

THE GARDEN HERALD

Week 21 – Friday, Sept 28th



GREENMOORE GARDENS

Veggie Notes

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| * Sweet Potatoes (they store better dirty, I swear we are not being lazy) | * Peppers |
| * Spinach | * Red Beets |
| * Spicy Salad mix or Lettuce mix | * Cherry Tomatoes (full shares only) |
| * Bok Choi | * Tomatoes |
| * Cauliflower or Broccoli | |
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Field News

Broccoli and cauliflower are here! I can't think of a better way to mark the official start of Fall than with the beautiful heads of broccoli and cauliflower we've included in your share this week. I wish I could take credit for these beauties, but it has to go to Sunil and the crew. They handled the bulk of the fall brassica planting before I arrived on the farm, and I'm starting to feel a bit nervous about the size of the shoes I have to fill. I'm not ashamed to admit that I've never grown such beautiful heads myself. Heck, I've rarely ever seen such nice heads. Another new addition this week is sweet potatoes. The crew spent an afternoon harvesting and packing them earlier in the week, and it feels good to have such a nice crop stored in the coolers.

Speaking of new and exciting, we just completed the first trial run on our custom built root washer. It was a wild success, and the crew and I were grinning from ear to ear while we watched beets roll around and down the tube. Not only is it faster than washing by hand, but it is a lot more pleasant than holding your hands in fifty degree water for two and a half hours trying to scrub dirt off of beets. Check it out if you are on the farm, it's the big green and brown thing sitting just past the propagation house.

See you on the farm,

Mark

Recipe

Cauliflower Gratin with Tomatoes and Feta

(taken from Vegetarian Cooking for Everyone by Deborah Madison, my favorite cook book)

Ingredients

2 to 3 tablespoons olive oil
 1 onion, thinly sliced
 2 garlic cloves, chopped
 1 1/2 teaspoons dried oregano
 1/8 teaspoon ground cinnamon
 5 fresh tomatoes, peeled, seeded, and diced or 1 15-ounce can diced tomatoes
 1 teaspoon honey
 1 tablespoon capers, rinsed
 Salt and freshly milled pepper
 1 large cauliflower, about 11/2 pounds, broken into florets
 Juice of 1/2 lemon
 2 to 4 ounces crumbled feta
 finely chopped parsley

Directions

1. Preheat oven to 350 degrees. In a food processor, combine bread and Parmesan. Pulse until coarse crumbs form, about 3 to 4 times; set aside.
2. In a large saucepan with a lid, melt butter over medium heat. Add flour; cook, whisking constantly for 1 minute. Whisk in milk.
3. Add cauliflower, and season with salt and pepper. Bring to a boil, and reduce to a simmer. Cover, and cook until starting to soften, about 5 minutes. Remove from heat; gradually stir in Gruyere.
4. Pour mixture into a 2-quart baking dish, and sprinkle with breadcrumb mixture. Cover with aluminum foil; bake until cauliflower is easily pierced with a knife, about 20 minutes. Remove foil, and bake until breadcrumbs are golden brown, about 20 minutes more. Serve.