



# The Garden Herald

## Greenmoore Gardens 2012 Winter CSA

Week 1: Week of November 27<sup>th</sup>

Leeks	Kale or Collards	Arugula
Spinach	Brussels Sprouts	Braising Mix
Salad Mix	Winter Squash	Sweet Potatoes
		Garlic

Welcome!

We are looking forward to a very green winter with all of you. Thanks for joining!

Growing in the winter will be an adventure for us this year, and I'm sure we'll be learning a lot about it. I'd like to let you know a little about how the season will progress (if all goes as planned!) so that you know what to expect. The days are getting shorter very quickly now, and we're already in the time of the year when the day's length is shorter than 10 hours. It is at this time of year--when the temperature drops below freezing regularly, and sunlight is scarce--that plant growth slows almost to a stop. It is the time when the earth "breathes in" and its energy is stored in roots, rhizomes, and tubers. However, in our high tunnel (an unheated greenhouse), we are able to raise the temperature just enough with sunlight and row covers, that some types of crops can still grow, albeit very slowly. Lettuce, spinach, asian greens, miner's lettuce, chard, kale, and many other crops are ideal for this type of growing. This time of short day-length will end sometime in mid-February. During this time we will see a lot of baby greens coming out of the high tunnel. Baby greens are the most frost hardy. They can freeze overnight and thaw out in the morning and just keep on growing! We should have a whole lot of spinach for you to make salads, sauté, and even juice. The salad mix will also be plentiful. The salads of the winter will change through the season. Right now, we have a lot more lettuce in the mix than you will see come January. Asian greens, baby spinach, and miner's lettuce (claytonia) will predominate once the lettuce starts to suffer in the cold. Come March we will start to see vegetables like scallions, chard, baby roots, and the like come into the boxes. We're also experimenting with growing sprouts and shoots for you to munch on. You may see some of these next week! Of course along with all of the fresh greens, we'll be giving you veggies that we have stored from fall harvests. This year was tough on us as far as growing and storing crops goes, so you may see many of these types of items from other farms in the area. Of course there are only a handful of crops that are storable, so at times your share may feel a little monotonous, but this is the nature of winter vegetables. We will try to focus on the ones everyone picked in their surveys. We hope you enjoy the tastes of winter with us this year!

--Sunil

### Veggie Notes

**Leeks** - These leeks are from the Tuscarora Organic Growers Co-op. TOG is made up of a group of small farmers in the south central PA area. Our leeks in the field didn't quite well enough, so we're gonna mulch them and hope for some more growth next spring.

**Spinach** - I've planned a lot of spinach for the winter shares this year, and here's the first installment! It can be made into salad (I love it with feta cheese and toasted walnuts), cooked into a sauté, made into a creamed spinach dish, or even added to your next juicing session. Spinach has a high amount of oxalic acid in it which can be mildly toxic, so limiting the amount you eat raw may be a good thing.

**Salad Mix** - Right now the mix is made up of lettuce, mizuna (jagged edge leaf), and tatsoi.

**Collards and/or Kale** - We have a lot of kale, so you'll be getting a mix of mostly the Red Russian type. Some collard greens may be in there too.

**Brussels Sprouts** - The Brussels have been through a good number of heavy frosts, so they must be very sweet! Of course because of all the rains we've had, some of the sprouts didn't make it. Just cut off all the good ones, peel off any bad wrapper leaves, and use them in a recipe!

**Spaghetti Squash** - To prepare spaghetti squash, just cut in half, take out seeds (save them to spice and roast separately), and steam or roast in the oven. When it's cooked, take a fork to it and scoop out the spaghetti-like strands. You can use it to make an Italian style-pasta dish, an Asian style salad or stir-fry, or it can even be put into a quiche or a casserole.

**Arugula** - There is a small section of our arugula planting that is bouncing back after a rough start in the wet fields. You may find some purple discoloration due to lack of oxygen to the roots.

**Braising Mix** - This is a mix of greens from around the fields that are good for stir-frying, or putting into soups and baked dishes. There are some different kinds of flowering mustards, arugula, and mizuna.

**Sweet Potatoes** - You probably know what to do with these by now...

**Garlic** - A bulb for everyone today,

### Note on Greens

We don't wash most greens that come out of the high tunnel because they get damaged in the washing and spinning process, and the residual water that coats the leaves diminishes their storage potential greatly. The best way to prepare them for eating is to fill a large bowl or your sink with water and allow the greens to float while the dust sinks. Give them a good whirl through the water and let sit for a few minutes. You may see some caterpillars crawling out in search of "higher ground" at this time, so look out for them! Spin them in a salad spinner or pat with a towel to dry. You should only wet as much as you'll eat at any given time. Since your shares come out every other week, you'll find that you're getting a lot of greens, so you should keep greens dry (pat dry with towel if needed) in plastic, and into the fridge as soon as you get home with them. As long as they're dry in their bags, they will last for quite a long time. If you can't get the greens dry, try stuffing their bag with a paper towel and removing it when it's saturated. If greens start to wilt, soaking them in cold water can perk them up.

## **Foolproof Universal Greens Recipe**

3 Tbsp cooking oil  
 4 oz onion (1 medium), peeled and sliced into fine half rings  
 1-2 fresh chiles (jalapeno or serrano), split in half lengthwise, and in half crosswise if large  
 1 lb. any kind of greens, minus any coarse stalks or ribs, cut into fine shreds  
 ¾ to 1 tsp salt  
 ¼ tsp turmeric  
 2 Tbsp unsweetened dried coconut, or 1 ½ Tbsp brown sugar

Heat oil in a large wok or frying pan over medium-high heat. When hot, put in the onion and green chile. Stir and fry until the onion has browned a bit, about 5-10 minutes. Add the shredded greens, salt, and turmeric. Stir and cook until the greens have wilted somewhat. If the bottom of the pan appears dry, add a little water. Cover, lower the heat, and cook 10 minutes, or until the greens are tender. Uncover, add the coconut or brown sugar, and stir. Turn off the heat and serve.

## **Twice-Baked Sweet Potatoes with Spinach & Coconut Milk**

*~from A Year in a Vegetarian Kitchen, by Jack Bishop*

4 sweet potatoes, scrubbed  
 2 tbsp. canola oil, plus more for rubbing on the potatoes  
 2 tbsp. minced ginger root  
 2 tbsp Thai red curry paste  
 1 ¼ pounds flat-leaf spinach, stems removed unless very thin, leaves washed, shaken dry to remove excess water, and chopped  
 salt  
 ½ cup unsweetened coconut milk  
 3 tbsp. fresh chopped cilantro leaves

1. Move an oven rack to the middle position and heat the oven to 400 ° F. Lightly rub each potato with a little oil. Place potatoes on a foil lined baking sheet and bake until the skin is crisp and a skewer slides easily through the flesh, about 1 hour and 10 minutes. Remove baking sheet from oven and set the sweet potatoes aside on a rack to cool for 10 minutes. Increase the oven temperature to 450 ° F. [Since you're going to be halving the potatoes later, I find that they're easier to cook that way from the start: I cut the raw potatoes in half lengthwise, coat 'em lightly with oil, then bake face-down in a 350 ° F oven for about 45 minutes to an hour. They get all buttery-soft and succulent that way!]  
 2. While the sweet potatoes are cooling, heat the 2 tablespoons of oil in a large saucepan over medium heat until simmering. Add the ginger and the curry paste and cook until fragrant, about 1 minute. Add the damp spinach, cover, and

cook, stirring once or twice, until completely wilted, about 5 minutes. Add salt to taste and set the spinach mixture aside.  
 3. Using a folded kitchen towel to hold the hot sweet potatoes, cut each one in half lengthwise. With a spoon, scoop the flesh from each half into a medium bowl, leaving a ¼ inch of the flesh and skin in each shell. Arrange the empty sweet potato shells on the baking sheet.  
 4. Mash the sweet potatoes in the bowl with the coconut milk until smooth. Stir in the spinach mixture and cilantro. Adjust the seasonings, adding salt to taste.  
 5. Mound the sweet potato filling into each shell. Bake until the top of the filling is firm and slightly crisp, about 15 minutes. Remove the baking sheet from the oven and cool the sweet potatoes on the baking sheet for 5-10 minutes and serve.

## **Spinach & Leek Frittata**

3 medium leeks, washed and thinly sliced  
 4 tbsp. unsalted butter, ghee, or olive oil  
 2 bunches spinach, washed, dried, and chopped (you can also use other types of greens if you want)  
 Sea salt and pepper to taste  
 10 large eggs  
 ¾ cups parmesan cheese, freshly grated (divided)  
 ¾ cups gruyere cheese, coarsely chopped (divided)  
 2 tbsp. chives, finely chopped  
 2 tbsp. basil or parsley, finely chopped

1. In a 12-inch skillet (cast iron works well) add 2 tbsp. of butter and cook the leeks over a moderately low heat, stirring, for 12-15 minutes, or until the leeks are soft. Add the chopped spinach or chard and wilt briefly; check for seasoning and salt and pepper to taste.  
 2. In a large bowl, whisk together the eggs, ½ cup of the parmesan, ½ cup of the gruyere, the chives, the basil or parsley, and salt and pepper to taste. Whisk the mixture until well combined. Stir in the leek and spinach (chard) mixture.  
 3. Using the same skillet, cleaned, heat the remaining 2 tbsp. butter over medium heat. Pour in the egg mixture and cook, for 14-16 minutes, or until the edge is set, but the center is still soft. While the eggs are cooking, preheat the broiler. When the eggs are set around the edges, sprinkle the remaining ¼ cups each parmesan and gruyere over the top.  
 4. Place the pan under a preheated broiler about 4" from the heat for 4-5 minutes. *Remember that you cannot do this if the pan does not have a heat-proof handle.* Cut the frittata into 8 wedges and serve warm it warm from the skillet.