



The Garden Herald

Greenmoore Gardens CSA

Share #23: October 25th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Herbs	Cabbage	Cauliflower	Full/Bi:
Salad Mix	Peppers	Sweet Potatoes	Onions
Brussels Sprouts	Winter Squash	Beets	Spinach

News from the Fields

The first really cold spell is in the forecast for this weekend. This will bring a significant slowdown in the growth of some of the crops we depend on to keep regrowing such as salad mix and kale. We'll start covering those beds with fabric cover to help the harvest keep on coming for a few more weeks. Some beds that are for garlic planting are finally starting to take shape, so we should be able to get that in the ground soon. Now we look to cleaning the fields, getting them ready for winter, and organizing all of the tools and supplies. Also we really start looking toward next season taking what we've learned in this one and making a plan. It's always an exciting time to think about what we'll plant, and how we'll do things in the next round of growing. The start of the next summer growing season starts in February in the greenhouse, so it's not that far off for us!

--Sunil

Veggie Notes

Cabbage - These cabbages would do especially well in a salad or slaw as they are tender and light. They've probably developed a sweetness from the frost on Sunday morning too.

Sweet Potatoes - This round of sweet potatoes are the ones that we had to share with the small mammals that live in the garden. We cut out the parts that were chewed on and allowed the cuts to heal over in the greenhouse. They healed pretty well, but you should probably use these sooner rather than later as they won't store for very long. Just cut off the portions that have healed over, and you should have a nice potato otherwise.

Peppers - You'll find some of the last of the peppers in your boxes today.

Winter Squash - You're getting red or green buttercup squash or some delicata and/or acorn squash today.

Brussels Sprouts - Another round of sprouts for everyone. 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.

Salad Mix - Just a small portion from the high tunnel, as the outdoor beds have really slowed down lately.

Cauliflower - The planting has matured at very different rates due to the variation in the beds. Some parts are super wet which caused plants to head early, and some are not so wet, so the plants are taking their time more.

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

Beets - Another bunch of beets for you.

Full and Bi-weekly

Onions - A round for the full shares.

Spinach - The high tunnel planting is coming to maturity, so we have enough for the full shares today.

Herb Shares - Sage, Lemongrass, Lemon Thyme, Parsley, Cilantro

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!

Chocolate Beet Brownies!

"Delicious AND nutritious," says recipe creator Marion Owen (see her webpage for the full story: <http://www.plantea.com/chocolatebeetbrownies.htm>)

½ cup butter (or ¼ cup butter and ¼ cup applesauce)
4 oz. unsweetened chocolate
4 eggs
1 cup brown sugar (packed)
1 cup applesauce
1 tsp. vanilla
1-½ cup unbleached white flour
½ tsp. salt
½ tsp. nutmeg
1 tsp. cinnamon
1 tsp. baking powder
1 cup cooked beets, pureed
½ cup finely chopped almonds
½ cup wheat germ

Melt butter and chocolate over low heat. Set aside to cool. In a separate bowl, beat eggs until light in color and foamy. Add sugar and vanilla and continue beating until well creamed. Stir in chocolate mixture, followed by applesauce and beets. Sift together flour, salt, spices and baking powder and stir into creamed mixture. Fold in wheat germ and almonds. Turn into greased 9x13-inch pan and bake at 350 ° F for 30 to 40 minutes. Cool before cutting into squares.

Cabbage Salad

1 small head cabbage, shredded
2 medium carrots, grated
2 bell peppers, stemmed, peeled if desired, and diced
1 small white onion, sliced into slivers
½ cup raisins
½ cup pine nuts, toasted
¼ cup minced fresh parsley

Dressing:

3 tbsp. fresh lemon juice
2 tsp. brown sugar
1 tsp. ground cumin
3 tbsp. olive oil
salt & pepper

Combine all dressing ingredients in a jar and shake to mix. Combine all salad ingredients except nuts. Add dressing and toss. Refrigerate at least one hour to let flavors blend. Just before serving add pine nuts.

Roasted Brussels Sprouts

- 1 ½ pounds Brussels sprouts, ends trimmed and yellow leaves removed
 - 3 tablespoons olive oil
 - 1 teaspoon kosher salt
 - ½ teaspoon freshly ground black pepper
 - ¼ cup grated cheese of your choice
1. Preheat oven to 400 ° F (205 ° C).
 2. Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.
 3. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Sprinkle with cheese, and serve immediately.