

# THE GARDEN HERALD

Week 24 – Tuesday, October  
16th



# GREENMOORE GARDENS

## Veggie Notes

- |                               |                  |
|-------------------------------|------------------|
| * Cabbage (full shares only)  | * Kohlrabi       |
| * Rutabaga                    | * Broccoli       |
| * Spicy Mesclun Mix           | * Beets          |
| * Peppers                     | * Carrots        |
| * Eggplant (full shares only) | * Green Tomatoes |

## Field News

The hard frost we had on 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 had 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.

See you on the farm,

## 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

### Beet and Carrot Salad with Coriander

#### Ingredients

- 3 1/2 tablespoons minced shallot
- 3 tablespoons plus 2 teaspoons apple cider vinegar
- 2 tablespoons fresh orange juice
- 1 tablespoon white miso (fermented soybean paste)
- 1 teaspoon finely grated peeled fresh ginger
- 1/2 teaspoon finely grated orange peel
- 1/3 cup extra-virgin olive oil
- 1 1/2 teaspoons coriander seeds
- 2 tablespoons sesame seeds
- 3/4 teaspoon coarse kosher salt
- 4 2-inch-diameter red beets, peeled
- 1 pound carrots, peeled

#### Directions:

Whisk shallot, vinegar, orange juice, miso, ginger, and orange peel in medium bowl. Let stand 10 minutes to allow flavors to blend. Gradually whisk in oil. Toast coriander seeds in small skillet over medium heat until beginning to brown, about 2 minutes. Cool. Transfer to spice mill; process until coarsely ground. Add sesame seeds to same skillet. Toast over medium heat until golden brown, about 3 minutes. Add 3/4 teaspoon coarse salt; stir 30 seconds. Transfer sesame salt to small bowl and cool. **DO AHEAD:** Dressing and toasted spices can be made 1 day ahead. Cover and chill dressing. Store toasted coriander and sesame salt in separate airtight containers at room temperature. Using shredding disc on processor or a box grater, coarsely grate beets and carrots. Transfer vegetables to large bowl. Add enough dressing to coat lightly. Add coriander and 1 tablespoon sesame salt. Toss to coat. Let marinate at room temperature 30 minutes. Season salad to taste with salt and pepper. **DO AHEAD:** Can be made 4 hours ahead. Cover and chill. Toss salad, adding additional dressing, if desired. Sprinkle with remaining sesame salt and serve.