

THE GARDEN HERALD

Week 23 – Tuesday, October
9th



GREENMOORE GARDENS

Veggie Notes

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|-------------------------------|----------------------------------|
| * Cabbage (full shares only) | * Kohlrabi |
| * Garlic | * Broccoli |
| * Watermelon Radishes | * Kale |
| * Braising Mix | * Carrots |
| * Peppers | * Cauliflower (full shares only) |
| * Eggplant (full shares only) | |

Field News

The Crew and I have spent the week doing some much needed fall cleaning, and getting a few of our “caterpillar” tunnels moved off of our summer tomatoes, and over some of our winter greens. Even with the two high tunnels on the farm, I felt like we could use a little bit more protected space (my old farm had five high tunnels, and that never seemed like enough either). High tunnels are simple solar powered structures that help to heat the atmosphere inside during the day, and prevent heat loss through the night. We will be relying on them heavily for the remainder of the summer season, and for the winter CSA. The caterpillar, or low tunnels are very simply constructed from PVC pipe, re-bar, clothesline, and clear plastic. they are a bit more finicky to work with, but considerably less than a proper high tunnel, and are easily moved around the farm, so we are able to maintain a solid crop rotation. Not only do high tunnels keep plants happy and healthy, but farmers love working inside of them too. Cold and rainy days are passed much more pleasantly from the shelter of the tunnels. See you on the farm,
Mark

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

Roasted Garlic with Broccoli

Ingredients

- 1 head broccoli, separated into florets
- 2-3Tbsp. Olive oil
- Sea Salt to Taste
- 1/4 tsp black pepper
- 1-2 cloves garlic
- 1 tsp lemon Juice

Directions: In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic.

Spread the broccoli out in an even layer on a baking sheet.

Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter.