



The Garden Herald

Greenmoore Gardens 2011-'12 Winter CSA

Week 4: January 20th

Cabbage	Garlic	Pea Shoots	Sprouts
Carrots	Mesclun	Potatoes	Winter Squash
Celeriac	Onions	Spinach	

News from the Fields

Steph has been taking care of the farm while I'm on my time away from the farm. Besides taking care of the day to day tasks, she's been doing a lot to work toward better organization and communication on the farm. Things are looking very exciting for this coming season! Through her updates, I've found that it's been pretty cold, but the sun has been out enough to give us enough growth in the high tunnel. I didn't expect to be watering the crops in there much at all through the winter, but this season has been pretty warm, so we've been watering the plants with a long hose. It can be tricky to empty the hose before it freezes, so this is usually a hard process. We've been sowing new seeds as beds are harvested, and exploring how things sprout during the very cold nights. I sowed some carrots around Christmas time and they're just starting to pop up. Every sowing is an experiment. We are also trying to transplant into the cold high tunnel. It can be tricky to harden plants off all the way from the cozy heated greenhouse tables to the cold, cold high tunnel. Hopefully they make some nice greens and the carrots give us some nice tender roots!

The new high tunnel is fully constructed now, so soon we will start the process of picking rocks, shaping beds. and transplanting crops for our March and April shares. Steph has also been working on an herb garden which we helped shape the beds for. It should be a nice garden with all kinds of perennial flowers and medicinal herbs. Hope you all are enjoying your shares this winter. I've really loved the spinach myself. --Sunil

Veggie Notes

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

Carrots - These carrots are from TOG.

Garlic - Another round of garlic.

Celeriac - A celeriac is a celery root. Don't be afraid of the ugly outside appearance! Just cut away the roots and skin, and you'll have a celery flavored root for your next soup or roast!

Mesclun - There's a new member of the salad mix coming in as the lettuce goes out. It's called claytonia or miner's lettuce. You'll find some in your share today.

Onions - These are from TOG.

Pea shoots - Let us know if you like the pea shoots!

Potatoes - These potatoes are from TOG.

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

Spinach - The spinach seems to be doing very well in the high tunnel right now.

Sprouts - Another round of sprouts for you. We're glad you like them!

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

Cabbage Rolls

Sauce:

1 stalk celery, diced
¼ cup red onions, finely chopped
3 tablespoons chicken stock
1 ½ cups tomatoes, finely chopped
2 tablespoons fresh basil, minced
1 tablespoon cider vinegar
1 teaspoon fresh oregano, minced

Cabbage Rolls:

½ cup onions, chopped
½ cup mushrooms, chopped
1 teaspoon garlic, minced
2 tablespoons chicken stock
2 cups cooked rice or barley
½ teaspoon curry powder
½ cup tomatoes, diced
3 tablespoons bread crumbs
2 teaspoons soy sauce
1 tablespoon fresh parsley, chopped
¼ teaspoon black pepper
8-10 cabbage leaves

Sauce:

In a medium saucepan, sauté onions and celery over medium heat in stock for about 5 to 7 minutes. Stir in tomatoes, basil, oregano; add vinegar. Simmer over low heat, covered, for 20 minutes. Set aside.

Cabbage Rolls:

In another saucepan, sauté the onions, garlic and mushrooms in the stock for 3 to 5 minutes. Transfer to a large bowl. Stir in the rice or barley, tomatoes, bread crumbs, soy sauce, parsley, curry and pepper. Steam the cabbage leaves in boiling water for about 3 minutes or until wilted. Drain on paper towels.

When cool enough to handle, portion ½ cup of mixture onto the center of each leaf. Roll up tightly in the cabbage leaf to wrap the filling.

Spray a baking dish with Pam or olive oil. Arrange the rolls with the seam side down.

Layer a cup of tomato sauce over the tops of the rolls. Cover with aluminum foil and bake at 400°F for 25 to 35 minutes.

Serve with the remaining sauce.

Note: The head of cabbage may be frozen instead of boiled to make it pliable for rolling up. A good idea on hot Summer nights to avoid scalded fingers and an overheated kitchen!

French-Fried Celeriac

~ By Jack Staub

3 large celery roots, peeled
Juice of ½ lemon
3 cups vegetable oil
Salt

Juice ½ lemon into a big pot of water and put it on to boil.

Julienne the peeled roots by using a mandoline (a device with adjustable blades) on the French-fry setting. If you don't have a mandoline, peel the roots, cut them into ¼-inch slices, then into ¼-inch sticks, and put them in a bowl of acidulated water.

Add celeriac to the pot of boiling water and blanch for 5 minutes. Drain and dry well.

In the same pot or a deep-fryer, heat the vegetable oil until smoking (about 350°F) and start deep frying in batches until golden. Drain on paper towels and sprinkle with salt. Reheat in the oven before serving.