



The Garden Herald

Greenmoore Gardens CSA

Share #20: October 7th & 8th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Pac Choi	Carrots	Cabbage	Radish	Full/Bi
Broccoli	Peppers	Sweet Potatoes	Garlic	Kohlrabi
Spaghetti Squash	Tomatoes	Salad Mix	Onions	Beets

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 in their 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 all of them out, and we put the un-split carrots in storage.

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

Radish - These are called misato rose radishes. Some are green with red insides, and some are red with a red blush inside. They're nice and mild on the inside, but the skins are a little spicy. These are storage radishes, so they have a little more fibrous flesh.

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. We usually don't wash salad greens as they store much better the drier they are. These had a good deal of morning dew on them, so you may want to run them through your salad spinner to make them last. Or stuff the bags with paper towel and take it out when it's saturated.

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 up 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 will 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.

Pac Choi - These reached humungous proportions. A good way to save these greens is to blanch and freeze them. Also, it might be a good time to try a kimchee recipe (with pac choi instead of napa cabbage). The stems do great pickled.

Full and Biweekly

Beets - The beets have been hit badly by deer last week, so we won't have all that much for you. Some may rejoice, some may be very sad.

Kohlrabi - A few normal sized kohlrabi for you to munch on this week.

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.

Pac Choi With Broccoli

- 1 pound pac choi about 1 medium bunch
- 1 pound broccoli, about 1 large bunch
- ½ cup water
- 2 tablespoons oil
- 1 clove garlic, minced
- 1 tablespoon fresh ginger, grated
- 2 tablespoons soy sauce

Cut the stalks off of the pac choi and cut into 1-inch pieces. Coarsely chop the leaves. Peel the broccoli stalks and cut into ¼-inch pieces. Cut the broccoli florets into bite-size pieces.

In a large skillet or wok, bring ½ cup water to a boil. Add the pac choi stalks and the broccoli stalks and florets. Cover and simmer on medium-low heat until the broccoli is bright green, 5 minutes. Uncover; cook on high heat until the water evaporates, 2-4 minutes. Take the wok off the heat and add the pac choi leaves, oil and garlic. Put the wok back on the heat; cook, stirring often for 2 minutes or until the broccoli is tender-crisp. Add the ginger and soy sauce and toss well.