



The Garden Herald

Greenmoore Gardens CSA

Share #16: September 6th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Savoy Cabbage	Carrots	Eggplant	Pac Choi
Cucumber	Peppers	Broccoli	Garlic
Chard	Tomato	Beans	Basil

News from the Fields

Rain, rain, rain. Not enough and too much are the themes of the rains this year. Almost every storm has been a storm of erosion, water-logging, and fungus. I pulled up a carrot from one of our storage carrot beds, and found that the hole it had left had standing water in it. The harvest this morning was slogging through deep mud in places, and the thought of the poor suffocating roots of the plants was constantly on my mind. Mother nature has dealt us some tough cards this season. The huge storm on Sunday knocked over a section of tomatoes, but thankfully they're still in one piece. All the lettuce in the field was torn up pretty badly though, so it may be a while longer before we see them recover. Now the threat of fungus infestation is very large. There's signs of tomato funguses spreading quickly, the cabbage family plants are also showing funguses on their lower leaves, the chard is showing leaf spot, and the cucumbers are showing browning due to mildew. Fall weather is here in full force also, so I'm sure this will put a damper on many of the summer crops. The fall crops are all starting to give us a good deal of harvestable vegetables like cabbage, broccoli, and greens. May the soil drain well so we can assure their survival through the next few months! --Sunil

Veggie Notes

Cucumber - The cucumbers are doing okay, but are showing signs of succumbing to disease. Let's hope we get a few more weeks of harvest!

Tomato - Here's a mix of heirlooms and slicers for you this week.

Beans - We're having a tough time keeping up with picking, so you may find your beans are a little on the mature side. Just use them in recipes that call for longer cooking times if you find them tough.

Chard - Another round of the greens that keep on giving.

Carrots - A bunch of carrots from our planting in the lower field.

Peppers - The mini heat wave last week colored the peppers a lot, so there's plenty to go around today.

Savoy Cabbage - Savoy Cabbage is a round cabbage with crinkly leaves rather than the smooth leafed varieties you may be used to. They tend to have a milder flavor than regular cabbage, but can be used in much the same way.

Pac Choi - Also known as Bok Choy, these are great greens for salads, soups, and sautes. The stalks are especially succulent and sweet. The pounding rains bruised the leaves a good deal, so best to eat these sooner rather than later.

Eggplant - The eggplant is putting out a nice new flush of fruit for us this week.

Broccoli - Many of the plants are putting out nice heads, and florets for some of the first fall broccoli.

Garlic - Another round of garlic for everyone.

Basil - A few sprigs.

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

Wed, Oct 19th - **Fall Fest & Pumpkin Pick** - 10 am - 12 pm - Join us to celebrate the harvest, enjoy the farm ambiance, and visit the pumpkin patch!

Herb Shares: Sage, Chives, Lemon Thyme

Braised Savoy Cabbage with Mushrooms and Bok Choy

½ head (or more) Savoy 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 Savoy Cabbage, Pac Choi, and Garlic

3 Tablespoons olive oil
1 Head Savoy 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 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.