

# THE GARDEN HERALD

Week 16–Friday, August 24  
and Saturday August 25



# GREENMOORE GARDENS

## Veggie Notes

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|---|--|
| * Cantaloupe or Honeydew Melon  | * Onions                                     |
| * Heirloom Tomatoes   | * Multi-colored beets                        |
| * Cherry tomatoes   | * Jalapeno and Serrano Peppers (free choice) |
| * Beans - Romano beans, which are the flattish ones, are still wonderfully tender when large. | * Summer squash                              |
| * Eggplant (full shares only)   | * Red and Green Bell Peppers                 |
| * Sweet Baby Carrots  | * Head Lettuce (full shares only)            |
|   | * Kale (full shares only)                    |

## Field News

The cool weather of the last week has slowed the ripening of many of our offerings. The crops may be taking it easy, but we are still busy as ever, battling weeds and groundhogs alike, getting the fall plantings in the ground, and hauling Greenmoore's abundant rocks out of a new field which is about to see its first crops!

I'm loving, and have been so energized by, managing the farm, but frankly I'm very grateful that our new farmer begins next week. It's a huge, nuanced, fast-paced, and challenging job! Today, I'm pleased to introduce the guy who'll be taking it all on, Mark Risso. --Kim

Greetings Members,

I'm really excited to be joining the crew at Greenmoore this fall, and picking up the work where Sunil left off. I'm currently in the process of packing boxes, and preparing for my exit from my current farm at The Longview Center For Agriculture in S.E. Pennsylvania. We grow for an on-site market, run a veggie CSA, organic fruit orchard, and you-pick strawberry operation. My wife Meghan and I will be moving in to the farmhouse with our 10 month old daughter Penelope, and dog Sunny in the next few weeks, and we can not wait to get settled. I'm looking forward to getting my hands dirty in some new soil, and getting to know you all. When I am not busy working on the farm, I enjoy drinking coffee, playing peek-a-boo, and cracking jokes (Do those count as hobbies?). Growing organic food is my passion, and I am proud to be your new grower.

See you on the farm,

Mark Risso

## Recipe

### Italian Eggs

*from everydaypaleo.com*

- 1 small onion
- 2-3 small zucchinis, halved and sliced
- 4-5 tomatoes
- 3 garlic cloves
- Handful of fresh basil, chopped
- 1/2 cup chives, chopped
- Salt and Pepper to taste
- 12 eggs
- Cooking oil of your choice

In a large skillet, heat the oil over medium and saute the onions until translucent. Add the zucchini, tomatoes, and garlic and bring to a simmer. Let the tomato mixture simmer, mixing occasionally until it begins to thicken. Add basil, salt and pepper to taste. Make little holes in the sauce with your spoon and crack an egg into each hole. Sprinkle the whole dish with chives, turn down the heat to low, cover and let cook until the egg whites are done, but the yolks are still runny (5-8 minutes). Scoop out an egg or two for each person and enjoy!