



The Garden Herald

Greenmoore Gardens CSA

Share #24: November 1st

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Carrots	Winter Squash	Potatoes	Onions	Full/Bi:
Pac Choi	Garlic	Sweet Potatoes		Cauliflower
Brussels Sprouts	Radish	Beets		

News from the Fields

At this point, the unexpected is the expected as far as the weather goes. Now, when the temperature drops and the snow falls like it's the middle of winter, I just chuckle and we do all we can to keep the garden going. It took many garden "crises" to get to this point of accepting what is without being attached to the unrealistic notion that we can always do something about it. With this recent cold snap, nature has done more than we could've done to protect the plants by putting a thick blanket of snow on the ground to keep them from freezing too hard. "Be humble!" is the motto of the season this year (along with the equally important motto: "It's raining...again. Don't let it get to you.")

We spent a couple hours yesterday digging celeriac out of the super-saturated ground to prevent freeze damage with any more surprise cold nights we may have. It was a tough process getting all of the mud off the roots, but the farm crew did it happily and with much smiles and laughter. I'm very grateful to have Kim and Steph as regular parts of the farm crew going into the winter and spring (spring will be here before we know it!). Ellie is now slowly starting to cut back her hours with us at the farm, and will be coming back in the spring, we hope. We really appreciate her hard work for the last few months she's been here. She came to the rescue a few months back when we were in dire need of some helping hands.

You'll notice that you're getting a lot of storage crops this week, a sign that the snow didn't fair nicely with the fresh greens in the field. They seem to have survived, so we may get a second chance with them.
Hope everyone has been keeping warm! --Sunil

Veggie Notes

Carrots - We're starting to dip into the carrots that we have stored for the winter shares. They may have a little sand on them as we have stored them in moist sand to keep them through the winter months.

Sweet Potatoes - Another round of damaged sweet potatoes that have been cut. Use them soon!

Brussels Sprouts - Sprouts, kale, collards, and root veggies develop a marked sweetness after a hard frost, so these will be tastier than the last round you had. Sprouts 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.

Garlic - Another round of garlic for everyone. We're about to plant garlic for next years crop - just as soon as the ground gets a little drier.

Potatoes - We're busting out the potatoes again for you to enjoy for one of the last times.

Beets - Another round of beets for everyone.

Radish - These are pretty radishes and are good for cooking. Try a root, squash, and potato roast with them this week!

Onions - There's just a few left of these onions, so here's one of the last rounds.

Winter Squash - The much awaited butternut squash is here! You can do many things with them. I like to prepare by halving, coring, and roasting in the oven. You can grill them, or make soups and stews.

Pac Choi - After the frost, the now sweet pac choi would be good to chop into a salad. A good way to make them more palatable is to chop the greens and stalks finely and massaging them with salt and lemon juice. Add some pepper, and other spices for a bright and crunchy side dish.

Full and Bi-weekly

Cauliflower - Just enough for full shares today. The Cauliflower has been maturing unevenly, but the little heads look to be of nice quality.

Herb Shares - Sage, Parsley, Thyme, Lemongrass

Crispy Turnip Fries

- 3 pounds turnips
 - 1 tablespoon vegetable oil
 - 1/3 cup grated Parmesan cheese
 - 1 teaspoon garlic salt
 - 1 teaspoon paprika
 - 1 teaspoon onion powder
1. Preheat oven to 425 ° F (220 ° C). Line a baking sheet with a piece of aluminum foil and lightly grease.
 2. Peel the turnips, and cut into French fry-sized sticks, about 1/3 by 4 inches. Place into a large bowl, and toss with the vegetable oil to coat. Place the Parmesan cheese, garlic salt, paprika, onion powder in a resealable plastic bag, and shake to mix. Place the oiled turnips into the bag, and shake until evenly coated with the spices. Spread out onto the prepared baking sheet.
 3. Bake in preheated oven until the outside is crispy, and the inside is tender, about 20 minutes. Serve immediately.

Polenta With Braised Root Vegetables

Start the polenta before you begin the braised vegetables. By the time the polenta is ready, you'll have a wonderful topping and a comforting winter meal.

1 cup polenta
 1 scant teaspoon salt
 4 cups water
 1 tablespoon unsalted butter
 1/4 to 1/3 cup freshly grated Parmesan (optional)
 1 tablespoon extra virgin olive oil
 1 small onion, finely chopped
 1/2 pound sweet potatoes, peeled and cut in small dice
 1/2 pound carrots, peeled and cut in small dice
 1 medium turnip, peeled, cored and cut in small dice
 1 large or 2 medium garlic cloves, minced
 1 (14-ounce) can diced tomatoes with juice or crushed tomatoes
 Pinch of sugar
 Salt and freshly ground pepper

1. Preheat the oven to 350 °F. Butter or oil a 2-quart baking dish. Combine the polenta, salt and water in the baking dish. Place in the oven on a baking sheet. Bake 50 minutes. Stir in the butter, and bake for another 10 to 15 minutes until the polenta is soft and all of the liquid has been absorbed. Stir in the cheese, if using.
2. While the polenta is baking, cook the vegetables. Heat the oil in a large, heavy nonstick skillet over medium heat. Add the onion and cook, stirring, until it begins to soften, about 3 minutes. Add the carrots, sweet potatoes, and turnip, and then season with salt. Cook, stirring often, until tender, about 10 minutes. Add the garlic, and stir together for about a minute until fragrant. Stir in the tomatoes with their liquid, a pinch of sugar and salt to taste. Cook over medium heat, stirring often, for 15 minutes until the tomatoes are cooked down and fragrant. Add lots of freshly ground pepper, taste and adjust salt, and remove from the heat.
3. Serve the polenta with the vegetables spooned on top.

Roasted Butternut Squash with Radish & Watercress

- Butternut squash
- Olive oil
- Radishes, sliced thinly
- Salt & pepper to taste
- Lemon juice
- Fresh-grated nutmeg
- Watercress

In this salad, the peppery, bitter watercress and the spicy radish contrast with the sweet squash. For an extra kick, add some thinly sliced chile pepper.

Cut the squash in 1/2 inch dice, toss with olive oil, salt & pepper, and roast in oven at 350 °F until tender.

Toss watercress and thinly-sliced radishes with olive oil, salt, and pepper. Lay down on plates.

Toss squash with olive oil, lemon juice, salt & pepper, and fresh-grated nutmeg. Scatter on top of salad.