



The Garden Herald

Greenmoore Gardens CSA

Share #25: November 8th

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Carrots	Cabbage	Potatoes	Full/Bi:
Salad Mix	Garlic	Parsnips	Cauliflower
Sweet Potatoes	Turnips	Kohlrabi	Winter Squash

News from the Fields

The leaves are almost off of the trees, the birds have gone, and the sun's low angle in the sky makes it feel like it's always around sunrise or sunset. Thankfully though, we've been seeing the sun a whole lot more than most of this season, and we are very thankful for that. It gives us an opportunity to prep the ground for next season, plant garlic, and organize and clean up in general. This is the time of year where we look back and reflect on what we would've done differently, and we look forward to explore the possibilities. We sow seeds even now in our field and crop planning to cultivate an even better CSA for the next year. It brings so much excitement and anticipation to our otherwise slow and quiet winters. --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!

Garlic - Here's another round of garlic for you this week.

Potatoes - Most members will be getting potatoes from our friends Micah and Bethany at Plowshare Produce. They had a nice crop and we were able to trade them brussels sprouts for some of their beauties.

Cabbage - We're very sorry for those of you who are feeling overwhelmed with all the cabbage this fall. The issue was that the over-planted cabbage did so much better than the over-planted broccoli and cauliflower! The broccoli peaked a whole month earlier than planned, and the cauliflower faced many stresses in the field making it produce poorly. But the good news is cabbage can be stored for a very long time. Just put it in a cool humid place like a basement or garage, and peel the outer leaves as they wilt. The insides should remain good eating for a month at least. This way you can enjoy it later when the feelings of cabbage inundation have faded a bit!

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

Turnips - About this time of year, the turnips are abundant. I like to chop them into quarter inch cubes, and chop up some cabbage, radishes, and the like with them. Then I add a healthy portion of salt, lemon juice, and roasted cumin or some other spices along with a touch of sugar and chili powder, and it makes for a great salad.

Parsnips - These roots, related to carrots, are nice and sweet after the cold weather we've been having. They are not good raw like a carrot would be. They must be cooked to enjoy them. The best ways to eat them are in soups and root-roasts. They have a bit of a fibrous texture which can be counteracted by pureeing them (along with your turnips, carrots and kohlrabi) into a thick soup. Add some butter, greens, herbs and spices to taste.

Kohlrabi - Just a couple for you to enjoy one of the last times for the summer shares.

Full and Biweekly

Cauliflower - Just enough for full shares today. The Cauliflower has been maturing unevenly.

Winter Squash - We had a bunch of squash that grew to a small size, so here's a round of mini-squash great for a single meal or mixed into a larger recipe. You'll find you're getting either acorn, butternut, spaghetti, delicata, or sweet dumpling squash.

Herb Shares - Parsley, Sage, Rosemary, and Thyme (had to do it at least once!)

Scalloped Cabbage with Ham and Cheese

1 head **cabbage** (chopped)
1 **onions** (chopped)
1 ½ cups **ham** (cooked, diced)
2 tbsp. **butter**
2 tbsp. **all-purpose flour** (purpose)
1 cup **milk**
1 tsp **salt**
¾ cup **american cheese** (processed)
2 tbsp. **bread crumbs** (dry)

1. Preheat oven to 300° F (150° C).
2. Steam cabbage and onion in a small amount of water until tender. Add the ham. Place into a buttered baking dish.
3. In a skillet, melt butter over low heat. Stir in flour until smooth. Add milk, stirring until smooth. Add salt, cheese and stir until melted. Pour over the cabbage mixture. Sprinkle with bread crumbs and dot with butter. Bake for 30 minutes.

Root Vegetables... A Progression of Recipes

~Carol Locke

Root vegetables are great so many ways - even just steamed! - and certainly essential for soups and stews, but the cooking repertoire can be expanded exponentially by the addition of...

White Sauce

- 3 tbsp. butter
- 3 tbsp. flour (more, if whole wheat pastry flour is used)
- 2 cups milk or unsweetened soy milk OR 1 cup of cooking liquid + 1 cup evaporated milk
- salt and pepper (soy sauce or Bragg's Aminos can be used in place of salt)
- dash of nutmeg or cayenne

Over medium-low heat, melt butter in saucepan. Stir in flour until mixed and bubbly. Cook flour in butter a minute or two. Add liquid all at once, keep stirring - bring it to bubbling stirring constantly [I use a whisk] or at least very often - it will thicken, then begin bubbling and then it's done!

Add steamed root vegetables in any combination: carrots, turnips, rutabagas, parsnips - in fact, almost any vegetable! Serve as is [i.e. steamed

veggies + white sauce] for **Creamed Root Vegetables**, or put it all in a shallow dish, sprinkle with grated cheese (cheddar, Swiss jack, blue, etc. etc.) and bake, uncovered at 350 to 375 ° until bubbly and browned, then you have **Root Vegetable Gratin**. Put into a deep casserole with a pie crust on top, well sealed around the edges and with slits for air to escape and bake at 375 ° until crust is browned and everything is hot and bubbly and voila! You have **Root Vegetable Pot Pie**! Or instead of a pie crust, spread mashed potatoes on top. In our house we always called that **Shepherd's Pie**.

Potato, Parsnip and Cabbage Soup

- 3 cups new or fingerling potatoes, chopped into 1" pieces
- 2 parsnips, chopped into 1" pieces
- 2 Tablespoons Better than Bouillon veggie soup base
- 3 large cloves garlic, mashed into paste (approx. 2 Tablespoons yield)
- Freshly ground pepper
- Sea salt
- 1 tsp truffle oil or other rich oil
- 2 Tablespoons balsamic vinegar
- 1 cup applesauce
- 1 head green cabbage, chopped

Put potatoes, parsnips, bouillon in large soup pot. Add water to just cover the other ingredients. Grind fresh sea salt and pepper to taste – about 12 turns of each. Boil on med-high heat until vegetables soften.

Transfer potatoes and parsnips to blender and puree in batches with small amount of broth.

Return puree back to soup pot, and stir into remaining broth. Add garlic, balsamic, applesauce and oil. Allow soup to simmer about an hour to deepen flavors.

Approximately 10 minutes before serving, add cabbage. Serve with lightly buttered whole grain bread.