



The Garden Herald

Greenmoore Gardens CSA

Share #8: July 12

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Summer Squash	Snap Peas	Fresh Garlic	Green Pepper	Full and Bi-weekly:
Cucumber	Onions	Carrots	Napa Cabbage	Tomato
Chard	Beets	Raspberries	Blueberries	Green Beans

News from the Fields

There always seems to be a sort of gap between the spring and summer crops when a lot of the spring crops are starting to quit, and the summer crops are just starting to come on. We gaze longingly at all the green fruit on the tomato plants and urge them to ripen so we can enjoy the amazing colors and varieties of our tomato season.

We've started harvesting the garlic and hanging it to cure in the tractor shed. It will hang there for a couple weeks until the outer layers are dry, and then it can be cleaned and stored for a while. After the wet spring we had, the summer has a stark contrast weather-wise, as the soil has been very dry for a while now, and we're longing for some of the heavy rains we had a month ago. Thankfully, we have a pump in the pond, so we are lucky enough to be able to water the garden very often. Of the many different types of veggies we now have growing in the fields, the sweet potatoes are enjoying the hot and dry weather, but most of the other crops prefer to receive regular waterings. Our first planting of corn is starting to tassel, so it will be soon that we will see the ears begin to on the stalks. The winter squash is forming a large amount of young fruit, so this fall we'll have a nice harvest of those. There is also a solid amount of baby watermelons and cantaloupes forming on the melon plants. In a couple of weeks, you will find beans in your share box too! The fall plants including brussels sprouts, storage cabbage, carrots, and some broccolis are starting to take off and the fall harvest seems very promising. --Sunil

Veggie Notes

Chard - Greens are a great source of vitamins and nutrients. Try chopping them into very thin slivers and marinating with lemon, olive oil, honey, salt, and pepper overnight in the fridge. Add some cucumber and summer squash for a very refreshing salad.

Green Pepper - The pepper plants have a nice load of green peppers - enough for everyone to get one or two this week.

Carrots - You'll see that our farm has a lot of rocks in the soil as evidenced by multi-lobed and crooked ones.

Beets - These are red beets which are great boiled, steamed, roasted or shredded raw into a salad.

Snap Peas - May be the last of pea harvest, so enjoy them while they're here!

Onions - These are sweet white onions and spicy yellow onions. The white onions are good to eat raw on a salad or sandwich.

Summer Squash - The second summer squash planting is coming to maturity, and so we have a nice share for you this week. There's a few different types: patty pan (flying saucer shaped), yellow zucchini, green zucchini, and green and white zucchini. They all can be prepared the same way as you would zucchini.

Cucumber - The cukes are showing signs of bacterial wilt in a big way now. These may be some of the last until the next planting comes to maturity in a few weeks.

Raspberries - The raspberries are nearing the end, so you may receive one more week of them in your box.

Napa Cabbage - The Napa Cabbage took a very long time to head, and it looks like the stresses of the early season may prevent a lot of them to head at all.

Fresh Garlic - You'll find a bulb of uncured garlic in your box this week. Garlic has a much milder taste when eaten before curing, so this is a good time to use it raw in a recipe. We'll cure the rest of the harvest and you'll see it as a regular member of your box in a couple weeks.

Blueberries - Mark, the owner of the farm, picked some blueberries at locally owned and operated Mountainhome Farm for everyone to enjoy. They are not organic, but are grown using Integrated Pest Management and low-spray techniques.

Full shares:

Tomato - The tomatoes are starting to ripen - just enough that full and bi-weekly shares can receive one or two in their box today, or a few cherry tomatoes.

Green Beans - The first planting of beans has been having elusive groundhog and compacted soil issues. We harvested enough to give the full and bi-weekly shares some this week, though. The next plantings are coming along well and should start bearing in a couple weeks.

Herb Shares: Parsley, Rosemary, Basil, Chives, Lemon Thyme



Mark and his helpers picking blueberries at Mountainhome Farm.

Beet and Barley Salad with Chard

- 1 Cup dry pearl barley
- 4 Medium beets, tops removed
- 1 Bunch chard, washed
- 3 Tablespoons lemon juice, divided
- ½ large red onion (about 1 cup), minced and soaked in cold water for ½ hour
- 4 Ounces feta cheese, crumbled
- 4-5 Scallions, sliced into fine rounds
- Extra-Virgin Olive Oil
- Salt and pepper to taste
- Extra sliced scallions for garnish

Heat the oven to 450-degrees.

Bring 3 cups of water to a boil. Add the barley and ½ teaspoon of salt. Reduce to a simmer, cover, and cook until the barley is al dente, about 30 minutes. If there is extra liquid in the pot, drain the barley and return it to the pan. Cover with a clean dishtowel until ready to use.

Loosely wrap the beets in tin foil and roast in the oven until they are just fork tender--30 - 45 minutes. Peel and dice the beets into 1-inch cubes.

Meanwhile, prepare the chard. Strip off the leaves and slice them into ribbons. Cut the stems into bite-sized pieces.

Heat 1 teaspoon of olive oil in a skillet over medium heat. Sauté the chard stems until they start to turn translucent around the edges. Add the ribboned chard leaves, half of the lemon juice (1 ½ tablespoons), and a healthy pinch of salt. Cover and cook the chard until it is bright green and has wilted down, stirring occasionally (about 8 minutes). If the pan is very dry, add a few tablespoons of water so the chard can keep steaming.

Drain the red onion. Combine barley, beets, chard, red onion, feta, and scallions in a large mixing bowl. Whisk together the remaining lemon juice and 2 tablespoons of olive oil, and drizzle this vinaigrette over the salad. Stir to evenly coat all the ingredients. Taste the mixture. As needed, add salt ¼ teaspoon at a time. Pepper to taste. Serve family-style in a large bowl or in individual bowls. Garnish with extra scallions.

Shrimp and Egg Fried Rice With Napa Cabbage

- 1 Pound shrimp, steamed
- 6 Tablespoons oil
- 1 Small piece ginger, peeled and grated
- 1 Small head napa cabbage, core removed and finely sliced
- Salt and pepper, to taste
- 2 Cloves garlic, minced
- 1 or 2 Medium prawns, peeled and deveined
- 3 Large eggs, lightly beaten
- 14 oz Cooked long-grain white rice
- 1 Bunch of fresh peas
- 3 Tablespoons soy sauce
- 1 Bunch spring onions, sliced and chopped
- Chopped peanuts, for garnish

1) Heat 2 tablespoons of the oil in a wok or a large nonstick skillet over medium-high flame. Give the oil a minute to heat up, then add the onions, the ginger, and stir-fry for 1 minute until fragrant.

2) Add the cabbage and stir-fry until the cabbage is wilted and soft, about 8 minutes; season with a nice pinch of salt. Remove the vegetables to a side platter and wipe out the wok with a dry paper towel.

3) Put the pan back on the heat and coat with 2 tablespoons of oil. Add the garlic and sauté gently until fragrant. Add prawns and cook for 2 to 3 minutes until pink. Set aside on platter with vegetables.

4) Add remaining 2 tablespoons of oil to the wok and when hot, crack the eggs into the center. Scramble the egg lightly, then let it set without stirring so it stays in big pieces. Fold in the rice and toss with the egg until well combined, breaking up the rice clumps with the back of a spatula.

5) Add the steamed shrimp and the sauteed vegetables and prawn to the pan along with the peas and season with salt and soy sauce. Spoon the fried rice onto a serving platter, and garnish with peanuts.