



# The Garden Herald

## Greenmoore Gardens CSA

Share #11: August 2nd

NEWSLETTER AVAILABLE ONLINE! @ [WWW.GREENMOOREGARDENS.COM](http://WWW.GREENMOOREGARDENS.COM)

Summer Squash	Corn	Tomato	Full and Bi:
Onions	Basil	Cherry Tomato	Watermelon
Eggplant	Potatoes	Beans	Cuke, Strawberry

### News from the Fields

As August comes, it's time to get the last sowings and plantings of all the fall crops in before month's end. We've been busy planting some of the last cabbages, cauliflowers, and broccoli. Fall kale is in the ground, and we're about to start sowing turnips, spinach, radishes, lettuce, and other fall greens. In August, the days start to get noticeably shorter, and the end of the busy season is in sight.

Two of our full-time work-crew are on their way out next week. George, who spent the whole season last year and most of this year is now moving on to start his own small farm not too far from here. We wish him luck, and thank him for all his hard work and dedication over the past couple seasons. And Tom who spent a few months here is going back to Philadelphia to continue his school work. We appreciate his help and wish him the best in his future endeavors. --Sunil

### Veggie Notes

**Onions** - We're packing a bunch of the smaller onions which had a tough time in the hard, compacted spring soil. It may be a little more work to peel all of them, but they cook just the same as others. You'll see larger onions in later shares, as they are more likely to cure well.

**Summer Squash** - Sick of squash? Try shredding them and freezing for later use.

**Potatoes** - These are potatoes picked before the skin has toughened, so they won't store like regular potatoes. They have a nice fresh taste when picked young like these are. You'll be getting some Yukon gold or Kennebec potatoes this week.

**Basil** - A few sprigs of basil for you today.

**Tomato** - The field tomatoes are still taking time to ripen so most of these are red slicing tomatoes from the high tunnel. You'll also see an heirloom called Paul Robeson, which has a brownish red color with green shoulders. The insides are a nice purple color. Some of you may get some of the first pink heirlooms from the field planting as well.

**Beans** - The beans have been crying for water also, but we have a steady production going on, and the rains should help out. You'll see green beans and yellow wax beans in your share.

**Cherry Tomatoes** - You'll see an array of colors in your share: orange ones (Sungolds--super sweet!), red ones, yellow pear-shaped ones, and maroon ones (Black Cherry).

**Eggplant** - The eggplant is really starting to take off, so here's a few for you today. You'll find many shapes and colors this season: Long slender ones are Asian Eggplants and have a meatier texture. They come in pink, purple, and green colors. There are also Italian style eggplants which come in black and white.

**Corn** - We had a tough time getting this corn to come up back in May. The wet and cold nights seemed to match perfectly with the seedlings on almost every corn sowing occasion. This stand was not the best, but we have enough for everyone at least for today. You may find corn ear worm in some of your corn. We inject a little bit of vegetable oil in the tips of the ears to deter them, and most stay clean, but some get through. Just chop off the tip where the worms were eating, and the rest should be just fine.

### Full and Bi-weekly:

**Cucumber** - The second planting is starting to fruit slowly but surely.

**Watermelon** - Probably the last of the watermelon this season.

**Strawberry** - We planted some ever-bearing strawberries back in April which are now producing just a taste for the full and bi-weekly shares.

**Herb Shares:** Dried Thyme, Oregano, and Sage, Chives, Basil

### JOIN US for our FARM EVENTS in AUGUST!

August 6th - **PASA farm tour**---Take a tour of our farm and other farms around the area! See [www.pasafarming.org](http://www.pasafarming.org) for details and how to sign up!

August 13th - **Greenmoore Gardens Potato Dig and Tomato Pick**--- 10am-12pm. Bring your shovels and help is dig some potatoes and pick tomatoes!

August 24th - **Dog Days of Summer - Pizza & a Movie for kids** - 6:30-9:00 (rain date is Aug 26th)

## **Baba Ghanoush**

Baba ghanoush, a Middle Eastern spread and dip is similar to hummus, but is made with eggplant instead of chickpeas (garbanzo beans). This vegan recipe is particularly hummus-like, since it uses some chickpeas for a thicker texture. For a non-vegan variation, add mayonnaise for a creamier texture.

### **Ingredients:**

- 1 large eggplant
- 1 can chickpeas, drained (garbanzo beans)
- 3 cloves garlic
- 1/4 cup lemon juice
- 3 tbsp [tahini](#)
- dash sea salt
- 1/4 cup olive oil
- 2 tbsp fresh chopped parsley (optional)

### **Preparation:**

Slice eggplant in half, and roast in 400 degree oven for approximately 30-45 minutes, or until soft. Allow to cool slightly, then scoop out inside of eggplant, leaving skin behind.

In a blender or food processor, combine eggplant and remaining ingredients, except oil and parsley, until smooth. Mixture will be somewhat thick. Slowly incorporate olive oil until well mixed. Mix in chopped parsley by hand. Serves eight.

## **Summer Squash Pancakes**

These savory pancakes make a wonderful vegetarian summer meal.

- 3 small yellow squash
- 3 small zucchini
- 1/2 yellow onion
- 1 teaspoon kosher salt
- 2 large eggs, lightly beaten
- 2 garlic cloves, pressed
- 2 tablespoons whole wheat flour
- 1 tablespoon chopped fresh oregano
- 1/2 teaspoon freshly ground pepper
- 2 tablespoons olive oil
- Greek yogurt, for serving

- Trim the ends from the squash and zucchini. Shred the squash, zucchini and onion using a cheese grater or food processor.
- Place the shredded squash, zucchini and onion in a large colander set over a bowl or in the sink. Sprinkle the kosher salt over the vegetables, then toss gently. Allow the vegetables to sit for about 15 minutes to release their water. You can help squeeze out some of the water with your hands. When the vegetable mixture is fairly dry, place it in a large bowl.
- Add the eggs, garlic, flour, oregano and pepper to the vegetables, stirring to blend completely.
- Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Drop a few tablespoons of the squash mixture onto the hot skillet. You will have to use a spoon or your fingers (careful not to burn) to gently shape the dollops into pancakes. Allow them to cook just long enough to brown one side, then carefully turn them over with a spatula. When both sides are nicely browned, transfer the pancakes to a plate and keep warm while you work with the rest of the vegetable mixture. Add the remaining tablespoon of oil if the pan seems dry.
- Serve the pancakes hot with the Greek yogurt on the side.