

# THE GARDEN HERALD

Week 22 – Tuesday, October  
2nd



# GREENMOORE GARDENS

## Veggie Notes

- |                                  |  |
|----------------------------------|--|
| * Rutabaga                       | * Kohlrabi or Broccoli                       |
| * Green Tomatoes                 | * Cherry Tomatoes or Heirlooms (full shares) |
| * Easter Egg Radishes            | * Kale                                       |
| * Lettuce Mix or Spicy Salad Mix | * Leeks                                      |
| * Eggplant (full shares only)    | * Carrots                                    |
| * Peppers                        | * Hot Peppers (full shares only)             |

## 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 always being cold 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.

## Recipe

### Simple Roasted Rutabaga

#### 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