



The Garden Herald

Greenmoore Gardens CSA

Share #21: October 14th & 15th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Pac Choi	Carrots	Napa Cabbage	Herbs	Full/Bi
Lettuce	Peppers	Fennel	Braising Mix	Cauliflower
Kale	Turnips	Salad Mix		

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.

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.

Fennel - This fennel didn't fatten up as I'd have liked, but the flavor is still there to add an accent to your next casserole, gratin, or stir-fry. The green fronds can be chopped into soup or salad for some interesting flavors.

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.

Herbs - You'll find a bunch of chives, parsley, or oregano in your share today.

Braising Mix - A mix of mustards and other greens for your next saute. They would also do very well in a baked dish, or just some greens for your next sandwich or salad.

Full and Bi-weekly

Cauliflower - There's enough to go around for full shares today. There should be another round coming in a week or two also.

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.

Oven-Braised Fennel

- 2 large fennel bulbs
- Salt and freshly ground black pepper
- 3 tablespoons butter
- 2/3 cup simmering chicken stock
- 4 tablespoons unseasoned bread crumbs

1. Preheat oven to 375 °F. Butter a baking dish.

2. Remove the stems and fronds from the fennel, quarter the bulbs and slice them one-half-inch thick. Arrange the slices in a baking dish and season with salt and pepper. Dot with one tablespoon of the butter.

3. Pour the simmering chicken stock around the fennel, cover with a lid or foil and place in the oven to bake about 40 minutes, until tender. Uncover the fennel, increase oven temperature to 425 °F and bake 10 minutes longer, until lightly browned and most of the liquid has evaporated.

4. While the fennel is baking, brown the bread crumbs in remaining butter in a skillet and set aside. Just before serving the fennel sprinkle with the bread crumbs.