



The Garden Herald

Greenmoore Gardens 2011-'12 Winter CSA

Week 2: December 16th

Kale	Garlic	Onions	Spinach	Winter Squash
Brussels Sprouts	Lettuce	Cabbage	Sprouts	Canned Beets
Carrots	Mesclun	Rutabaga	Sweet Potato	Pea Shoots

Greeting Winter Share Members!

We've had a very mild December so far, so the crops in the high tunnel have had an easy time keeping up with the harvest this week. There should be a nice share of spinach and salad mix for you today. Other than taking care of the plants in the high tunnel, we've been prepping beds for an extensive herb and flower garden for next year. Steph is an avid herbalist, and so has lots of plans for a great garden that should be healing to the body as well as the eyes of anyone who walks through it. We've been building a new propagation greenhouse and will be putting up a second high tunnel as well. This should allow our winter shares this spring to have a wide variety of fresh vegetables. We hope you've been enjoying the warm winter we've been having, and have very happy holidays in the coming weeks! --Sunil

Veggie Notes

Kale - The outdoor kale is doing well enough that we are able give a large bunch of small leaves to everyone today. The russian and tuscan kales are still holding on thanks to the mild weather, but are quickly giving in to frost and aphids. The curly kale should provide us with more cooking greens in January I hope. Otherwise, it'll take off next early spring.

Brussels Sprouts - These sprouts were picked a while back to save them from rotting on the stalks. Steph and Kim spent a good deal of time peeling off all of the bad layers, so you should have some pretty clean sprouts to throw into your next roast.

Carrots - We went through all of our home-grown carrots already, so you'll get some from Tuscarora Organic Growers (TOG) Cooperative today.

Garlic - A bulb for everyone.

Lettuce - These head lettuces are finally filling out into dense buttery heads. Some of the outer leaves are getting a little tough due to the frosty nights we've had, but they should have good flavor and tenderness on the inside.

Mesclun - This salad mix has all of the regulars you saw in the summer salad mixes - Mizuna, Tatsoi, lettuce, and baby kale.

Onions - Some big onions from TOG today.

Cabbage - We were going to distribute radishes for you today, but this cabbage was starting to get some spots on the outer leaves, so we decided to give you a head. Use it sooner rather than later to avoid mold growth.

Rutabaga - This turnips' relative is from our friends at Plowshare Produce. My favorite way to eat them is to mash them in a potato mash.

Spinach - The spinach is plentiful this week. The older plantings are showing a calcium deficiency, which we're trying to counteract with some foliar feeding. You may see signs of it in the extra crinkly leaves, and burnt leaf tips.

Sprouts - These are a mix of fenugreek and alfalfa sprouts today. They're both legumes, and are very healthy to eat as raw sprouts. This is our first time trying to provide sprouts, and so this first batch is a little immature. They are edible at this stage though, and would be great additions to any salad. If you want them to grow out a little more, just keep them in a warm place and rinse them two times a day. Make sure to keep the jar upside down so any excess water can drain out. When you like the size, just put them as dry as possible in plastic in the fridge. They're a great addition to salads and sandwiches!

Sweet Potatoes - The sweet potato supply should last for a couple more months or so.

Winter Squash - These are called neck pumpkins. They're a lot like butternut squash but have a very long neck. Don't be intimidated by the size, it can actually work to your advantage. Just cut off whatever size you need from the neck and wrap the open end in foil to allow it to keep for longer.

Canned Beets - Our beet harvest was decimated by deer, and so we did a huge canning project to save as many as we could. They are canned in a spiced vinegar. Let us know what you think!

Pea Shoots - We grew some pea shoots in trays on the heated benches in the greenhouse for the first time. Pea shoots can be chopped into a salad, or lightly sauteed for a yummy treat. This was the trial run, but expect to see a bunch more through the season!

Asian Roll Lettuce Wrap

"A fun dinner that lets the family make them how they want it. Meatballs are grilled then placed into a lettuce leaf with rice and vegetables. Then dip into the zippy Asian-style sauce."

Meatballs:

1 pound ground turkey
1 tablespoon light soy sauce
1 teaspoon minced garlic
2 teaspoons minced fresh ginger root

1 cup brown rice
1 cup water
A bunch of lettuce leaves
1 cup shredded carrots
1 cup green onions, thinly sliced
1 cup sliced red bell pepper

Dipping Sauce:

½ cup light soy sauce
½ cup water
3 tablespoons fresh lemon juice
2 teaspoons minced garlic
1 tablespoon minced fresh ginger root
1 teaspoon sugar

1. In a medium bowl, mix together ground turkey, 1 tablespoon soy sauce, 1 teaspoon minced garlic and 2 teaspoons ginger. Form into 16 meatballs and roll into ovals. Cover and refrigerate.
2. In a medium saucepan over medium heat, combine rice with 2 cups water. Bring to a boil, reduce heat and simmer for 20 minutes, or until rice is tender.
3. Preheat the grill or broiler. Arrange rice, lettuce leaves, carrots, onions, and red peppers onto a serving platter or place each into a small bowl. In a medium bowl, mix together ½ cup soy sauce, ½ cup water, lemon juice, 2 teaspoons garlic, 1 tablespoon ginger, and sugar. Divide into 4 small dipping bowls.
4. Thread two meatballs onto each 10 inch skewer. Grill or broil for 10 to 12 minutes, turning occasionally to brown all sides. If broiling, line the broiler pan with aluminum foil and drain fat after 6 minutes.
5. To serve, place a leaf of lettuce onto the palm of your hand, spoon on a little rice, then a meat roll, and a few of the vegetables. Roll up and dip in dipping sauce or spoon sauce over.

Best Brussels Sprouts Recipe

1lb. brussels sprouts (washed, trimmed, quartered)
diced onion (to taste --I like 2-3 green onions or ½ reg. onion)
2-4 garlic cloves (finely chopped)
1 lemon (juice and zest)
2-3 Tbsp olive oil
salt and pepper (to taste)

Wash, trim, and quarter 1 lb. of brussels sprouts. Heat 2-3 Tbsp of olive oil on high heat (cooking on high is key, because you want to sear the edges of the brussels sprouts). Add sprouts to hot oil before the oil smokes and burns, then stir frequently while still allowing edges to darken. Sear 4-5 minutes -- reduce heat if necessary during this process, but not too much. After sprouts are seared, reduce to medium heat and add onions, garlic, salt, and pepper (I prefer a little red pepper, but black is fine). Stir ingredients together and then add ½ cup of water. Cover and allow to cook approx. 4 minutes. Remove from heat and add lemon juice and zest. I like to sprinkle green onion tops over as a garnish. This is a great dish to serve with brown rice or cous cous. Remember, the key to delicious brussels sprouts (like most vegetables) is to NOT overcook them.

Cabbage, Kale, Spinach Soup

10 cups Fresh chopped Kale
10 cups Fresh chopped baby Spinach
15 cups Fresh chopped Cabbage
16 cups of Swanson Chicken Broth Fat Free/33% low-sodium
15 cups of water
1 cup raw yellow onion
2 cups of raw green onions
1 cup of raw green pepper
5 cloves raw garlic
1 cup raw celery
2 Jalapeno peppers
100 grams of grated ginger root
2 Cans of Diced Tomatoes (no salt added)
3 tbsp. dried cilantro
3 tbsp cayenne pepper
2 tsp black pepper
Braggs Seasoning to taste

Chop onion, celery, garlic add to chicken broth (I used 33% low sodium broth, therefore the sodium content is much lower than shown) and water in large stock pot. Peel and grate ginger root add to stock pot along with all other ingredients. I added two bay leaves, black pepper, Braggs Seasoning. Makes 30 - 1 cup servings. Freezes well!