



The Garden Herald

Greenmoore Gardens CSA

Share #16: September 9th & 10th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Savoy Cabbage	Carrots	Eggplant	Pac Choi	Full/Bi
Kohlrabi	Peppers	Broccoli	Garlic	Cucumber
Chard	Tomato	Beans	Basil	Corn

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. And it kept raining...There are streams flowing through the garden now, moving large amounts of soil downhill leaving trails of nothing but rocks. Soil building has suffered a major setback in many parts of the garden for us this year.

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

Tomato - Here's a mix of heirlooms and slicers for you this week. Not a whole lot as the weather has kept them from ripening.

Beans - Some yellow wax or green beans for you today.

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

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

Peppers - The cold and wet has really slowed down the peppers also, so just a few this week.

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 few 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

Kohlrabi - This is a giant kohlrabi variety that we tried this year. It sure is giant! Kohlrabi is grown for the swollen stem at the base of the plant. It is a lot like the stalk of broccoli. Try cutting it into spears and steaming with your broccoli, or shred it or slice thin into a salad. Also good for sauteing and soup.

Full and Biweekly

Cucumber - The rain really allowed the mildew that was affecting the cucumbers to take over and the plants are near their very end. Some of the last.

Corn - Just a few ears from a spotty planting. Some of them may not be pollinated completely, and they were maturing at different rates also. Best to use in a recipe where corn is not the star.

Herb Shares: Sage, Chives, Lemon Thyme

Join us for our next Farm Event!!

Wed, October 19th

Fall Evening Celebration

6:00pm

Join us in celebration of our harvest, giving thanks for a great season of produce, enjoy the bonfire and s'mores and visit the pumpkin patch! Bring your own pumpkin to carve at our carving party!

Kohlrabi Curry

- 1 kohlrabi, diced
- 2 tsp olive oil, divided
- 2 Tbsp minced garlic, divided
- ½ cup water, divided
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- ½ onion
- 1 tomato
- 1 Tbsp lemon juice
- 1 tsp curry powder
- 1 tsp chili powder
- ½ tsp kosher salt
- 1 cup basmati rice

Preheat the oven to 450 °F. Toss the kohlrabi with 1 tsp of the olive oil and 1 Tbsp of the minced garlic. Spread evenly on a baking sheet.

Bake about 20 minutes. In the meantime, cook the basmati rice according to package directions.

Dice the onion and tomatoes. In a medium sauce pan, heat the other tsp olive oil and ¼ cup of the water. Add in the mustard and cumin seeds.

When the seeds begin to sputter, add in the onion and saute until tender. Then, add in the tomato and cook just until tender. Add in the roasted kohlrabi, along with the lemon juice, curry powder, chili powder, salt, and other half of the garlic and water. Cook on low 8-10 minutes or until the water cooks down. Serve over the rice.

Pirjati Zelje Braised Cabbage

~from Mediterranean Vegetables by Clifford Wright

- ¼ cup extra virgin olive oil
- 2 bay leaves
- 1 Tablespoons tomato paste
- 1 cup dry white wine
- 1 2-pound head savoy cabbage, cored and

- sliced as thin as vermicelli
- 15 black peppercorns
- 8 juniper berries, lightly crushed
- 1 teaspoon dried thyme
- 1 Tablespoon freshly squeezed lemon juice
- S & P to taste

1. Heat the olive oil in a large skillet over medium-high heat. Add the bay leaves, and cook them until they begin to sizzle. Reduce the heat to medium and very carefully add the tomato paste and wine, which will spurt and splatter rather dramatically. Cook for a minute, then add the cabbage, peppercorns, juniper berries, and thyme. Mix the cabbage so it is covered with sauce.
2. Add the lemon juice and continue to braise the cabbage over medium heat until it softens, 6 to 8 minutes. Reduce the heat to low, season with S and P, and cook until the cabbage is completely soft, about 45 minutes. Correct the seasoning (with S and P) and serve hot.

Kohlrabi & Carrots

- 1 medium kohlrabi, Peeled, chopped into ¾-inch cubes (about 2 cups)
 - 4 large carrots, cut into chunks to match the size of the kohlrabi
 - ¼ teaspoon nutmeg
 - 1 tablespoon butter (optional)
 - Salt and pepper
1. Cover the Kohlrabi and carrots with lightly salted water and boil until quite tender (about 15-20 minutes).
 2. Drain.
 3. Lightly mash, leave a lot of texture - don't try to make them smooth like mashed potatoes.
 4. Add nutmeg and butter.
 5. Serve.