



The Garden Herald

Greenmoore Gardens CSA

Share #18: September 20th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Savoy Cabbage	Carrots	Broccoli	Acorn Squash	Garlic	Full/Bi
Kohlrabi	Peppers	Lettuce	Eggplant	Onions	Radish
Chard	Tomatoes	Pac Choi	Braising Mix	Beets	

News from the Fields

It seems as though summer will not be returning to us before the equinox. Thankfully, we have a lot of fall crops coming to maturity, but still have worries that they won't last for a very long time if the weather stays wet and allows funguses to grow and the soil to stay saturated. A lot of the cauliflower is starting to head while the plants are still on the small side, meaning we'll have little heads coming soon. The turnips don't seem to like the conditions this fall, as they just sit there while we wait for them to fatten their roots. The sweet potato digging is coming along, and they are curing in the greenhouse to develop their sweetness before you will start seeing them in your shares in a couple of weeks. The high tunnel is quickly transforming into seed beds as we take out summer crops on a weekly basis and plant greens for fall and winter. I hope you're enjoying the fall vegetables - you'll be seeing a lot more of them in the coming weeks! --Sunil

Veggie Notes

Tomato & Green Tomato - Just a few ripe and/or blushing tomatoes. To ripen tomatoes, place them in a paper bag in a warm place. We've also put green tomatoes in your share 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 is plentiful.

Chard - This is green chard, which is very similar to spinach. It's a good substitute for the spinach that should be ready now but was suffocated by the heavy rain.

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.

Beets - The beets are doing well despite the saturated soil that took a lot of the carrots out last week.

Peppers - A few peppers for you this week.

Savoy Cabbage - We have a lot of these cabbages in the field. If you're getting overloaded, try chopping, blanching and freezing it.

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

Broccoli - The broccoli hasn't dealt with the heavy rains very well and shows evidence of rotting heads and fungus growth, but there's just enough for a taste this week.

Lettuce - A small head of lettuce for everyone.

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.

Acorn Squash - 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.

Garlic - Another round of garlic for everyone.

Onions - We're finding that the onions in your share don't store that well, so it's best to use them up sooner rather than later.

Braising Mix - A mix of mustards and other brassica greens. This is a great mix to put in sandwiches, salads, and stir-fries.

Full and Bi-weekly

Radish - We needed to thin out the first planting of radishes, so here are some little red radishes for you. The greens are small, but are very tasty in a stir-fry or soup.

Herb Shares - Parsley, Chives, and Rosemary

Join us for our farm event!

Wed, Oct 19th

Fall Evening Celebration

6:00 PM

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!

Gluten-Free Acorn Squash with Cranberry Apple Stuffing

2 acorn squash
boiling water
2 apples, peeled, cored and chopped into ¼ inch pieces
½ cup dried cranberries
1 teaspoon cinnamon
2 tablespoons grapeseed oil (though if you can do dairy, butter works just as well)

1. Cut squash in half and with a spoon, remove pulp and seeds.
2. In a 9x13 inch Pyrex baking dish place squash cut-side down.
3. Pour ¼-inch boiling water into baking dish (*or use ¼ inch room temperature apple juice for extra sweetness*).
4. Place dish in oven and bake squash for 30 minutes at 350°F.
5. In a large bowl, combine apples, cranberries, cinnamon and grapeseed oil to make stuffing.
6. Remove squash from the oven after 30 minutes.
7. Turn halves over and stuff center of each squash half with apple mixture.
8. Return to oven and bake for 30-35 minutes (or longer) until squash and apples are tender.

Hot Wilted Greens

1 thick slice smoky bacon
½ Tablespoon olive oil
1 large clove garlic, minced
1 medium sweet red onion
3 Tablespoons chicken stock
2 Tablespoons balsamic vinegar
1 quart mixed piquant leafy greens (such as arugula, endive or mustard greens)
¼ cup toasted pecans

1. *In a large, deep skillet or wok over medium heat, cook bacon until crispy. Remove and drain on paper towels. Crumble and reserve. Add olive oil to bacon drippings in skillet, heat and add garlic and onions.*
2. *Sauté for 3-4 minutes, until onions and garlic are softened. Stir in chicken stock and vinegar.*
3. *Add greens and mix. Stir-fry for 2-3 minutes,*

until leaves are coated. Cover and cook several minutes more, until leaves are wilted and cooked tender-crisp.

4. *Top with bacon and chopped pecans. Serve hot. Serves 4.*

Chard, Beet and Kohlrabi Salad with Caramelized Pecans and Raspberry Vinaigrette

Salad:

1 bunch chard - aim for 3 cups of chopped chard
1 fresh kohlrabi
¼ cup onion
2 baby beets – aim for ½ cup total
¼ cup dried cherries
¼ cup dried pumpkin seeds
¼ cup crumbled feta cheese
½ cup halved pecans
1 tbsp pure maple syrup (or brown sugar)
1 tbsp butter

Heat butter and maple syrup in a frying pan until the butter sizzles and add the pecan halves. Stir continuously for about 3 minutes, then place the pecans on a cookie sheet to cool.

Pull the chard apart into individual stems/leaves and finely slice across the leaves. Peel and dice the kohlrabi to about 1 cm pieces. Peel and dice the beets to about the same size. Finely sliver the red onion. Mix all of this with the dried cherries, pumpkin seeds, and feta in a large bowl. Add the cooled pecans to the top of each portion.

Vinaigrette:

½ cup vegetable oil
2 tbsp honey
1 scant tbsp Dijon mustard
3 tbsp red wine vinegar (or good balsamic vinegar)
1 tsp fresh lime juice
salt and pepper to taste
½ cup fresh raspberries

Combine the dressing ingredients in a food processor, and work to a liquid state. Drizzle this over the prepared salad and toss, or over each portion, and serve.