



The Garden Herald

Greenmoore Gardens CSA

Share #17: September 13th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Napa Cabbage	Carrots	Green Tomato	Salad Mix OR	Full/Bi
Kohlrabi	Peppers	Broccoli	Lettuce	Garlic
Kale	Tomato	Pac Choi		Beets

News from the Fields

Fall seems to be here early this year. Your share today really shows this with a decrease of summer crops and increase of fall crops. The great brassica extravaganza is under way, and it looks like it will be a good one. Hopefully this soil has had a chance to drain, so that the molds and funguses affecting them will slow down their infiltration. Sadly, the waterlogged soil is suffocating many of the plants and the spinach seems to like it the least out of everything that is planted out there. It does look like it will recover for the most part, but there is a delay. We'll have to wait for spinach, I guess. The sweet potatoes have sized well. Now we're just waiting for a nice dry spell to dig them out and cure them. The winter squash is almost cured, so you should see them in your shares soon. The rain allowed for a nice germination of cover crops this year, but there were a few sections where the soil has been washed away which remain bare. The first sowings of greens in the high tunnel are complete, and there will be a few more weeks of sowing to come. As always, I hope you're enjoying your veggies, and thanks so much for being with us this year! --Sunil

Veggie Notes

Tomato & Green Tomato - Just a few ripe and/or blushing tomatoes. To ripen tomatoes, place in a paper bag in a warm place. We've also included green tomatoes in your share which are from plants that we just pulled out of the high tunnel to make way for fall and winter greens. It's time for fried green tomatoes everyone. Or a green tomato relish? The possibilities are many.

Kale - This is a mix of green and red curly kale from the newer fall planting.

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

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

Napa Cabbage - Also known as Chinese Cabbage, it is a very mild and sweet cabbage. Try sautéing with onions and pac choi. Or chop fine into a salad. Or throw into stews. The large leaves also lend themselves well to wraps.

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

Broccoli - Another round of broccoli for everyone.

Salad Mix OR Lettuce - A mix of baby lettuce and asian greens or a head of lettuce.

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 sautéing and soup.

Full and Bi-weekly

Garlic - Another round of garlic for the full and bi-weekly shares.

Beets - A round of beets for the full and bi-weekly shares.

Herb Shares - Sage, Chives, Rosemary

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!

Recipes

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.