



The Garden Herald

Greenmoore Gardens CSA

Share #15: September 2nd & 3rd

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Pac Choi	Beets	Braising Mix	Napa Cabbage	Full & Bi:
Cucumber	Peppers	Onions		Garlic
Kale	Tomato	Beans		Broccoli

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.

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

Tomato - The tomatoes really slowed it down this week with the cool nights, so you may find some that are not completely ripe. Just put these in a warm place wrapped in newspaper or a paper bag. Now, 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, 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 - The 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 slowed it down a bit with the cooler weather and the rain. 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. 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. They can also be chopped into salad sized pieces and dressed with a rich and tangy vinaigrette to offset the brassica pungency.

Napa Cabbage - Most of you will be getting Napa Cabbage also known as Chinese Cabbage. It has sweet blanched inner leaves which go well with potatoes and onions. It is the type of cabbage you find in kimchee, the spicy Korean condiment. It does well in soups, salads and sautes also. Some of you will get Savoy Cabbage which is a round cabbage with crinkly leaves rather than the smooth leafed varieties you may be used to.

Pac Choi - These are great greens for salads, soups, and sautes. The stalks are especially succulent and sweet.

Full and Bi-weekly:

Garlic - Another round of garlic.

Broccoli - Just enough for a head of broccoli for each.

Herb Shares: Basil, Parsley, Chives

Braised Napa Cabbage with Mushrooms and Bok Choy

½ head (or more) Napa cabbage
1 head bok choy
1-2 cups shitake mushrooms, sliced
2 tbsp sesame oil
1 cup chicken broth (or vegetable broth)
3 tbsp Shao Xing (Chinese cooking sherry)
1 tsp salt (or to taste)
1 tbsp cornstarch
3 tbsp water

Cut the base of the cabbage head and peel off the leaves (they shrink in volume to ½ of original). Wash the leaves thoroughly and chop into 2-inch pieces. Rehydrate mushrooms (if they are dehydrated) and rinse clean of sand and grit. Remove stems and slice thick. Heat oil in a large frying pan on high flame. When oil is hot, add cabbage and sauté until wilted. Toss in mushrooms and broth. When broth begins to boil, reduce to simmer and partially cover until the cabbage is completely cooked. Mix the cornstarch and water together. Remove the lid and add the cornstarch mixture and the sherry. Stir and let the sauce return to a boil. Serve hot.

Sautéed Napa Cabbage, Pac Choi, and Garlic

3 Tablespoons olive oil
1 Head Napa cabbage, sliced
1 Head Pac Choi, sliced
4 cloves garlic, peeled and minced
Salt and pepper to taste

Put all ingredients into a large sauté pan and add oil. Turn heat to medium high and add in the cabbage. Sauté for about 4 minutes then add in garlic. Cook for about 1 minute more then serve.

Montreal Slaw

~ from *The Way We Cook* by Sheryl Julian and Julie Riven

1 large green cabbage, quartered and cored
2 Tablespoons coarse (kosher or other) salt
4 carrots, grated
1 green pepper
1 bunch green onions, thinly sliced

3 - 6 Tablespoons sugar
½ cup distilled white vinegar
3 Tablespoons olive oil or another mild salad oil

Shred cabbage and transfer to a large colander, sprinkling the layers with salt. Set the colander in a large bowl and set aside for 30 minutes. Rinse the cabbage a bit and then with your hands, press the cabbage to remove the excess moisture and transfer to a large bowl. Add the carrots, green pepper, and scallions and toss thoroughly. Sprinkle the vegetables with 3 Tablespoons of the sugar, vinegar, and oil. Toss again. Taste for seasoning and add more salt, sugar, or vinegar if you like. Cover bowl and refrigerate slaw for at least 2 hours or for as long as overnight. Toss again just before serving.

Cabbage and Potato Pancakes

~ (from Simplicity - from a Monastery Kitchen)

½ head small green cabbage
4 large potatoes, peeled and grated
1 medium sized onion, finely chopped
2 eggs
¾ cup milk
Salt and freshly ground pepper to taste
Small bunch of parsley, chopped
8 Tbsp. vegetable or olive oil

1. Quarter the cabbage and steam it for about 6-7 minutes. Drain and chop the cabbage finely.
2. Place chopped cabbage, grated potatoes, and chopped onion in a big bowl. Mash them thoroughly with a masher and mix them well with a spatula.
3. In a separate deep bowl beat the eggs. Add the milk and beat some more. Add the cabbage-potato-onion mixture. Add some salt and pepper and the chopped parsley. Mix all the ingredients together until thoroughly blended. Refrigerate 1 hour.
4. Preheat oven to 250 °F. To make the pancakes use a crepe pan or nonstick skillet. In the pan heat about 1 tablespoon of oil (each time) to low-med and pour in about one eighth of the potato mixture. Flatten the mixture evenly with a spatula and cook over medium heat until the pancake turns brown at the bottom. Turn the pancake over carefully and continue cooking the other side. When the pancake is done, slide it carefully onto an ovenproof platter. Repeat the process until all the pancakes are done. Keep the pancakes in the warm oven until ready to serve.