

THE GARDEN HERALD

Week 24 – Friday, October
19th



GREENMOORE GARDENS

Veggie Notes

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| * Cabbage or Cauliflower | * Broccoli |
| * French Breakfast Radish | * Beets |
| * Peppers | * Carrots |
| * Kohlrabi | * Green Tomatoes |

Field News

The hard frost we had last Saturday morning has done wonders for the farm. The sweetness of the broccoli in particular will be heightened, and all of the cool loving crops came out unscathed. Most of the summer weeds have fared much worse. I walked through the fields with satisfaction looking at the blackened, dead galinsoga and pigweed. Lambs-quarter is still hanging tough out there, but I've always has a soft spot for that stuff. Weed control at this time of year is a much easier task than during the height of the summer, and I've already started to forget the worst of my struggles earlier in the year when I hand weeded over four acres of strawberries...twice. Each season the weeds teach new lessons about what works, and what doesn't, and I certainly have had a fair share of learning opportunities. We can't fit a cultivation tractor inside the high tunnels, so this winter we'll be doing a lot of hand hoeing. This makes timing extremely important. We try to hit weeds in their "white thread" phase; slicing with a hoe when the roots are small and weak (and look like a white thread) ensures they die off, and allow our tender veggies to thrive.

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.