

THE GARDEN HERALD

Week 20 – Friday, Sept 21st



GREENMOORE GARDENS

Veggie Notes

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| * Spinach | * Spicy Salad Mix (Full shares only) |
| * Watermelon Radish | * Cherry Tomatoes (Full shares only) |
| * Baby Bok Choi | * Tomatoes |
| * Eggplant | * Carrots |
| * Peppers | * Onions |

Field News

It is hard to believe the last week of summer is upon us, but looking at the fields, it is hard to deny. We are still harvesting peppers and eggplant, but the new fruits on the plants are small, and I doubt they'll ever have a chance to reach their full potential. Our tomatoes have finally caught late blight, but it is hard to complain, because I know it is only a matter of time before a cold night comes along and does them in for good. I was getting sick of picking them anyways. As we say goodbye to the sweet tastes of summer though, we are welcoming some old friends back for the fall. Baby bok choy is making an appearance, along with it's cousin arugula, and the fall planting of Spinach is coming into its crisp, delicate own. This week you'll find unique watermelon radishes in the share. This brassica can be served raw as you would a salad radish, but mellows out wonderfully when cooked or pickled. It's great in stir fries, and I have used it to delicious effect in kimchi.

See you in the field,
Mark

Recipe

Radish Kimchi

Ingredients

- 1 piece Korean white radish (substitute watermelon radish)
- 1/4 bundle watercress
- 1/3 cups of coarse salt, 1 green onion
- 1/2 cup red pepper powder
- 1 knob ginger, 2 cloves garlic, 1 tbsp. pinenuts, red pepper threads
- 1/2 cup salted soused shrimp, 1 tbsp. sesame seed and 1 tbsp. sugar

Directions

1. Select plump, firm Korean radish. Cut the radish into cubes 3/4" by 1". Sprinkle with salt and let than stand.
2. Cut the green onion and watercress stems into 2" lengths.
3. Mix the salted radish cubes with the red pepper powder. Boil the glutinous rice flour with water into a thin paste-gruel and let cool.
4. Add the green onion, watercress, garlic, ginger and glutinous rice paste-gruel to the colored radish and mix well. Season with salt.