



The Garden Herald

Greenmoore Gardens CSA

Share #21: October 11th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Pac Choi	Carrots	Napa Cabbage	Chives	Full/Bi:
Lettuce	Peppers	Radish	Kohlrabi	Broccoli
Kale	Turnips	Salad Mix		Spinach

News from the Fields

With the sun coming out last week, things are feeling a bit lighter on the farm. The soil has dried a bit, the plants have rebounded as best they can considering the still water-logged soil and the funguses. Hopefully this next rain in the forecast doesn't do too much more damage to the plants. We still have many weeks of harvest planned! The brussels sprouts are showing signs of black spot pretty extensively, although only the first couple layers are affected right now. The spinach is just starting to rebound from suffocating conditions with more rain coming in the next few days. But we should have some kinds of salad greens, cabbages, and cauliflower for you to enjoy in the coming weeks as we wind down the season. We are now working on putting some sections of the garden to rest for the winter. We have gotten cover crops planted and crop residues mowed and turned under. Also, we spread hay over the bare fields to help with soil building and conservation. --Sunil

Veggie Notes

Napa Cabbage - Also known as Chinese Cabbage, this cabbage is very mild and tender and makes a great salad addition. The worms and waterlogged soil has done some damage to them, but they should be good on the inside.

Carrots - These carrots are ones that split with all the rains. We are trying to get them all out as we put the un-split ones in storage.

Peppers - A pepper or two for you this week - mostly green ones.

Radish - This may be the last of the little red radishes. We couldn't get all the plantings in due to the rains so we'll be moving on to storage radishes soon.

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

Pac Choi - Here's another round for you. A good way to save these greens is to blanch and freeze them. Also might be a good time to try a kimchee recipe (with pac choi instead of napa cabbage). The stems do great pickled.

Kale - The kale is still doing pretty good out there, except for a few spots where the plants have died due to the water.

Turnips - The turnips struggled this season, but they're finally starting to fatten up, and here's the first installment.

Lettuce - A good deal of the lettuce has succumbed to fungal spot, so it's not as pretty as we would like it, but at least we have enough to go around.

Chives - A little bunch to add a nice oniony flavor to a dish.

Kohlrabi - Try adding the kohlrabi to your next veggie roast.

Full and Bi-weekly

Broccoli - Just a little of the side shoots. Most of the plants have had their main heads harvested by now.

Spinach - A very small amount of baby leaves. With the rain coming again, we figured the plants will probably get stunted again (for the third time), and may not make it through later.

Herb Shares - Lemon Thyme, Oregano, Tarragon, Lemon Balm

Join us for our farm event!

Wed, Oct 19th

Fall Evening Celebration

5:30 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!

**Roasted Root Vegetables Scented with
Apple and Mustard**

~ "Your Organic Kitchen", by Jesse Cool

1 Cup apple cider or juice
1/3 Cup fruity white wine (like Gewürztraminer)
2 tsp. smooth Dijon mustard
1 tbsp. butter
about 1 1/2 lbs root vegetables, in our case,
carrots, turnips and rutabagas, peeled and cut
into 1/2" cubes
Salt and freshly ground black pepper

In a saucepan, reduce the cider, wine and
mustard over high heat to 1/2 Cup. Whisk in the
butter and pour over the vegetables, tossing to
coat. Season with salt and pepper, and place in
a single layer in a roasting pan in a preheated
375 °F oven. Roast 1 hour or so, or until the
vegetables are lightly browned and tender. Stir
3 or 4 times during roasting to promote
browning on all sides.

Bok Choy Recipe

- 1 1/4- 1 1/2 pounds bok choy, ends
trimmed, stalks cut diagonally and
leaves cut across into 1 to 1 1/2-inch
strips
- 2 tablespoons red wine vinegar
- 2 tablespoons sugar
- 2 teaspoons light Soy sauce
- 1 teaspoon dark soy sauce
- 2 tablespoons plus 2 teaspoons water,
divided
- 1 teaspoon cornstarch
- 1 1/2 tablespoons peanut or vegetable
oil, for stir-frying
- 2 thin slices fresh ginger
- 1/4 teaspoon chili paste or to taste,
optional
- 1/4 - 1/2 teaspoon salt, according to taste
- 1/2 teaspoon Asian sesame oil

In a small bowl, combine the red wine vinegar,
sugar, light and dark soy sauce, and 2
tablespoons water. In a separate small bowl,
dissolve 1 teaspoon cornstarch in 2 teaspoons
water. Set aside.

Preheat the wok and add oil. When the oil is
hot, add the 2 slices ginger and the chili paste
if using. Let the ginger brown for 20 to 30
seconds then add the bok choy stalks. Stir-fry
for 1 minute, sprinkling with the salt. Add the
leaves. Continue stir-frying until the leaves are
wilted and dark green (about 1 1/2 more
minutes). **Note:** Sprinkle the bok choy with
water, or a bit of Chinese rice wine or dry
sherry if it begins to dry out.

Push the bok choy to the sides of the wok.
Whisk the sauce and then pour it into the
middle of the pan. Bring to a boil. Re-stir the
cornstarch and water mixture and add to the
sauce, stirring quickly to thicken.

Remove from heat and stir in the sesame oil.
(Remove the ginger slices before serving).
Serve with cooked rice.

Asian Beef and Greens

2 lbs. London Broil (or equivalent)
6 oz toasted sesame oil (divided)
1 oz white wine vinegar
2 oz soy sauce
Lots of greens (Pac choi, napa cabbage, turnip
tops, beet tops, etc)
A few onions, leeks, or chives
Garlic cloves
Ginger

Slice beef and cut into bite-sized pieces.
Marinate several hours in 3 oz toasted
sesame oil, the white wine vinegar, and the soy
sauce.

Drain off marinade. Fry beef in 3 oz toasted
sesame oil. Add in garlic, ginger (lots!), onions,
and/or leeks and fry till tender.

Thinly slice lots of greens. I've used Napa
cabbage, turnip tops, beet tops, bok choy, kale,
dandelion greens, mystery greens from the
Asian market - just about anything (except
spinach - too strong for this dish). I usually use
about three or four bunches of whatever
greens I have on hand. Add the rest of the
marinade and the greens to the beef and fry
until tender.