



The Garden Herald

Greenmoore Gardens CSA

Share #22: October 21st & 22nd

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Herbs	Savoy Cabbage	Carrots	Garlic	Full/Bi
Lettuce	Peppers	Sweet Potatoes	Brussels Sprout	Beets
Pac Choi	Winter Squash	Onions		Cauliflower

News from the Fields

Well, fall is now in full force, and the garden is slowing down with the short days and cooler temperatures. We're looking towards the final weeks of harvest now, but we still have a ways to go! We should be able to get another 4 or 5 weeks of shares for you, ending things around the last couple weeks of November.

This time of year is the time for gratefulness. Most of the harvest is in, and we look back and thank all of those people and factors that have made this all possible. This year, I personally feel grateful for Mother Nature who has taught me to be humble, observant, and quick-acting. The last two years at Greenmoore have showed stark contrast with each other. 2010 was a time of plenty. Back then, I thought it was myself who had come into my own as a grower, and was able to create the bounties we had. However, it was this season that showed me that this wasn't the case at all. Nature had decided in *both* years whether or not our harvests would be plentiful, beautiful, and tasty. In the face of the uncontrollable, helpless situations, there was nothing but *humility* that could get me through the stresses of feeling as though it was all my fault that things didn't go as planned. I was taught that I must watch the effects that Nature was producing closely, and act quickly in order to take advantage of any short opportunities to work the soil, plant, harvest, and cultivate. But despite the incredible difficulty with growing this year, I think we came out of it with plenty. The fact that both April and September of 2011 were the wettest in the recorded history of State College has shown me that with the help of the farm crew, the members of the CSA, and the experience we've gained, the only direction we can look is up! --Sunil

Veggie Notes

Savoy Cabbage - These cabbages will store well if you are still have some from previous weeks. Just put in in your veggie drawer and peel of the outer leaves as they wilt. You can also store them in a cool humid spot like your basement if your fridge can't hold them.

Sweet Potatoes - Sweet potatoes are said to be the most nutritious vegetable out there. It's a shame that consumption for Americans spikes around Thanksgiving, and then drops to almost zero after! We have plenty to go against that trend though. A lot of our sweet potatoes were munched on by some kind of animal, so we cut out the bad pieces and let them heal out in the sun. If you find that there are still cut portions that are soft, just cut them out before use.

Peppers - They're calling for frost this weekend, so we've picked all of the peppers. You're getting a handful today of mostly green ones.

Winter Squash - These are buttercup squash, which are one of my favorites. Just half them, pull the seeds out, and roast or steam for a smooth sweet treat. They also make a great pumpkin pie (maybe better than pumpkins!).

Pac Choi - Yet another round for you.

Brussels Sprouts - We usually wait for a good frost to come before we start harvesting these, but the wet conditions have allowed the black fungal spot to spread pretty extensively, so in light of the forecast for more rain, your first round will be today. This way you'll be able to compare the before frost sprouts and the after frost sprouts. They will develop a nice sweetness after the frost. Today, you will be getting an entire stalk of sprouts. To prepare, just cut off the sprouts, and trim away any blackened leaves until you have a clean sprout. Brussels can be prepared many different ways. Blanching and then sauteing in butter is one of my favorites. They also do well in a roast. Shredding them into a salad or soup works well too.

Carrots - Here's another round for you this week.

Lettuce - This planting didn't do well due to the wet soil and fungus. We've bagged a few tiny heads for you to chop into a salad.

Garlic - Another round for you this week.

Onions - A few more for you this week.

Herbs - You'll find some herbs on the side at pickup today for you to take as you please.

Full and Bi-weekly

Beets - You may have heard we had a deer infiltration, and they proceeded to take out most of the beet planting. They would chew at the leaves and the beets would conveniently pop right out of the ground for them to gnaw at them. Here's some that went unscathed.

Cauliflower - The last planting is starting to head up unevenly so we have enough for the full shares.

Herb Shares - Oregano, Sage, Rosemary, Lemongrass, Parsley

Join Us For Our Farm Event!

Wed, Oct 26th 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!

Sweet Potato Mash

- 2 ½ lbs sweet potatoes, unpeeled
 - 3 garlic cloves, unpeeled
 - 2 tablespoons honey
 - ⅓ ounce unsalted butter
 - 2 fluid ounces low-fat evaporated milk
 - salt, to taste
1. Preheat the oven to 350°F.
 2. Prick the sweet potatoes with a fork and place on an oven tray with the unpeeled cloves of garlic, and bake for 1 hour or until tender. Remove from the oven and set aside for 15 minutes, or until cool enough to handle.
 3. Cut the potatoes in half and scoop out the flesh into a large bowl. Squeeze the cloves of garlic from their skin and add them to the potato flesh.
 4. Stir in the honey and unsalted butter, milk and salt to taste, and mash the potatoes until there are no lumps and the consistency is creamy.

Sauteed Brussels Sprouts and Red Cabbage

~ Danny Boome

- 1 pound Brussels sprouts
 - 2 tablespoons unsalted butter
 - 1 small red cabbage or ½ large cabbage, finely sliced
 - Coarse salt and freshly ground black pepper
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1. Prepare a large bowl of ice water. Set aside.
 2. Trim the Brussels sprouts and peel off 1 outer layer of leaves.
 3. Cut the sprouts in half lengthwise, larger sprouts can be quartered.
 4. Place the sprouts in a large saucepan, cover with cold water and add about 2 tablespoons of salt.
 5. Bring the sprouts to a boil and drain immediately.

6. Transfer the sprouts to the bowl of ice water. (This will stop the cooking and preserve their color.)
7. Drain well.
8. Heat a large skillet over medium-high heat, add the butter.
9. When the butter is melted, add the Brussels sprouts.
10. Cook for 1 minute then add the sliced cabbage. Cook until the cabbage has softened and the sprouts are warmed through.
11. Season with salt and pepper and serve warm.

Brussels Sprouts With Garlic and Honey

~ Cooking Light Annual Recipes 2007

- 1 tbsp. butter
 - 1 lb. Brussels sprouts, quartered and trimmed
 - ¼ tsp. salt
 - ¼ tsp. black pepper
 - 3 garlic cloves, thinly sliced
 - 1 tbsp. honey
1. Melt butter in a large non-stick skillet over medium-high heat.
 2. Add Brussels sprouts, salt, and pepper; sauté 3 minutes.
 3. Add garlic; sauté 2 minutes or until lightly browned.
 4. Add 3 tbsp. water; cover and cook 3 minutes or until Brussels sprouts are tender.
 5. Drizzle with honey; toss well to coat.