



# The Garden Herald

## Greenmoore Gardens CSA

Share #20: October 4th

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Broccoli	Carrots	Cabbage	Radish	Full/Bi
Cauliflower	Peppers	Sweet Potatoes	Garlic	Lettuce & Beets
Spaghetti Squash	Tomatoes	Salad Mix	Onions	Kohlrabi

### News from the Fields

We are happy and relieved to have two new members to our farm crew. Steph and Kim just moved to the farm, and will be helping out with the farm work, so I'm feeling a little better about the prospects of keeping up with the demands of the CSA. Most of our work traders are now finished with their hours working at the farm, and I am very grateful for their contributions to the farm. In other news, it's raining, and the farm is very wet. There are streams running through many of the beds, and the forecast for sun this week brings some hope that the plants won't completely drown to death. I'm hoping to get some beds ready for garlic planting soon, so some dry weather would be much welcome. --Sunil

### Veggie Notes

**Tomato** - This is the last of the tomatoes, as the last round of rain allowed the funguses to thoroughly spread around the plants.

**Cabbage** - This is a regular smooth leaf variety of cabbage that would do great as a cabbage salad or slaw.

**Carrots** - These carrots are ones that have split because of the consistent rains. We are trying to dig them all out, as we put the un-split carrots in storage.

**Peppers** - A few peppers for you this week. Mostly green ones

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

**Broccoli** - We're getting to the end of the broccoli harvest, so enjoy it while it lasts!

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

**Spaghetti Squash** - This squash is a very interesting one in that it separates into long strands that resemble spaghetti when cooked.

**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 you have a potato that's been nibbled upon a little. Just cut away that portion and prepare as normal.

**Garlic** - Another round for everyone.

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

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

### Full and Biweekly

**Beets** - The beets have been hit badly by deer last week, so we won't have all that much for you.

**Lettuce** - A small head for you this week. Unfortunately, a lot of our lettuce has gotten moldy due to the constant rain, so we hope we can keep it coming!

**Kohlrabi** - 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. It's also good for sautéing and soup.

**Herb Shares** - Rosemary, Thyme, Oregano, Winter Savory

## 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!

## **Spicy Sweet Potatoes, Cabbage & Carrots**

- 1 - 4 Tbsp butter or vegetable oil
  - 1 onion, chopped
  - 6 cloves garlic, smashed
  - ½ tsp salt, plus more to taste
  - 1 tsp ground ginger
  - ½ tsp turmeric
  - ½ tsp freshly ground black pepper
  - 1 head savoy cabbage or ½ head green cabbage, cored and cut into bite-size pieces
  - 3 sweet potatoes, peeled and cut into bite-size pieces
  - 3 carrots, peeled and cut into bite-size pieces
1. Melt butter or heat oil in a large frying pan or medium pot over medium high heat. Add onions, garlic, and salt and cook, stirring frequently until soft, about 3 minutes.
  2. Add ginger, turmeric, and pepper. Stir until fragrant, about 1 minute. Add cabbage, stir to combine, cover, reduce heat to medium low, and cook until starting to wilt, about 3 minutes. Stir, cover, and cook until completely wilted, about 5 minutes.
  3. Add potatoes, carrots, and 2 cups water. Bring to a boil. Cover, reduce heat to simmer, and cook until vegetables are tender, about 15 minutes. If necessary, cook with the cover off to reduce liquid before serving.

## **Herbed Spaghetti Squash**

- 1 small spaghetti squash, about 2 ¼ pounds
- 2 ½ tablespoons butter
- 2 ½ tablespoons finely chopped mixed soft herbs, such as basil, chives, chervil, parsley and sage
- ½ teaspoon salt
- ⅛ teaspoon freshly ground black pepper

Preheat the oven to 375 °F. Using a sharp knife, cut the squash in half lengthwise and place the cut side down in a baking dish. Add enough water to come ½-inch up the sides of the baking dish and cover with aluminum foil. Bake for 45 minutes, until the squash is easily pierced with a paring knife. Turn squash over and cover with foil again and continue to cook another 15 minutes, until the squash is very tender. Remove from the oven, uncover,

and allow to cool slightly. Using a spoon, remove the seeds and discard. Using a fork, gently pull the strands of squash away from the peel and place the squash strands into a mixing bowl.

Heat a skillet. Add the butter, spaghetti squash, herbs, salt and pepper and toss thoroughly but gently to heat and combine. Serve immediately or cover and keep warm until ready to serve.

## **Broccoli Cauliflower Casserole**

- 1 bunch broccoli
- 1 head cauliflower
- 1 can evaporated milk
- 1 can cream of mushroom soup
- 1 can cream of chicken/celery soup
- 2 cloves garlic
- pinch of salt
- 1 Tbsp paprika
- 1 Tbsp oregano
- ½ tsp cayenne pepper (if desired)
- ½ cup Parmesan cheese
- ¼ cup butter, softened (optional) (to be mixed with soup and milk)

Cut broccoli and cauliflower into edible-sized pieces of and set aside for the moment. Crush/mince the garlic and add the pinch of salt to the garlic, for this will help the mincing if you're doing it by hand.

In a mixing bowl, combine milk and both cans of soup and mix well. You may mix the spices in with the soup mix at this time, as well as with the garlic, or you can add the spices at the end to top off the casserole.

Finally, put the broccoli and cauliflower in a casserole dish, then pour the soup mix and spices over top, distributing evenly.

Sprinkle the Parmesan cheese over the top and bake (covered) for about 30-40 minutes at 350°F, or until vegetables are soft enough to eat.

A variation of this recipe might include red peppers or sauteed chicken breast (both are quite good), which can be mixed in with the soup mix.

The combination of spices included here is only a guideline, and you are encouraged to try your own combinations, although you shouldn't leave out the garlic.