the beans in. And when the water starts boiling again, drain the beans and dunk in icy water or run them under cold water from the tap. Let them drain thoroughly, and put in a freezer bag and freeze. To use, just thaw in the fridge or on the counter, and fry them, stew them, or saute them. It is truly great to have the tastes of the summer ready to experience in the freezer or the canning jar. See our recipe for pickled beans below.

Kale - Kale is bouncing back with the cooler weather, the lack of flea beetles, and the plentiful moisture. Soon, you'll see some new types of kale in your boxes, along with some collards.

Beets - Here's another installment of beets. Don't like beets? Try them candied! Just cube them into quarters, and wrap them in foil with some sugar and salt (about a 3 to 1 ratio) and bake or grill them at about 350 °F.

Peppers - The peppers' growth slowed down a bit with the cooler weather and the rain, so just a few for us this week.

Braising Mix - This is a mix of greens meant for a light saute. It's a mix of a few different kinds of asian greens and mustards. You can go simple with a little olive oil, garlic and salt to get the vibrant flavors of the greens at their best. Just heat a pan to high heat, add oil, garlic, salt, and greens in quick succession. Allow the greens to just wilt and serve immediately.

Corn - I've finally gotten over the fact that our corn just didn't work this year. From cold wet nights at sowing time, to cutworms, to a faulty seeder, the plantings all did poorly. This is a sweet white corn. The quantity is small, so it may be good to cut the kernels off the cobs and use them in a recipe that calls for corn along with other ingredients.

Full and Bi-weekly:

Garlic - Another round of garlic.

Herb Shares: Basil, Parsley, Chives

JOIN US FOR OUR FUN FARM EVENTS!

Sat, Sept 17th - Preserving the Harvest - 10 am - 12 pm - Basic canning, freezing, and other preserving techniques presented by Beth VanHorne of the Penn State Extension Office

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!

Home Made Chili Con Carne Recipe **With Fresh Tomatoes**

~adapted from Mark Knowles

- 2 tbsp olive oil
- 2 onions, chopped
- 2 cups green or yellow beans
- 2 garlic cloves, crushed
- 2 ½ lb. ground beef
- 1 lb. of chopped fresh tomatoes
- 3 tbsp tomato purée
- 2 red chillies, thinly sliced (or 2 tablespoons dried chili flakes)
- 1 teaspoon ground cumin
- 1 teaspoon oregano
- 1 teaspoon ground coriander
- 1 teaspoon cinnamon
- 2 tablespoons of Worcestershire sauce
- 1 beef stock cube
- Salt and ground black pepper
- 2 cans red kidney beans, drained and washed
- 1 bottle of red wine (a cup for the chili, the rest for the chef)

For the garnish:

- 1 large bunch coriander leaves, roughly chopped
- Sour Cream

First open the wine, pour a glass and sip. Don't worry, some of it will go in the chili.

Next, prepare the onion, garlic and chillies. Add the oil to a large sauce pan and heat. Fry the garlic and onion in the oil until they start to soften. Add the fresh, chopped chillies and fry for a further couple of minutes. Now, add the spices and fry for another 2 minutes, stirring well. Add the ground beef and brown. Now add the wine and reduce for another 2 minutes.

Now add all the other ingredients, stir and season with a good helping of salt and fresh ground black pepper. Bring to a boil, turn the heat down low, cover and cook for an hour, stirring occasionally. Sit down and have another glass of wine – you deserve it after all that hard work. Serve with grated cheese and a good handful of fresh, chopped coriander, rice and a green salad.

PICKLED GREEN OR YELLOW BEANS

- 2 lbs. fresh beans
- 1 ¾ cup white vinegar
- 1 1/2 cup water
- 4 tsp. salt
- ¾ cup sugar
- 1 tbsp. mustard seed
- 1 tbsp. whole black pepper
- 1 (3 inch) cinnamon stick
- 2 cloves garlic, split
- 3 med. onions (sliced or chopped)

Wash, trim and cut beans into 2 inch diagonal pieces. Cook covered in boiling salted water until tender. Drain. Combine vinegar and next 3 ingredients. Add garlic and spices tied in cheesecloth bag. Heat to boiling. Add onions and beans to vinegar solution. Bring to boil. Simmer 15 minutes. Remove spice bag. Continue simmering while packing in jars. Make sure solution covers jars ½ inch from top. Put in a hot bath for 5 minutes. Yields 3 pints.

BLACK BEAN AND CORN SALSA

- 1 can black beans, rinsed and drained
- 1 ¼ cup cooked fresh corn kernels
- ¾ cup finely diced onion
- 2 medium tomatoes, chopped
- ¾ cup red or green bell pepper
- 2 jalapenos peppers, minced
- ⅓ cup chopped fresh cilantro
- 1 ½ tsp. Dijon mustard
- 2 limes, squeezed
- Salt and pepper
- ¼ cup chopped flat leaf parsley

Combine all ingredients except for parsley and mix well. Refrigerate up to 3 days. Bring to room temperature and add parsley.