



The Garden Herald

Greenmoore Gardens CSA

Share #22: October 18th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Salad Mix	Red Cabbage	Carrots	Garlic	Full/Bi
Lettuce	Peppers	Sweet Potatoes	Brussels Sprout	Beets
Pac Choi	Radishes	Onions	Broccoli	Fennel

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

Red 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.

Sweet Potatoes - This round of sweet potatoes includes a different variety that has purple skin with white flesh. They are sweet with a drier consistency. They do well roasted wrapped in foil in a fire or in the oven. Sweet potato mash would be a good way to use these also.

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

Salad Mix - This mix includes baby greens of all sorts...lettuce, tatsoi, and 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. Another alternative would be to stuff the bags with a paper towel and take it out when it's saturated.

Pac Choi - Yet another round for you. I hope you aren't getting sick of them!

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 to 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.

Radishes - These are called Misato Rose radishes. Some have green skins with red insides, and some are red with a blushed inside. The flesh is sweet and the skins are spicy. These work well in a cooked recipe, or sliced thin into a sandwich or salad.

Lettuce - These are small heads again for you. This planting shed many of its older leaves when it was suffocating in the water-logged soil.

Garlic - Another round for you this week.

Onions - A few more for you this week.

Broccoli - These are some side shoots of the broccoli plants. We're getting down to the end, so enjoy them while they last!

Carrots - Another round of carrots for you.

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.

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.

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

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!

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.