

THE GARDEN HERALD

WEEK 19 SEP 17-21



GREENMOORE GARDENS

Veggie Notes

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| * Roma Tomatoes | * Onions |
| * Fennel | * Tomatoes |
| * Eggplant | * Mixed Greens |
| * Zucchini/Squash/Cucumber | * Potatoes |
| * Cherry Tomatoes | * Basil/Parsley |
| * Peppers | * Tomatillos/beans/hot peppers |

Field News

Hello Summer CSA Members!

This week has started off with a scary few days. We had a frost at the farm this morning and yesterday morning. I think this means the beginning of the end for a lot of the summer crops, like zucchini, yellow squash, melons and some other particularly cold-sensitive plants. The tomatoes won't die in colder weather, but they will stay green and not ripen.

The melons are still quite small, though, and I did notice that the vines (and some of the winter squash) died in the frost. They are a variety called Sugarbaby, so they aren't supposed to be that big anyway. We tested one yesterday and it was pretty awesome, even though it was small. We'll see if they can sweeten up at all and hopefully give them out next week.

On a positive note, cool nights make for wonderful broccoli, cauliflower, kohlrabi and cabbage. I think we will just have to accept the fact that summer is over and you can all look forward to some fall harvested crops in your share boxes in the next few weeks.

Enjoy!

Laura

Recipe

Alice Water's Ratatouille

(From Food52.com)

Ingredients

- 1 1 medium or 2 small eggplant
- 2 4 T olive oil, divided
- 3 2 medium onions, 1/2 inch dice
- 4 4-6 garlic cloves, chopped
- 5 1/2 bunch basil, tied in a bouquet, plus 6 additional basil leaves, chopped
- 6 pinch dried chile flakes
- 7 2 sweet peppers, 1/2 inch dice
- 8 3 medium squash or zucchini, 1/2 inch dice
- 9 3 ripe medium tomatoes, 1/2 inch dice
- 10 Salt to taste

Directions: Toss the eggplant cubes with a tsp of salt and let drain in colander for 20 min.

Heat 2 T olive oil in a heavy bottomed pot. Pat the eggplant dry and cook over medium heat, stirring frequently. Add oil as needed. When golden, remove from pan and set aside.

Pour in 2 more T olive oil and cook onions until soft and translucent. Add garlic, basil bouquet, chile and salt and cook for 2-3 minutes. Add peppers, cook for 2-3 minutes, then add the summer squash, cook for a few more minutes, then add the tomatoes.

Cook for 10 min, stir in eggplant, and cook for 15 min, until all vegetables are soft. Remove the basil bouquet, and salt to taste, stirring in the other basil leaves.