

THE GARDEN HERALD

Week 18 – Tuesday, Sept 4th



GREENMOORE GARDENS

Veggie Notes

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|------------|-------------------------------|
| * Beans | * Red Beets (full share only) |
| * Kale | * Cherry Tomatoes |
| * Garlic | * Tomatoes |
| * Eggplant | * Potatoes |
| * Peppers | |

Field News

This week has brought cooler temperatures, and the farms attention is beginning to turn towards next year. Far from slowing down, our workload actually picks up in September. As we finish harvesting crops for the year, fields need to be put to rest, and quickly seeded to a cover crop. Cover cropping benefits the soil in many ways, it prevents soil erosion, adds organic matter, and smothers weeds. At this time of year, most farmers are planting rye. Rye is the most cold tolerant cover crop available. planted in late august or early september, it will put on some fall growth, and remain dormant until the very early spring when it will put on large amounts of growth. This plant matter is turned into the soil before planting either a second cover crop, or a cash crop, and the cycle begins again.

See you in the field,
Mark

Recipe

Kale Salad with Currants, Pine Nuts, and Parmesan

Ingredients

- 1 2 tablespoons dried currants
- 2 7 tablespoons white balsamic vinegar,
- 3 1 tablespoon unseasoned rice vinegar
- 4 1 tablespoon honey
- 5 1 tablespoon extra-virgin olive oil
- 6 1 teaspoon salt
- 7 2 bunches Kale center ribs and stems removed, leaves thinly sliced crosswise
- 8 2 tablespoons pine nuts, lightly toasted
- 9 Parmesan cheese shavings

Directions

Place currants in small bowl; add 5 tablespoons white balsamic vinegar. Let soak overnight. Drain currants. Whisk remaining 2 tablespoons white balsamic vinegar, rice vinegar, honey, oil, and salt in large bowl. Add kale, currants, and pine nuts; toss to coat. Let marinate 20 minutes at room temperature, tossing occasionally. Season to taste with salt and pepper. Sprinkle cheese shavings over salad and serve.

Dust with black pepper and serve immediately.