

# THE GARDEN HERALD

Week 13 - Tuesday, July 31



# GREENMOORE GARDENS

## Veggie Notes

- |                 |                                                                                          |
|-----------------|------------------------------------------------------------------------------------------|
| * Cucumber      | * Cherry tomatoes                                                                        |
| * Zucchini      | * Beets - Worms have been getting to them, but peel the skin off and they are just fine! |
| * Beans         | * Yellow Squash                                                                          |
| * Onions        | * Basil*                                                                                 |
| * Garlic        |                                                                                          |
| * Eggplant      |                                                                                          |
| * Green Peppers | *Full Shares only                                                                        |

## Field News

The colors of summer are starting to fill out the boxes. The farm is in a transition period right now with summer crops coming on to picking season, and fall crops just getting started in the field. The onion harvest is upon us, so we will be digging those up soon to start them on their curing process. The first good planting of corn is looking like it will be ready in a week or two, and the cantaloupes aren't far off.

--Sunil

## Recipe

### **Beet Salad**

Ingredients:

Fresh Red Beets  
Garlic, minced  
Olive oil  
Red wine vinegar  
Sea salt (optional)  
Fresh ground pepper (optional)

Preparation:

Peel beets and boil in large chunks until tender

Combine beets, garlic, oil, and vinegar in a bowl and toss. Add salt and pepper to taste, and refrigerate covered for several hours before serving.



## Upcoming Events

August 4 - 10:00 AM-12:00 PM

### **Potato Dig**

Bring a shovel or a digging fork and some work gloves! Join us at 10 AM sharp for some good old fashioned digging in the dirt!

