



The Garden Herald

Greenmoore Gardens 2011-'12 Winter CSA

Week 3: January 6th

Cabbage	Kohlrabi	Pea Shoots	Spinach	Winter Squash
Carrots	Mesclun	Potatoes	Sprouts	
Garlic	Onions	Radish	Sweet Potato	

Happy New Year everyone! I am grateful to be able to share the new year's vegetables with you. May this year be one of great growth! Even though the weather has been mild overall, just one night of dropping into the single digits effectively put the high tunnel into the "deep winter" mode. The plants got some extra blankets and surprisingly, the lettuce survived it, although it hasn't really grown much since last time we cut it. Nonetheless, you'll start to see a phase out of the lettuce to make way for more hardy greens like claytonia and other asian greens.

As we make our ways in our journey through the "dark side" of the season, and the ratio of fresh vegetables to stored vegetables in our diet is changing, it good to understand the effects of the season on our food. When the sun makes rare and short appearances, the earth seems to hunker down in a long "inhalation." That "breath of the earth"---which is the life energy that was once on the surface of the earth in the form of plants, insects, and animals---is now within the earth being stored up in roots, rhizomes, bulbs, seeds, eggs, larva, and hibernation dens. It is in this condition that we propose to try to eek out little "exhalations" of life from the earth by covering some of it with heat-trapping plastic, some blankets, and nothing else. We trap what little energy we can from the mostly absent sun and allow for just enough plant growth to keep the greens flowing. That is, if all the factors involved make it so! The effects of day-length on vegetable growth is very interesting to watch through the winter months. The time it takes a plant to mature during the summer solstice is more than doubled on the winter solstice! Plants that are ready to pick after 20 days in summer are now ready after 60 days. Timing is so much more important in the winter months also. Even if a seed germinates just 1 day later than predicted, it can throw the harvest off by close to 5 days! On top of these challenges add the variability of cloud-cover, single digit-surprises, the threat of fungus and mold in low ventilation environments, and slugs (who knew slugs would be so active through December?)...and you have what makes for the most challenging of prospects!

I hope everyone has been keeping warm. As the winter solstice has passed, and the sun starts its journey back from the southern skies, we stand in awe of the beauty and rhythm we are a part of!

--Sunil

Veggie Notes

Cabbage - Our fall cabbage harvest is still providing for us.

Frozen carrots - As you may have heard during the summer season, we lost a lot of carrots to the saturated soil, so we tried to save some by blanching and freezing them. Just pop the contents of your bag into your next soup or stew.

Garlic - Another round for everyone.

Kohlrabi - These look pretty ugly on the outside, but when you cut it open, it is pretty good. Just make sure you peel the outside skin off before you chop up the meat.

Mesclun - The lettuce portion of the salad mix really slowed with the lack of sun and extra cold temps this week, so you may not see a whole lot in your bag. It's a small portion today. Hopefully with the warmer forecast in store we'll get a steady harvest through January and February. We've put some head lettuce in your boxes today to supplement your salads if you need it.

Onions - from TOG.

Pea shoots - Another little taste of pea shoots for you this week. Just chop them into a salad, or give them a quick stir-fry. If you're eating them raw, it's good to chop them into inch long pieces first.

Potatoes - These potatoes are from TOG.

Radish - Some watermelon radishes for your next stir-fry or salad.

Spinach - There's plenty of spinach to make up for the small amount of salad mix you're getting today.

Sprouts - These are a mix of fenugreek, broccoli, and alfalfa sprouts. Great for any salad or sandwich. 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 that any excess water can drain out. When you like the size, just put them as dry as possible in plastic in the fridge. Great additions to salads and sandwiches!

Sweet Potatoes - The sweet potatoes in storage took a sudden turn toward the bad side, and we apologize if you had some bad ones in your box last pickup. This week, there's a few that are just barely usable, so you'll find it on the side for you to take if you please. Thankfully everyone got a good amount through the summer share season, so maybe we've all got our fill.

Winter Squash - These are butternuts from Micah and Bethany at Plowshare Produce.

Kohlrabi-Radish Slaw with Cumin and Cilantro

~Melissa Pellegrino

To speed up the vegetable prep, use the grating and slicing blades on a food processor for the radishes, carrots, and cabbage, and the julienne cutter on a mandoline for the kohlrabi. Serves eight.

3 Tbs. white wine vinegar
1 tsp. Dijon mustard
1 tsp. clover honey
¼ tsp. cumin seeds, toasted, coarsely ground in a mortar and pestle
Kosher salt and freshly ground black pepper
5 Tbs. canola oil
5 radishes, grated (about 1 cup)
3 medium carrots, grated (about 1½ cups)
2 small unpeeled kohlrabi bulbs, trimmed and cut into ⅛-inch-thick matchsticks (3 cups)
½ medium head green cabbage (about 1 lb.), thinly sliced (5 cups)
⅓ cup chopped fresh cilantro

In a small bowl, whisk the vinegar, mustard, honey, cumin, ¼ tsp. salt, and a pinch of pepper. Gradually whisk in the canola oil until combined.

Put the radishes, carrot, kohlrabi, cabbage, and cilantro in a large bowl. Pour in the dressing and gently toss to combine. Season to taste with salt and pepper.

Butternut Squash Lasagna

- Cooking spray
- 3 cups chopped onion
- 10 cup fresh spinach
- ¾ cup (3 ounces) shredded sharp provolone cheese
- ½ cup chopped fresh flat-leaf parsley
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 large eggs
- 1 (15-ounce) carton part-skim ricotta cheese
- 1 (15-ounce) carton fat-free ricotta cheese
- 3 cups diced peeled butternut squash
- 6 cups [Smoky Marinara](#) (recipe below)
- 12 oven-ready lasagna noodles (such as Barilla)
- 1 cup (4 ounces) grated fresh Parmesan cheese

Preheat oven to 375°. Heat a large Dutch oven coated with cooking spray over medium-high heat. Add onion; sauté 4 minutes or until tender. Add spinach; sauté 1 ½ minutes or until spinach wilts. Combine provolone,

parsley, salt, pepper, eggs, and ricotta cheeses in a large bowl.

Place squash in a microwave-safe bowl. Cover and cook on high 5 minutes or until tender.

Coat the bottom and sides of 2 (8-inch-square) baking dishes with cooking spray. Spread ½ cup Smoky Marinara in the bottom of one prepared dish. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over noodles. Arrange 1 ½ cups squash over cheese mixture; spread ¾ cup sauce over squash.

Arrange 2 noodles over sauce; spread 1 cup cheese mixture over the noodles. Arrange 1 ½ cups onion mixture over cheese mixture; spread ¾ cup sauce over spinach mixture.

Arrange 2 noodles over sauce; spread 1 cup Smoky Marinara evenly over noodles. Sprinkle with ½ cup Parmesan. Repeat procedure with remaining ingredients in remaining pan. Cover each pan with foil.

Bake at 375° for 30 minutes. Uncover and bake an additional 30 minutes.

To freeze unbaked lasagna: Prepare through Step 6. Cover with plastic wrap, pressing to remove as much air as possible. Wrap with heavy-duty foil. Store in freezer for up to 2 months.

To prepare frozen unbaked lasagna: Thaw completely in refrigerator (about 24 hours). Preheat oven to 375°. Remove foil; reserve foil. Remove plastic wrap; discard wrap. Cover lasagna with reserved foil; bake at 375° for 1 hour. Uncover and bake an additional 30 minutes or until bubbly.

Smoky Marinara

- 1 tablespoon olive oil
- 3 garlic cloves, minced
- ¼ cup chopped fresh basil
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh or 2 teaspoons dried oregano
- 2 teaspoons balsamic vinegar
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 1 (28-ounce) can crushed fire-roasted tomatoes, undrained
- 1 (28-ounce) can crushed tomatoes, undrained

Heat oil in a large saucepan over medium heat. Add garlic, basil, parsley, and oregano; sauté 1 minute, stirring frequently. Stir in vinegar and remaining ingredients. Reduce heat, and simmer 10 minutes.