



The Garden Herald

Greenmoore Gardens CSA

Share #17: September 16th & 17th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Red Cabbage	Carrots	Green Tomato	Winter Squash	Full/Bi
Kohlrabi	Peppers	Lettuce	Eggplant	Garlic
Kale	Tomato	Pac Choi		Broccoli

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 put green tomatoes in from plants that we just pulled out of the high tunnel to make way for fall and winter greens. So...it's time for fried green tomatoes everyone! Or a green tomato relish? The possibilities are many.

Eggplant - The new flush of fruit looks plentiful.

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. A lot of this planting has started to rot before we could get to it.

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

Red Cabbage - Red Cabbages have a beautiful color and make great slaws and salads.

Pac Choi - The Pac Choi is very abundant this season, so we hope you are enjoying it!

Lettuce - Small heads of romaine or curly green lettuce. Or a bag of cut red and green mix.

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.

Winter Squash - Winter squash is a type of squash that stores through the winter months. This first round for all of you is Delicata or Sweet Dumpling squash. They are very sweet and yellow fleshed inside. To cook, just slice in half lengthwise, and scoop out the seeds. Bake in a pan with a little water, and place the squash's open side face down at about 410 °F.

Full & Bi-weekly

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

Broccoli - Just enough for the full and bi-weeklies to get a taste. A lot of the broccoli developed rot due to the heavy rains.

Herb Shares - Sage, Chives, Rosemary

Join us for our farm event!

Sat, Sept 17th Preserving the Harvest 10-12

Want to preserve a little bit of summer? Join us as Beth VanHorne of the PSU Extension Office shares basic canning, freezing, and other preserving techniques.

Egg Flower Soup with Pak Choi & Kale

- 750 ml chicken or vegetable stock (preferably fresh)
- 2 handfuls of pak choi strips or broccoli pieces
- 1 bunch of kale, stems and leaves chopped
- 2 eggs, beaten
- 2 teaspoons soy sauce or tamari
- 1 teaspoon sesame oil
- Chili oil or pepper to taste

Bring stock to a boil in a medium pan or wok. Add pak choi (or broccoli) and kale, and cook for a few minutes, until tender. Remove the greens to a dish. Return the stock to a boil and drizzle in the beaten eggs, stirring once to create 'egg flowers'. Remove from heat, add the greens, cover and let sit for 2 minutes. Stir in the soy sauce, sesame oil and chili or pepper to taste. Serve immediately and enjoy!

Bok Choy with Black Bean Sauce

1 tablespoon vegetable oil
1 garlic clove, minced
1 tablespoon very finely chopped fresh ginger
2 scallions, thinly sliced
2 tablespoons black bean sauce
1 tablespoon dry sherry
½ cup chicken broth
¼ teaspoon Asian chile paste
1 ¼ pounds bok choy, quartered lengthwise
1 bunch watercress (6 ounces), thick stems discarded
1 teaspoon cornstarch mixed with 1 tablespoon water
Steamed rice, for serving

In a large skillet, heat the vegetable oil until shimmering. Add the minced garlic, ginger and scallions and cook over moderate heat until softened, about 2 minutes. Add the black bean sauce, sherry, chicken broth and chile paste, bring to a boil and simmer the sauce for 1 minute.

Meanwhile, place the bok choy in a steamer and steam until crisp-tender, about 3 minutes. Add the

watercress to the steamer and cook just until it wilts, about 1 minute longer.

Add the bok choy and watercress to the skillet with the sauce. Stir the cornstarch mixture; add it to the skillet and stir-fry over high heat until the sauce is thickened, about 1 minute. Transfer the vegetables to a bowl and serve with rice.

Homemade Cole Slaw

¼ cup homemade mayonnaise (see recipe below)
¼ cup vinegar (red wine, white wine, or cider)
salt and black pepper to taste
1 head red cabbage, very thinly sliced
1 bulb Kohlrabi, sliced finely
1 small onion, finely minced
½ cup sugar
1 tsp celery seeds
3 carrots, cut into thin strips
1 tsp fennel seeds
Pickled Jalapenos, optional

1. Mix the mayonnaise, vinegar, sugar, in a bowl. Season with salt and pepper.

2. Combine the cabbages, carrots, kohlrabi, onion, fennel and celery seeds, jalapenos (if using), and dressing in a large bowl. Toss so that everything is evenly coated and season with more salt and pepper.

Homemade Mayo

1 large egg, at room temperature
2 Tbsp. fresh lemon juice (use fresh not concentrate)
2 tsp. Dijon mustard
¾ cup canola oil
¾ cup olive oil
Salt and pepper to taste

Put the egg, lemon juice and mustard in a food processor and pulse to blend.

Combine the canola and olive oil in a glass measuring cup. With the machine running, add the oil in a slow steady stream until the mayonnaise thickens.

Season with salt and pepper.
Refrigerate.