



# The Garden Herald

## Greenmoore Gardens CSA

Share #19: September 30<sup>th</sup> & Oct 1<sup>st</sup>

NEWSLETTER AVAILABLE ONLINE! @ [WWW.GREENMOOREGARDENS.COM](http://WWW.GREENMOOREGARDENS.COM)

Broccoli	Carrots	Basil	Radish	Cauliflower	Full/Bi
Kale	Peppers	Sweet Potatoes	Lima Beans		Lettuce, Garlic
Eggplant	Tomatoes	Salad Mix	Onions		Napa Cabbage

### News from the Fields

Happy Fall Everyone!

The fields on the farm are filling with green grasses and legume cover crops, assuring that the soil will not be washed away with the fall and winter moisture (except for the channels that formed through the fields as a result of the torrential downpours). The fall crops are still doing okay, aside from the fungus and mold that is slowly eating and yellowing their leaves. The spinach seems to be bouncing back, but today's rain may change that trend. The turnips are finally starting to fatten up, as are the radishes. Our first round of sweet potatoes has been cured and is being delivered to you this week. There are lots of salad greens up and growing in the field and high tunnel, and the summer trio of tomatoes, peppers, and eggplant are still producing for us. Autumn is a time when the true bounty of the season's work shows itself. Despite the countless problems with growing this year, this fall definitely lives up to that with all of the broccoli, cabbages, carrots, and sweet potatoes. Enjoy your share this week! --Sunil

### Veggie Notes

**Tomato** - The weather has been nice and warm this week, allowing the tomatoes to continue ripening. We are seeing signs of late blight now, which will progress quickly as the recent rains and the morning fog and dew every day keep the plants in wetness.

**Eggplant** - The plants are still producing for us.

**Kale** - Some dinosaur kale for everyone today.

**Carrots** - Another installment.

**Peppers** - A few peppers for you this week.

**Radish** - A small bunch for you to slice into your next salad.

**Broccoli** - This round of broccoli was plentiful thanks to the warm and dry period we've had.

**Salad Mix** - This mix includes baby greens of all sorts...lettuce, tatsoi, baby beet greens, etc

**Baby Lima Beans** - These lima beans have taken a very long time to mature, but finally they're at the size where they are amazing to shell and pop straight into your mouth, or put into a soup or stew. To prepare, shell them, and boil them in salted water until tender. Eat as they are, or put them into a recipe. There aren't a whole lot once all the shelling is done, so this is just a snack sized portion for everyone.

**Sweet Potatoes** - We dug this first round of sweet potatoes a couple weeks ago, and now they are finished curing and should be nice and sweet. You'll find that our harvest is full of interesting shapes and forms, due to our rocky soil. We also have to share with the critters in the garden, as they love them as much as we do, so you may find that you have a potato that's been nibbled upon a little. Just cut away that portion and prepare as normal.

**Basil** - Last call for basil, as we'll soon be pulling the high tunnel planting that served us so well this summer.

**Onions** - A few onions for you this week.

**Cauliflower** - Most of the cauliflower plantings have decided to head prematurely due to stunting caused by the rain, so you're getting some mini-heads. Some of you will have one larger head.

### Full and Biweekly

**Garlic** - Another round for the full shares

**Napa Cabbage** - A few of the last cabbages that were left from the first planting.

**Lettuce** - a few small heads for you this week

**Herb Shares** - Lemon Thyme, Tarragon, Chives, Parsley, and a little Dill

## 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!

## **Sweet Potatoes Stuffed with Broccoli & Feta**

- 2 medium sweet potatoes (8 to 10 ounces each)
- ¾ cup broccoli florets, chopped
- Olive oil
- 1 teaspoon minced garlic
- Pinch of crushed red pepper
- Feta cheese

Scrub potatoes well; grease lightly with oil and pierce with a fork two or three times. Bake in 400 °F oven for 1 hour or until fork tender. Heat oil in skillet. Sauté broccoli, 1 teaspoon garlic, and a pinch of red pepper 1 minute. Cut a slit lengthwise through each potato; push ends inward to form a pocket. Crumble 1 tablespoon feta into each pocket. Fill each pocket with broccoli mixture and 2 teaspoons feta. Bake at 375°F until puffed and lightly browned.

## **Curried Beef Stew**

- 1 pound lean beef, cut into small cubes
- ⅓ cup flour
- 1 scant teaspoon curry powder
- ½ teaspoon ground ginger
- ½ teaspoon onion powder
- ½ teaspoon salt
- dash pepper
- 2 tablespoons vegetable oil
- 2 ribs celery, sliced
- 1 medium onion, diced
- 3 cups beef broth
- 1 small to medium sweet potato, peeled and cut into small cubes
- 2 carrots, chopped
- 2 small to medium potatoes, peeled cut into small cubes
- ½ cup baby lima beans
- 1 can (14½ ounces) tomatoes with juice

In a plastic food storage bag, combine cubed beef, flour, curry powder, ginger, onion powder, salt, and pepper; set aside. In a large saucepan, heat oil over medium heat. Add celery and onion; saute until just tender. Add the beef and any excess flour, stirring well. If necessary, add a little more oil. Continue

cooking, stirring, until beef is lightly browned. Add beef broth; cover and simmer for 30 minutes. Add sweet potato, carrots, potatoes, and lima beans. Cover and simmer for 30 minutes. Add tomatoes. Cover and simmer for 10 minutes longer.  
Serves 4 to 6.

## **Easy Baked Sweet Potato Fries**

- 3 large sweet potatoes, cut into wedges
- 1 tbsp olive oil
- 1 tsp cumin
- dash cayenne pepper
- ¼ tsp paprika
- ½ tsp salt or seasoned salt

Pre-heat the oven to 400 °F.

In a large bowl, toss together all ingredients until potatoes are evenly coated with oil and spices.

Place potatoes on a single layer on a baking sheet and bake for about 30 minutes, or until done.

I really like to eat these plain, but you could serve with ketchup, a ranch dressing dip or barbecue sauce. Enjoy your baked sweet potato fries!

## **Grilled Radishes**

- 20 ounces radishes, sliced
- 2 cloves garlic, minced
- 2 tablespoons butter, cut into small pieces
- 1 cube ice
- Salt and pepper to taste

1. Preheat the grill for high heat.
2. Place the radishes, garlic, butter, and ice cube on a double layer of aluminum foil large enough to wrap contents. Season with salt and pepper. Tightly seal foil around contents.
3. Place foil packet on the grill, and cook 20 minutes, or until radishes are tender.