

THE GARDEN HERALD

Week 22 – Friday, October
5th



GREENMOORE GARDENS

Veggie Notes

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| * Rutabaga | * Kohlrabi or Broccoli (full shares get both) |
| * Green Tomatoes | * Kale or Spinach |
| * Easter Egg Radishes | * Leeks |
| * Spicy Salad Mix | * Carrots |
| * Peppers | * Hot Peppers (full shares only) |
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Field News

We had another light frost on Sunday night here at the farm, and I'm really starting to get into the Fall spirit. Even with the crazy workload of summer, I always find that I'm never quite ready for fall. By the second or third week though I'm over my hands being cold all of the time, and enjoying the crisp early mornings.

We still have a few summer crops hanging on (slice and fry your green tomatoes in a cornmeal batter), but the share boxes are really starting to look like fall now. New this week are kohlrabi, and rutabagas. These might seem unfamiliar to new CSA members, but I'll bet many of you veterans have grown to love these brassicas. Kohlrabi (the crew calls them alien fruit) is actually the stem of the plant, not the root as some mistake it for, and it is surprisingly sweet. I grate it raw for salads, or roast it in a pan. Rutabagas are probably one of the most misunderstood veggies out there, I can just picture people gaging at it's mention. It's reputation is wholly undeserved, inside of it's skin lies a smooth and sweet treat, sort of like a turnip with notes of broccoli and fresh cabbage overtones. I think oven roasting brings out it's very best, heightening it's delicate sweetness.

Harvest Event!: October 20 - [Friends & Farmers](#) Co-op Dinner at Greenmoore Gardens

Greenmoore Gardens CSA Farm will host a fundraising dinner for the Friends & Farmers Coop - "Share the Harvest" - on Saturday October 20. The event starts at 4:00 p.m. with a farm tour and pumpkin carving for the kids: , with dinner at 5:30 p.m., followed by a bonfire and musical talent. The dinner menu will be diverse and feature our late summer and early fall crops. Otto's beer will also be included (must be 21). The Cost is \$20 per person with children under 12 free. Half of all proceeds will be donated to the Friends & Farmers Coop. Tickets are available through the Greenmoore CSA pick-up stands at the farm on Friday, at the Saturday North Atherton Farmer's Market (at Home Depot from 10 am to 2 pm), or by going to the [Friendsandfarmers.coop](#) webpage and clicking on the link to purchase tickets or by contacting [Greenmoore Gardens](#) directly at 237-0082 to pickup tickets at our State College office.

Recipe

Simple Roasted Rutabega

Ingredients

- 1 rutabaga about 6 inches in diameter
- 4- 6Tbsp. Olive oil
- 1 Tbsp. Rosemary, Thyme, and Oregano
- 2 tsp. salt

Directions: Heat oven to 400 degrees

Peel rutabaga and cut into 1/2-inch cubes. Place rutabaga cubes in a large mixing bowl and drizzle with olive oil. Cover bowl with a plate and shake to coat rutabaga with oil. Sprinkle rutabaga with remaining ingredients and shake again to distribute. Transfer rutabaga to a baking sheet. Roast in center of the oven until edges brown and rutabaga is tender, 30 to 40 minutes