

# THE GARDEN HERALD

Friday, January 11



# GREENMOORE GARDENS

## Veggie Notes

- |              |                                  |
|--------------|----------------------------------|
| * Cabbage    | * Sweet Potatoes                 |
| * Broccoli   | * Beets                          |
| * Pea Shoots | * Head Lettuce (a few varieties) |
| * Carrots    | * Salad Mix                      |
| * Onions     | * Pac Choi                       |

## Field News

Hello Winter CSA Members!

Welcome back after a long holiday hiatus. I want to thank everyone who came out to our small Farmer's Market over the holiday break. It was great to see so much support for our farm, it was very successful, we got to give out a few greenhouse tours, and everyone seemed to enjoy the hard cider!

We are back to the normal share season now though, and ready to muscle through the winter. We are spending some time on the high tunnels, some time preparing for Spring, but mostly these days have been shoveling snow. And making sure that the finicky heaters stay on in the little greenhouse. The high tunnels can handle the cold, but the smaller trays of seedlings need to have their soil above freezing, so we keep our heaters going over those long, cold nights. It's meant a few 4 am trips out to the farm to relight the heaters, but everything's looking good and it's been worth it!

All the best,  
Laura

## Recipe

### Pea Shoot Sweet Potato Stir Fry

(from momtastic.com)

#### Ingredients

- 1 Olive Oil (for the pan)
- 2 2 medium shallot, thinly sliced
- 3 1.5 tsp finely minced garlic
- 4 1 medium sized sweet potato, peeled and cut into bit-sized pieces
- 5 8 oz pea shoots, roughly chopped
- 6 1 cup frozen peas, thawed
- 7 Salt and Pepper to taste

#### Directions:

Heat a large skillet with the oil and add the shallots and garlic. Over medium heat, cook until the shallots are soft, about 2 minutes. Add the potatoes and cook until they are beginning to brown and are tender, about 5 minutes. Add the pea shoots and cook until just wilted, about 2 minutes. Stir in the peas and season to taste with salt and pepper