



# The Garden Herald

## Greenmoore Gardens 2011-'12 Winter CSA

### Week 5: February 3rd

Cabbage	Onions	Spinach	Canned Beets
Garlic	Parsnips	Turnips	Cooking Greens
Mesclun	Potatoes	Winter Squash	

### News from the Fields

We've been busy getting the farm ready for a large expansion, including the creation of a solid farm crew, finding new equipment, and making new spaces to plant things in the greenhouses and the fields. It's been the busiest winter in Greenmoore Gardens history!

The high tunnel is doing pretty well, although we are at a stage where many sections are phasing out. The lettuces are done as of this week's harvest (they're not so cold hardy and are prone to disease in low-ventilation conditions), and the tatsoi is bolting (this winter has been very warm!). The claytonia is starting to take off after a late start, and the mizuna, spinach and kale are all still inching along. We've also got some scallions that are finally deciding to grow, and some tiny little carrot seedlings that are still showing only their first seedling leaves after a Christmas sowing! Sowing seeds in the middle of winter has been an interesting experience. The seeds do germinate (after a long wait!), and then just sort of sit there like they're expecting something. I think what they're expecting is a nice 10 hour day-length to do their photosynthesizing. It seems like they don't settle for less than that for the most part, even when it's as warm as our winter has been. Thankfully, we are now getting to that magic point in the yearly cycle. The days are longer, and the plants should start to take off at a much faster rate. We have a bunch of transplants that are almost ready to get planted in the high tunnel as well, which will fill out some of the empty spaces that are forming.

Hope you've been enjoying your veggies and the mild winter we've been having! --Sunil

### Veggie Notes

**Cabbage** - Cabbage salads can be a great side to just about any winter roast or stew. They add a nice, bright, and crunchy dimension that you can't find in many winter dishes.

**Garlic** - Another bulb for you.

**Mesclun** - This week's salad includes mizuna, red russian kale, claytonia, tatsoi, baby spinach, pea shoots, and a tiny bit of lettuce. This will be the last time for lettuce in the mix for a few share weeks.

**Onions** - from TOG.

**Parsnips** - There are just a few parsnips for you this week. My favorite way to use them is to purée them along with potatoes, turnips, and cream for a great soup base.

**Potatoes** - These potatoes are from TOG.

**Spinach** - Hope you're not getting sick of the spinach! If you want a break, a good way to save it is to blanch, drain, and freeze.

**Turnips** - Nature made sure that we were not overwhelmed with turnips this year. It looks like we held on to these a little too long this winter. They are best cooked to a purée in a soup as the flesh is not as crispy and moist as we'd like. You'll probably be seeing fresh baby turnips this April sometime.

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

**Canned Beets** - You'll find them on the side this week, along with some dried herbs and hot peppers.

**Cooking Greens** - This is a mix of tatsoi that was bolting in the high tunnel, and red and green kale from the field. They are probably best cooked, but could be sliced vey thin into salad as well.

## **Lentil and Greens Soup**

This hearty soup is even better the next day after you make it. Use any greens that you want, or a combination of them. I like a little grated Parmigiano for garnish.

*~Susan Belsinger*

2 to 6 cups loosely-packed, shredded green leaves  
3 to 4 tablespoons olive oil  
1 medium onion, finely chopped  
1 pound lentils  
3 bay leaves  
8 to 10 cups warm vegetable stock or water  
6 cloves garlic, sliced or minced  
2 to 3 teaspoons dried oregano  
1 teaspoon paprika  
Few pinches cayenne pepper  
Salt and freshly ground pepper

Wash the greens, remove the stems if big or tough, stack the leaves and cut them crosswise into chiffonade (wide shreds). In a heavy-bottomed soup pot, heat the oil over medium heat. Add the onion and sauté for 5 minutes, stirring occasionally. Add the lentils and bay leaves and stir for a minute. Carefully add 1 cup of stock and stir, then add another 7 cups of stock. Cover the pot and bring to a boil, reduce heat to a simmer and cook for about 30 minutes, stirring occasionally.

Add the garlic, oregano, paprika, cayenne, salt and pepper, stir to combine and simmer for another 15 to 20 minutes until lentils are tender. Add the heartier greens like kale, collards, broccoli rabe or dandelion at this time as they take longer to cook than spinach or tat-soi leaves; they will need a good 15 to 20 minutes. Or, add the milder shredded greens, stir, cover and cook 5 minutes more.

Taste for seasoning and adjust with more salt, pepper, or cayenne. Add another cup or two of stock if need be. Just before serving, add a generous squeeze of lemon or about ½ teaspoon of sumac, if desired. Serve hot; the soup can be made ahead and gently reheated. Garnish with grated parmesan if desired; or sometimes I stir in a spoonful of Greek yogurt.

## **Irish Farm House Soup**

2 lbs stew beef, in 1 ½" cubes  
3 quarts water or beef stock  
½ quick cooking (or pre-cooked dry) split peas  
½ cup barley  
1 bay leaf (optional)  
1 onion, thinly sliced  
1 leek, thinly sliced  
2 carrots, thinly sliced

1 turnip, thinly sliced  
1 parsnip, thinly sliced (optional)  
1 celery stalk, thinly sliced  
½ head cabbage (Savoy, if available)  
3 lbs potatoes  
sea salt and pepper, to taste

Wash, peel and chop all vegetables except potatoes and cabbage (save these for later).  
Wash barley. Put everything into the pot and cover with water or beef stock.

Bring to a boil for 1 minute; reduce heat to low and simmer over low heat for 3 hours.

While the soup is simmering, wash the cabbage, remove the core, and finely shred using the slicing blade of a food processor, with a large sharp knife, a mandolin, or the slicing side of a box grater. When the soup has been simmering for 2 ½ hours or about 30 minutes before serving, stir in the shredded cabbage. Now is the time to peel the potatoes, quarter and boil or steam them until tender. When the potatoes are fork tender, drain them well; return them to the hot pan and shake over heat to dry out.

Put the potatoes in soup bowls with vegetables and broth to serve. Sprinkle with a pinch of fresh parsley finely chopped and serve with crusty artisan rolls or scones.

The recipe here is the traditional one, but (not being able to help ourselves) we sometimes kick it up with a few non-traditional ingredients such as chopped garlic and we brown the beef with the onions in olive oil before adding the stock for extra flavor. A teaspoon of beef soup base can be stirred in, if desired, or add extra beef stock at the end (to keep it fresh).

Note: If you have an older Crock-Pot or a variable temperature slow cooker pot which allows you to keep the soup barely simmering, you can use it for this recipe. We have found that some of the newer slow cookers keep the soup too hot on the "low" setting (rolling boil) and not hot enough on the "warm" setting. An induction burner works well for simmering or "back burner" style slow cooked soups and stews and doesn't use a great deal of energy; it also keeps the kitchen cool in Summer.

Variations: Try the basic recipe with pork cubes instead of beef and Chinese cabbage (Nappa). Substitute cooked mung beans or fresh green beans for the split peas. Broccolini is another tasty cole-family addition to soups which may be substituted for cabbage. Use soy sauce instead of salt as seasoning.