



The Garden Herald

Greenmoore Gardens CSA

Share #28: December 2nd

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Daikon	Sweet Potato
Onion	Greens Mix
Turnips	Salad Mix

News from the Fields

I am in a state of deep gratitude this week for countless factors that have come together to make our organic vegetable farming happen this year.

Our worktrade program went well, and we were lucky to have a great group of people coming out to help, especially during the times of spring and summer planting. It was such a good feeling when we'd have 8 to 10 people on the field all at once (a very rare occurrence at Greenmoore Gardens!). Many hands do make light work! I would like to thank all of those who came and contributed in that way. Another great help to the farm is our fixer/builder Sergey, always at the ready to build and fix anything! Although many people came and went this year, it was great to have all of them for the short times they were here. George, who was with us all season last year made his move in August toward the start of his own farming adventure. His knowing hands and quick work was a great boon to have in the chaotic spring of wetness. Thomas came for a few months as an intern learning about gardening and farming between semesters at business school in Philadelphia. His easygoing attitude about the prospects of doing a big job all alone was great. Ryan came out to work on the farm as an intern in mid-summer. He helped establish the starts of a kid's garden and put in many hard hours picking tomatoes and beans among many other tasks. Ellie was a rescue helper in the months of August and September. She would whirl in between her other jobs and get some work done on the farm. I think we'll be seeing Ryan and Ellie back at the farm next spring! Katie helped with many aspects of the farm including delivering shares and selling produce at market. We hope to see her come back next season also. New comers to the farm (well not-so-new anymore) are Steph and Kim and their great skills and know-how along with amazing commitment to be part of the starts of a real on-sight farm crew! Not to mention great company, shared experience, and lots of laughing. A special thanks to Julia and Emma who are paying members of the farm, but came out to volunteer their time also. Julia showed an amazing amount of support and understanding which I greatly appreciated when things were feeling the most dire on the farm. This year we were able to hold some great events at the farm, all of which were great successes (although we hope more of you come next year!). The events were all thanks to Beth and her family who designed and coordinated them. Beth did an amazing job, and was also a great friend and support through the season. Of course the contributions of Ashley in the office who proofread my newsletters, and e-mails, found recipes, responded to your emails, kept track of all the pickups and deliveries, and otherwise made things go was a very demanding job, and we are thankful for her work. Andrew is also in the office and keeps track of financials, and other random jobs. Also, a thanks to Beth for contributing to the admin work and delivering newsletters. Of course behind the scenes is Mark who started this farm about 6 years ago and adds a whole lot in the design of infrastructure, and the overall workings of the farm and its surroundings. I am very thankful for all that he's done by planting the seeds of the CSA and making it grow!

All of us thank you, the CSA member, who--in a real way--are also part of the farm-crew. You gave a great gift when you committed to be part of the farm for the whole season come what may! Your support was just as important as the people who grew and nurtured the crops. So let's all give love and thanks to what we have all created together within the flow of our local ecosystem---a beautiful system of people, sharing, and food. --Sunil

Veggie Notes

Sweet Potatoes - Here's your last round of sweet potatoes. We're putting a lot of the smaller ones in your shares today as they don't store as well.

Onion - Just one onion for everyone today

Turnips - Try making a turnip/potato mash!

Daikon Radishes - This daikon is from a cover crop planting we had that grew pretty thick. They're nice and tender at this stage and should be good when used just like a regular radish. They lend themselves well to cooked recipes as well.

Salad Mix - We threw some spinach in with the mix today for a final Greenmoore salad!

Greens Mix - There were a bunch of mustards, mizuna, and arugula that were out there that we were able to cut and bag up for you today. They'll do well in a cooked dish or chopped fine into a salad.

Herb Shares - winter savory, rosemary

Turnip Sweet Potato Soup Recipe

- 6 Tbsp. unsalted butter
- 4 medium onions, thinly sliced
- 3 pounds fresh, young turnips, peeled and thinly sliced
- 1 ½ pounds of sweet potatoes, peeled and thinly sliced
- Salt
- 6 Cups of chicken stock
- ¼ teaspoon freshly grated nutmeg
- 2 Tbsp. chopped fresh parsley for garnish

1. In a large, heavy, thick-bottomed pot, melt the butter on medium heat until it foams. When the butter foam subsides, add the onions and cook until translucent but not browned, about 5 minutes. Add the sliced turnips and sweet potatoes and stir to coat with the butter. Add 2 teaspoons of salt, cover and reduce the heat to low. Cook, stirring occasionally, until the turnips and sweet potatoes are tender, about 20 minutes.
2. Add the chicken stock and increase the heat to bring to a simmer. Cover partially and cook over medium heat until the turnips and sweet potatoes are very tender, about 10 minutes.
3. Working in batches, purée the soup in a blender until completely smooth. Return the soup to the pot and season with salt and freshly grated nutmeg. Ladle the soup into shallow bowls and garnish with the parsley before serving.

Radish Dressing

~Bon Appetit 1995

- 5 radishes, trimmed, coarsely chopped
- ½ cups olive oil
- 2 tbsp. sherry wine vinegar
- 1 tbsp. honey mustard (or make your own with ½ tbsp. honey, ½ tbsp. mustard)
- ½ tsp. minced garlic

Process all ingredients in a food processor or blender until thick dressing forms. Season with salt and pepper.

Shalgam Bharta (Turnip Mash + Indian Spices)

- Around 1 lb. of turnips
- 1 small onion, chopped finely
- 2 tbsp. Ghee or butter
- 2 tsp. ground anise seed [or fennel seed, if you can't find anise]
- 1 tsp. ground fenugreek seeds
- ½ tsp. ground turmeric
- ¼ tsp. ground black pepper
- Salt to taste
- 1 to 2 tbsp. chopped fresh cilantro

Scrub skins, top and tail turnips (you can peel if you like) If there are bug channels in the skin, which sometimes happen, just cut those away).

Cook turnips in salted water until tender (check after 5 minutes, then gauge remaining time. They should pierce easily with a sharp knife when done). Drain well, then mash.

Fry onions in butter or ghee a minute or two, until softened. Add spices and salt, stir and fry for a few seconds, then add the mashed turnips and stir and cook over medium heat another minute or so.

Turn off heat, stir in chopped cilantro, and serve.

Finnish Turnip Casserole (Lanttulaatikko)

~ From justvetegablerecipes.com

- 6 cups diced turnips [no need to peel, just trim tops, tails, and any blemishes]
- ¼ cups fine dry bread crumbs
- ¼ cups cream
- ½ tsp. nutmeg
- 1 tsp. salt
- 2 eggs, beaten
- 2 tbsp. brown sugar (optional)
- 3 tbsp. butter

Cook the turnips until soft (about 20 minutes) in salted water to cover. Drain and mash. Soak the bread crumbs in the cream and stir in nutmeg, salt and beaten eggs. Combine with the mashed turnips. Add the brown sugar (if you are using it) to the beaten eggs before adding to turnips. Turn into a buttered casserole dish, dot the top with the butter, and bake in a moderate oven at 350° F for about 1 hour or until lightly browned on top.