

THE GARDEN HERALD

Week 17 · Tuesday, August 28



GREENMOORE GARDENS

Veggie Notes

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|--|---------------------------|
| * Cantaloupe, Honeydew Melon or Watermelon | * Kale (full shares only) |
| * Heirloom Tomatoes | * Eggplant |
| * Cherry Tomatoes | * Green Peppers |
| * Potatoes | |
| * Beans | |
| * Onion | |
| * Beets | |

Field News

Well, I snacked my way through the last of the asian pears I brought with me from my old farm, and finished the summer squash and onions I had packed along on Friday night. What a drag! I've worked all summer to grow some of my favorite veggies at Longview, and now here I am 250 miles away, and totally out of reach. My spirits were low, and the cupboards bare, so I decided to take a stroll through the rows to see what I could find for dinner.

Before long, I wasn't feeling quite so blue. I found beautiful kale plants that the Greenmoore crew had nursed through the summer heat starting to put on some nice new growth with the drop in evening temperatures. Heirloom tomatoes were in full effect, just as they were at the farm I left, and I was pleasantly surprised to find some very nice cucumbers. I snacked on a honeydew, and grabbed a watermelon to take home. By the time I found my way back to the farmhouse I was already half stuffed, and I knew I would be every bit as food rich as I had been a week ago. Fall is a time of change, and this fall has brought a dramatic change for myself, and Greenmoore, but after my first few days here I can guarantee nobody is going to get hungry.

See you on the farm,
Mark

Recipe

Salmon with Tomato Basil Relish
from elanaspantry.com

½ pound salmon
1 cup cherry tomatoes, sliced in quarters
½ small shallot, minced
1 clove garlic, minced
1 tablespoon olive oil
1 teaspoon apple cider vinegar
2 tablespoons fresh basil, finely chopped
celtic sea salt to taste

oven temperature to 275°, then put sheet with salmon on lowest rack. Roast 8 to 13 minutes --so that centers of thickest part of fillets are still translucent when cut into with a pairing knife. To make relish, stir together remaining ingredients from above in a medium size bowl. Remove salmon from oven, transfer to plates and serve with relish. Serves 2.

Turn oven on to 500°. Cut fish into 2 pieces, leaving skin on; rinse and pat dry with paper towel. Place fish skin side down on a metal baking sheet. Rub fillets liberally with olive oil, then sprinkle with salt. Reduce