



The Garden Herald

Greenmoore Gardens CSA

Share #8: July 15, 16

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Summer Squash	Peas or Beans	Eggplant	Basil	Cabbage OR	Raspberry OR
Cucumber	Onions	Carrots	Tomato	Broccoli	Strawberry
Chard	New Potatoes	Green Pepper			

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 look 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 short 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 long while. The weather has been very dry for a while now, and we're longing for some of the heavy rains we had a month ago. But thankfully we have a pump in the pond so we are lucky enough to be able to water the garden often. The sweet potatoes are liking the hot and dry weather, but most other crops like to get regular waterings. The first planting of corn is starting to tassel and so it should only be a few weeks before we see the ears forming on the stalks. Winter squash is forming a large amount of young fruit, and so far, it's looking like we'll have a nice harvest of those. There are also a good amount of baby watermelons and cantaloupes forming on the melon plants. The beans also should produce well for us in a couple weeks. The fall plants including brussels sprouts, storage cabbage, carrots, and some broccolis are starting to take off and the fall harvest looks very promising. --Sunil

Veggie Notes

Green Pepper - The pepper plants have a nice load of green peppers - enough for everyone to get a couple 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.

Snap Peas OR Beans - the last of pea harvest, and the beginning of the bean harvest. We hope to have a lot more beans coming in a couple weeks!

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

Summer Squash - 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 first planting of cucumbers has almost all died back now. Not much to go around today, and these may be some of the last until the next planting comes to maturity in a few weeks.

Raspberries or Strawberries - The raspberries are nearing the end, so some of you may be getting a few strawberries instead this week.

Cabbage OR Broccoli - A small head of broccoli or cabbage this week.

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.

New Potatoes - These are potatoes picked before the skin has toughened up, so they won't store like regular potatoes. They have a nice fresh taste when picked young like this.

Tomato - The tomatoes are starting to ripen. Not quite enough for everyone today, so you may find your tomato is just starting to blush. You can ripen it in a paper bag on your counter.

Eggplant - Just enough to give everyone a round of some of the first eggplant of the season. Eggplant can be tricky to cook, but a good tip is to use a large amount of oil when cooking them. Roasting is another good method

Basil - A few sprigs for you today.

Herb Shares:

Parsley, Rosemary, Chives, Lemon Thyme

Basil Eggplant Recipe

1 pepper
2 tablespoons soy sauce
2 cloves chopped garlic
1 tablespoon sugar
1 bunch leaves picked from the stem Basil
1 tablespoon vegetable oil

Slice the eggplants into irregular shapes for easy turning in the pan. When it is sliced into a small disk, it tends to stick to the bottom of the pan and makes it difficult to flip or turn.

Chop garlic and slice peppers. Pick the leaves from the stem of the basil.

Heat a pan or wok over high or medium high. Add oil, chili peppers and garlic. Stir until the garlic turn golden brown. Add eggplant and stir. Add a cup of water and cover the pan or wok with a lid. Keep the lid close until the eggplant is cooked. It should take about 5-7 minutes before the eggplant is done. The eggplant turns from white to translucent when it is done. Almost all of the water should have been evaporated at this point. If the eggplant is still not cooked, add a little bit more water and keep lid closed until the eggplant is ready. Add soy sauce and sugar and stir. Add Thai basil and quickly stir to heat the basil, so that it retains its color. Turn off heat immediately.

Serve hot with rice.

Zucchini Fritters

1 lb of zucchini (about 2 medium sized), coarsely grated
Kosher salt
Ground black pepper
1 large egg
1/2 an onion, finely chopped
1/2 cup all-purpose flour
1/2 cup grape seed oil or olive oil
Sour cream or plain yoghurt

1 Salt the zucchini with about 1 teaspoon of salt. Try to remove the excess moisture from the zucchini by either squeezing the liquid out with a potato ricer, or by squeezing with paper towels. (The original recipe calls for putting the zucchini in a colander set in the sink to let it drain for 10 minutes after salting it. I think it works much better to use a potato ricer.)

2 Whisk egg in a large bowl; add the zucchini, flour, scallions, and 1/4 teaspoon of pepper. Mix to combine well.

3 Heat oil in a large skillet over medium heat. Cook fritters in two batches. Drop six mounds of batter (2 Tbsp each) into the skillet. Flatten slightly. Cook, turning once, until browned, 4-6 minutes on each side. Transfer to a paper towel-lined plate. Sprinkle with salt. Repeat with remaining batter.

Serve immediately, with sour cream or plain yoghurt on the side.