



# The Garden Herald

## Greenmoore Gardens CSA

Share #24: November 4th & 5th

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Carrots	Winter Squash	Potatoes	Free Choice:	Full/Bi:
Pac Choi	Garlic	Sweet Potatoes	Turnips/Radish	Cauliflower
Brussels Sprouts	Salad Mix	Onions		

### 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** - The big sweet potato harvest continues!

**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** - We started planting garlic, and the bulbs yielded a whole lot of small cloves that weren't good for planting, but are good for eating! To store these, just put them in plastic in the fridge, peeled or un-peeled.

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

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

**Winter Squash** - Everyone is getting a small winter squash today. You may be getting Acorn, Delicata, Sweet Dumpling, or Spaghetti today.

**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 massage them with salt and lemon juice. Add some pepper and other spices for a bright and crunchy side dish.

**Salad Mix** - These are from the high tunnel. There's nothing like fresh baby greens in November!

**Turnips/Radishes** - We're putting these on the side for you today. You can take a few if you like them, and leave them if you don't.

### 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.

## **Potato Pancakes**

~The Potato Cookbook

1 lb. potatoes, peeled (sweet or regular)  
1/4 Cup very hot milk  
1/2 Cup all-purpose flour  
4 eggs, beaten  
1 tsp. mixed herbs  
1/4 Cup heavy cream  
Oil, for cooking  
Salt and freshly ground black pepper  
Parsley sprig, for garnish

Cook the potatoes in a saucepan of lightly salted boiling water until tender. Drain well, then mash until very smooth. Beat in the boiling milk and leave to cool completely. Using a wooden spoon, beat in the flour and eggs. Stir in the herbs and cream, and season with salt and pepper. Beat until very smooth – the mixture should resemble a thick batter. Heat oil in a large skillet and swirl it around. When it begins to give off a slight haze, drop in tablespoons of the batter, a little apart, and cook for 2 minutes on each side, until golden brown. Place pancakes in layers in a clean dry dish towel and keep warm in a preheated oven, 275 ° F. Repeat with the remaining batter. Serve pancakes very hot, garnished with parsley.

Sue says she served them with roasted red pepper salsa once, and another time with Thai roasted green salsa and yogurt...