

THE GARDEN HERALD

Week 25 – Tuesday, October
23rd



GREENMOORE GARDENS

Veggie Notes

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| * Cabbage (smooth or Napa) | * Broccoli |
| * French Breakfast Radish | * Bok Choi |
| * Peppers | * Carrots |
| * Red Potatoes | * Spicy Braising Greens |
| * Salad Mix (full shares only) | * Purple Top Turnips |

Field News

Greenmoore would like to thank all of the Members who came out for the Friends and Farmers Harvest Dinner on Saturday night. It was quite an undertaking, and a lot of volunteers worked really hard to pull it off. A great time was had by all. Please stay posted for more Co-op news in the coming months.

We have been having a nice run of warm days for the past week or so, and I'm pleased to see the progress of our last planting of outdoor head lettuce. It's always a bit stressful to have tender crops in the ground this late in the season, since a hard freeze could come along at any point and wipe out all of our work. These are among the crops that I myself planted on the farm this fall, so my pride is on the line too. The forecast looks good though, and I'm hoping to have a nice harvest by next Tuesday. New this week are french breakfast radishes (add butter and salt for a good time), and purple top turnips; another one of those crops that seems to have an undeserved bad reputation for bitterness. Roasting (I'm a big fan of roasting if you haven't noticed) brings out their sweetness, and the spices in this week's recipe compliment the spicy flavor of the turnips very well. I made this recipe at home last night for the first time, and it was a huge hit.

See you on the farm,

Mark

Recipe

Roasted Turnip Fries with Parmesan

(from marthastewart.com)

Ingredients

2 pounds turnips (about 4 medium), peeled and cut into 1/2-inch wedges

1/8 teaspoon cayenne pepper

1/4 teaspoon ground nutmeg

2 tablespoons extra-virgin olive oil

Coarse salt and ground pepper

1/4 cup grated Parmesan (1/2 ounce)

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Directions: Preheat oven to 475 degrees. On a rimmed baking sheet, combine turnips, cayenne, nutmeg, and oil. Season with salt and pepper and toss well to coat. Sprinkle with Parmesan and toss gently to combine. Arrange turnips in a single layer and roast until golden on both sides, 25 to 30 minutes, flipping halfway through.