

THE GARDEN HERALD

Week 26 – Tuesday, October
30th



GREENMOORE GARDENS

Veggie Notes

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| * Cabbage (smooth or Napa) | * Japanese Turnip |
| * Head lettuce | * Daikon Radish (Full Shares Only) |
| * Onions | * Beets |
| * Broccoli | * Rutabaga |
| * Sweet Potato | * Carrots |

Field News

This week I'm passing the keyboard over to Derek, who hails from Zimbabwe, Derek has been with the farm since the spring, and coming from Africa is a bit unnerved by our fall weather.
Best, Mark

Well it looks like winter has finally reared it's ugly head folks so hopefully this finds you all warm, well, and recovered from last weeks climatic catastrophe.

Last week, against all odds and a few mild cases of frostbite, we made it out into the fields, and between taking down and putting up caterpillar tunnels, and slipping around in the mud, rain, sleet and snow, managed to do a bit of farming. Today we started harvesting storage carrots which differ from regular sweet "baby" carrots not only in that they are much larger, but also have a lower sugar content. This lower sugar content is what allows the carrots to be stored for longer periods through the winter. During the first five months of storage, carrots will actually increase their Vitamin A content, and if protected from heat or light, can hold their nutrient content for another two or three months. Storing these carrots can be done by freezing, canning, drying or pickling.

Enjoy Your Share,
Derek

Recipe

Herb Chicken with Roasted Root Vegetables

Ingredients

- 1 Whole Chicken (with skin, cut up into breasts, thighs, etc)
- 2 2 tablespoons butter
- 3 4 sprigs thyme
- 4 4 sprigs rosemary
- 5 2 beets
- 6 4 medium carrots
- 7 2 medium potatoes
- 8 2 medium sweet potatoes
- 9 Japanese Turnips
- 10 Salt/pepper to taste
- 11 1/2 cup - 1 cup water

Directions: Preheat oven to 350 degrees. Cut up beets, carrots, potatoes and turnips in a half inch dice. Place cut up root vegetables in the bottom of a large casserole dish.

Put the chicken on top of the vegetables, but move it around a little, so the chicken is partially buried on the sides by the vegetables. Pour 1/2 cup water into the bottom of the baking dish, then dollop the butter on top of each piece of chicken and season with salt and pepper. Place the thyme and rosemary between the chicken in the dish and put in the oven for 45 min-1 hour until the chicken is cooked fully and the vegetables have softened. Check the dish after about 30 minutes; if the water has evaporated, add a little more.