

# Pinehold Gardens *Field Notes*

Vol. 22 Week 18

November 16, 2016

## In This Box

- Colorful carrots
- Fairy or Butterpie winter squash
- Sweet potatoes
- Brussels sprouts
- Rutabagas & turnips
- Onions, garlic, shallots
- Igl Farms russet potatoes
- Winterbor kale
- Red & green cabbages

## 1st 2017 Delivery July 5

- Fresh local vegetables
- A crisp summer salad

## A DAY IN THE LIFE

We have been gradually closing down this farming season by harvesting the last crops out of the field for inclusion in this week's CSA box and for winter sales. A change in the weather pattern with snow flakes predicted on Saturday will abruptly end the season. Then it is time for sleeping in, relaxing, reading, baking, cleaning the house and enjoying the lack of daily deadlines and weather worries.

We often get asked why do we farm? Our Mission Statement reads "We will focus every effort towards a more sustainable food system and shrinking our environmental footprint. We will attend to the importance of community in our food system. We will take every opportunity possible to make the world just a little better."

Our plans for next year include emphasizing the community part of our Mission Statement. We sense that people are missing that sense of community — the corner bar after a hard day's work or a church group that is no longer part of one's life. We know we can't duplicate those natural gathering places but maybe can help bring people together around food. We plan to include more uppick events. Our semi annual CSA farm dinner returns as well as our community pot luck open house. We also want to incorporate more children's activities into our Saturday farm stand hours. Suggestions and volunteers are welcome for all events.

## FIELD NOTES

With our employee Heather's help, almost all of our irrigation tape, sprinklers, and hoses have been removed from the fields. A first for us this early. This scary warm weather also really helped when one is pulling up drip tape that

is still full of cold water.

The fields that we will be using next year are all covered with their winter blanket of cover crops. The residual crops and weeds in the fields that we used this year will be mowed but not plowed. Birds and rodents will do a great job of eating the weed seed that is left on the surface.

One project that still needs to be done before the snow flies is to get our second greenhouse that blew apart last December back together so we can plant tomatoes in it in April.

## CONSIDER SIGNING UP FOR NEXT YEAR

There are two copies of the sign up form in the box as we are hoping that you can pass one on to someone who might be interested in joining our CSA. Word of mouth and recommendations by our members are by far our best communication tools. A third of our new members were because of referrals.

Our CSA program has always been the largest share of our income. Although we plant a few items specifically for restaurants, most of our sales to restaurants are from extra produce from over planting for the CSA. This year because of the drought there was not a lot of extra items to sell. Not a single bean, carrot, garlic, broccoli, or slicing tomato was sold to restaurants as it all went into the CSA boxes.

We hope you would consider joining us for another year of adventurous growing and eating. We know choosing to join a CSA is a commitment to seasonal eating. We also realize that there is an increasing amount of food choices out there. But we firmly believe that to know your farmer is to know your food. To know your food is to gain a measure of health for you and your family and deliciousness in the meals you eat.

## HOW TO PAY

We have a very flexible payment plan. Write one check, two checks (current date and July 1 date), or multiple post-dated checks. We kept the price the same for current members and



So long from your CSA Wednesday packing crew: Rita, Sandy with Cooper, Heather and Christi. David hanging out in the background.

new members that sign up before the end of the year. **NOTE: all checks with 2016 dates will not be cashed until January 2.** And please use the \$100 of Assistance Fund money that is available from the contributions of other members towards the cost of a membership if times are rough. It's on the honor system. No questions asked.

## BOX NOTES

We do a lot of counting and weighing on this farm. In this week's box there were 3,515 individual vegetables that were counted and 1,757 pounds that were weighed and bagged.

The Brussels sprouts were stressed by the summer and developed a bacterial spot that is safe to eat. Just peel off the outer layers. The warm fall also elongated many of the stems.

Both winter squash varieties are great for pies, soups and quick breads. Store at room temperature. Roast and use or roast and freeze ASAP if you notice any soft spots developing.

The rutabagas are the yellow or cream colored with purple tops. The turnips are more white with purple tops. Rutabagas are sweeter.

Cabbages kept in the refrigerator in a plastic bag will keep for months. You just might need to peel off a couple of outer layers.

Things that need to be stored at room or cooler temperatures, but not in the refrigerator: garlic, onions, shallots, squash, potatoes, sweet potatoes.

## PINEHOLD WINTER PRODUCE

We sell off the farm until we run out of produce. Look under the What's Available tab of our website and email us an order for pickup on Saturdays.

## Sweet Potatoes



Sweet Potatoes are not in the same family as potatoes and are really in the morning glory family. In fact they are considered one of the super foods because of their high amount of carotenoids and a good dose of vitamin C, potassium and fiber. Even the young leaves and stems are edible and delicious. But sweet potatoes are bit challenging to grow in this northern climate, taking a 100-plus frost free days to mature. "Thanks" to global warming, we had a good crop of sweet potatoes.

**Store:** If you really need to, keep at room temperature or a bit cooler. Do not wash until ready to use. **Preparing:** Peel them if you must, and dice them or simply roast them whole. **Uses:** Roasted or steamed sweet potatoes are delicious as is or used in a soup or gratin. Of course there are the various attempts to make them sweeter than they are by adding sweeteners and (ugh!) marshmallows. But if it's tradition, so be it.

## Sweet Potato Puree with Orange and Brown Sugar

From *Vegetables Every Day*

2 lbs. sweet potatoes, peeled and cut into 1-inch cubes	1 tsp. grated orange zest
1 Tbs. unsalted butter, softened	1/4 cup orange juice
	1 Tbs. brown sugar

Place the sweet potatoes in a large saucepan and add enough water to cover by about 2 inches. Add a generous amount of salt and bring to a boil. Reduce the heat and cook until tender, about 15 minutes. Drain thoroughly.

Return the sweet potatoes to the empty saucepan. Add the butter and orange zest and mash roughly with a potato masher. Add the orange juice and brown sugar and continue mashing until the sweet potatoes form a fairly smooth puree.

## Brussel Sprouts with Pancetta

From *The New York Times*

1 1/2 cups bread crumbs	3 Tbs. shallots, minced
2 tsp. fresh thyme	1 Tbs. garlic, minced
6 Tbs. olive oil	1/2 cup balsamic vinegar
4 Tbs. unsalted butter	1/2 cup veal stock or rich chicken stock
2 lbs. Brussel sprouts, washed and trimmed	2 Tbs. parsley, chopped
Salt and black pepper	
6 oz. pancetta in small dice (1 1/2 cups)	

Heat oven to 350 degrees. In a bowl, mix bread crumbs and thyme with 4 tablespoons of olive oil, then spread on a cookie sheet. Toast in the oven until golden tossing frequently — 10 to 12 minutes.

Heat butter in a large skillet until foamy. Add Brussel sprouts, and sprinkle with salt and pepper. Saute until lightly brown. Add diced pancetta and saute until pancetta is crisp. Reduce heat and add shallots and garlic. Saute until fragrant, about 2 minutes.

Add balsamic vinegar and stock and cook, tossing frequently until sprouts are glazed. Add stock as necessary. Adjust seasonings and parsley. Serve with bread crumbs on top.

**Thanks Giving Specials:** Our friend and Pinhold member Craig Stodola wanted to share some of his favorite Thanksgiving recipes. We can only imagine the feast it must be if these are just a few of “our favorites.”

**Roasted Butternut Squash Bisque**

- 1 larger Butternut squash (or two smaller squash), peeled, cut in half length wise and chopped into 1-inch pieces
- 1/2 large yellow onion
- 1 rib of celery
- 1 carrot
- 2 bay leaves
- 1 tsp chopped garlic
- 1 tsp chipotle sauce
- 4 cups vegetable stock or chicken stock.
- 1 cup heavy cream
- Salt and pepper

Roast the butternut squash for 45 minutes to an hour at 400 to 450 degrees (your oven may vary) or until it’s browned, sweet and fork tender. The more it’s browned, the sweeter the flavor. Let the squash cool, then remove the skin. In a large stock pot sauté onion, celery, garlic, and carrot in olive oil, add stock and bay leaves, simmer until vegetables are soft (approximately 30 minutes).

Add squash, heavy cream and puree with handheld blender (remove bay leaves prior to blending). Add salt and pepper and Chipotle sauce to taste.

**Butternut Squash and Satina Potatoes with Sage-Brown Butter**


- Olive oil to drizzle
- 2 lbs. uncooked organic butternut squash - cut into 1-inch chunks
- 2 lbs. uncooked organic yellow potatoes, cut into 1-inch chunks
- 1-1/2 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 1/4 cup fresh sage leaves - packed and minced
- 4 Tbs. unsalted organic butter

Place a large rimmed nonstick baking sheet in the oven. Preheat oven to 425 degrees.

Carefully remove warmed baking sheet from oven; drizzle with olive oil. Place squash and potatoes on prepared baking sheet and sprinkle with salt and pepper; toss to coat. Roast, tossing about halfway through cooking, until squash and potatoes are tender and slightly browned - about 35 to 40 minutes.

Meanwhile, after vegetables have cooked for about 20 minutes, place butter in a small saucepan (the smaller the better); set pan over medium-low heat. Let butter sit until it melts; continue to cook butter until it foams. Start swirling pan and continue to cook butter until foam subsides and milk solids brown. The butter will have a nutty aroma. Be careful not to cook too long or it will burn. Remove from pan from heat and immediately crumble sage into butter (be careful, butter will bubble).

Transfer squash and potatoes to a serving platter or bowl; drizzle with hot butter mixture and toss to coat.

<p>Brussel sprouts Native to the Mediterranean region, they gained popularity</p>	<p>and hence their name in Northern Europe around Brussels, Belgium. They were brought here to 18th Century Louisiana. In the cabbage family, they are high in minerals, fiber and the vitamins, B, K, and C. <b>Store:</b> In a plastic bag in the frig. <b>Preparing:</b> Trim the loose outside leaves and stem. Cooking is ex-</p>	<p>pedited if the stem is split a little. <b>Uses:</b> Brussel sprouts can roasted with oil and salt or steamed or boiled with a little salt and lemon. Side dishes that include sprouts with ham or bacon and onions are common. Try adding a splash of apple cider or red wine vinegar. Grated raw in a salad is good too.</p>
		

**Fall Favorites:** Our friend and Pinhold member Rita Collen shares some of her fall favorites that were a hit at several gatherings she catered.

### Irish Ale Squash Soup

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|---|---|
| 1 (3.5 to 4 lbs.) hard squash, such as butternut, pumpkin, etc. | 1 tsp. pepper                               |
| 1 head garlic   | 1/4 tsp. turmeric                           |
| 6 Tbs. olive oil, divided                                       | Pinch cayenne                               |
| 2 shallots, sliced  | 1/2 cup whole milk, half and half, or cream |
| 2 1/2 cups vegetable broth                                      | Optional garnishes:                         |
| 1 cup Irish red ale   | 1/2 cup pomegranate seeds                   |
| 1 tsp. salt   | Crumbled goat cheese                        |

Preheat oven to 400. Cut the squash down the middle lengthwise, scoop out the pulp and seeds. Place cut side up on a baking sheet; drizzle with 2 tablespoons olive oil.

Rub most of the white papery skin off the garlic head. Cut the tip off the head of garlic, exposing the cloves.

Place garlic on a small square of aluminum foil. Drizzle with 1 tablespoon olive oil, fold aluminum foil up over the garlic to form a tight packet. Place garlic on baking sheet with the squash.

Place the baking sheet in the oven for 30 minutes. Remove the garlic and allow to cool. Continue to roast the squash until fork tender, about an additional 20-30 minutes (total of about 1 hour). Remove from oven and allow it to become cool enough to handle. Gently scoop out the flesh (should be between 4 and 4 1/2 cups).

In a pot over medium heat, add the remaining 3 tablespoons olive oil and the shallots. Allow to cook, stirring occasionally, until the shallots have caramelized, about 15 to 20 minutes (do not cook at too high heat or the shallots will burn). Add the broth and the beer and bring to a gentle simmer. Add the roasted squash, and the soft garlic cloves (discard the rest of the head) and stir until well combined.

Use an immersion blender, food processor, or blender to puree the soup until it is smooth. Add the salt, pepper, turmeric, cayenne and cream, allow to simmer for 10 minutes.

Ladle into serving bowls, garnish with goat cheese and pomegranate.



### Sweet Potato Pie

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|--|--------------------------|
| Pastry for 1 unbaked 9-inch or 10-inch pie   | 2 eggs, well beaten      |
|  | 1-1/4 cups milk          |
|  | 3/4 cup sugar            |
| 2 cups cooked and well-mashed or riced sweet potatoes (I usually bake mine in a foil-covered pan with just enough water to cover the bottom and then puree them in the blender or food processor until smooth) | 1/2 tsp. salt            |
|  | 3/4 tsp. ground cinnamon |
|  | 1/4 tsp. ground nutmeg   |
|  | 2 Tbs. rum               |
|  | 4 Tbs. butter, melted    |

Preheat oven to 425 degrees. Line a pie plate with the pastry dough and flute the edge. Combine the remaining ingredients and mix until smooth and well combined. Pour into the pie pastry. Bake for 10 minutes and then reduce the oven temperature to 300 degrees F. Bake for an additional 50 minutes or more until the filling is firm in the center. Cool completely on a rack and then chill before serving.

### Pumpkin Spice Bread

*From Taste of Home*

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|--------------------------|--------------------------------|
| 2 1/4 cups white sugar   | 4 eggs                         |
| 2 cups all-purpose flour | 2 cups pumpkin or squash puree |
| 1 1/3 cups cake flour    | 1 cup buttermilk               |
| 2 tsp. baking soda       | 1/2 cup                        |
| 2 t. ground cinnamon     | unsweetened                    |
| 1 tsp. salt              | applesauce                     |
| 1 tsp. baking powder     | 1/3 cup canola oil             |
| 3/4 tsp. ground cloves   |                                |
| 1/2 tsp. ground nutmeg   |                                |

Preheat oven to 350 degrees. In a large bowl, combine the dry ingredients (sugar through nutmeg). In another bowl, whisk the eggs, pumpkin, buttermilk, applesauce and oil. Stir into the dry ingredients just until moistened.

Transfer the batter into two greased 9-by-5-by-3 inch loaf pans. Bake at 350 degrees until golden brown or until a toothpick inserted into the center of the loaf comes out with just moist crumbs (about 50-55 minutes). Cool for 10 minutes on a wire rack and then remove from the pans to cool completely. (Freezes well.)