

# Pinehold Gardens *Field Notes*

Vol. 21 Week 18

November 18, 2015

## In This Box

- Fairy squash
- Red cabbage
- Celeriac (celery root)
- Brussels sprouts
- Rainbow carrots
- Leeks
- Garlic and shallots
- Red and yellow onions
- Igl Farm yellow & russet potatoes
- Rutabagas
- Purple Top turnips
- Watermelon radish
- Butterhead lettuce
- Tatsoi

## Next Year's First Box?

- Lots of fresh, beautiful produce

### A DAY IN THE LIFE

Our friend was thinking of us and some of his other farmer friends and sent us all this email that he titled "A season of toil"

"It was not the dead-tiredness that comes through brief and excessive effort, from which recovery is a matter of hours; but it was the dead-tiredness that comes through the slow and prolonged strength drainage of months of toil. There was no power of recuperation left, no reserve strength to call upon. It had been all used, the last least bit of it. Every muscle, every fibre, every cell, was tired, dead tired." This passage from Jack London's *The Call of Wild* is so apt.

We are looking forward to our season of rest, the next three months, where the pace is slower, the deadlines are less numerous, and the days can start off slow.

Farming continues with seed ordering, taxes, greenhouse cleanup and restaurant and farm sales. But movies, concerts, plays, reading and more cooking and even cleaning the house are now welcome additions to our lives.

### 2016 CSA SIGN UP

The sign up form for next year is included in the box. It will also be posted on our website under the CSA tab.

The payment portion of the form might be a little confusing. For tax purposes we do not cash any checks for the 2016 season until 2016. So if you send in a check with a November or December date on it, it will not

be cashed until January 4.

Also the price of \$485 is not an early payment discount, it is an early sign up discount. Your checks can be post dated for any date in 2016.

And please pass the word that we will be accepting new members. Referrals from our members brought us 20 new members this year. Thank you.

### FIELD & FARM NOTES

It has been the most pleasurable fall as far as working conditions go in our farming history. Last year it was 19.1 degrees when we woke up to pack our final box. We took comforters along to cover the boxes at the dropsites to keep them from freezing.

With daytime temperatures in the 50's we could wash the root crops without waiting for the hose lines to thaw and without freezing our hands in the cold water.

We have most of the crops out of the field except for some carrots and rutabagas. Kale is left in the field to freeze and thaw and hopefully if it a mild winter, survive until spring when it bolts and sends up beautiful bouquets of flowers for the hungry bees and pollinators to eat after a long winter.

### BOX NOTES

The fair fall weather also let us pack a reminder of that summer feeling, a small fresh salad of lettuce and tatsoi leaves along with red onion and some shredded radish and carrots. Tatsoi leaves as well as the stems can also be sauteed.

It was our best Brussels sprouts year ever. It took years of trialing different varieties and planting dates to have a bountiful harvest. These sprouts are more uniform and dense than the last ones, as they were harvested from higher up on the plant stalk.

The Fairy squash is the squash we grow instead of a pie pumpkin. The roasted flesh is great in pies and quick breads.

Fall weather and colder soil really brings out the sweetness in carrots. While our heavy



And its root, root, root for the root crops. Eating seasonally means a lot of winter warming gratins, soups and stews using root crops that we store in our cooler.

clay soil is hard to clean from the carrots, we believe and have been told, that the flavor of our fall carrots cannot be beat.

The potatoes, as has been our tradition for the past 10 years, have been grown by our

### WINTER SALES INFORMATION

*Except for the Saturdays following Thanksgiving, Christmas and New Years, we will continue to sell our produce on a preorder basis for Saturday pickup until we are sold out which is usually in March. To order, look under the **Available Now Tab** on our website and email us an order by Wednesday evening. We will pack your order, email you the total amount due and your order will be in our walk in cooler in the garage for pickup anytime on Saturday.*

friend Brian Igl, his brother Brad and their father Tom. Their farm is a 65 acre oasis of organic potato growing amid thousands of acres of conventionally grown ones in Antigo. The yellow ones are Satinas, similar, but much better than Yukon Golds. The tan ones are Gold Rush russets for baking or mashing.

In the white paper bag is two kinds of shallots and garlic. The smaller head of garlic is an Asian Tempest and it lives up to its name. Turnips and rutabagas are great roasted, and the rutabaga is a wonderful addition to mashed potatoes.

## Roasted Brussels and Carrots with Bacon Mustard Sauce

from member Jeff Marquardt

½ pound bacon	2 Tbs. apple
1 Tbs. butter	cider vinegar
1 medium onion	2 Tbs. brown sugar
1 cup whole grain mustard	1 pound brussel sprouts
	¾ pound carrots

Preheat oven to 400 degrees. Cut the stems off of the brussel sprouts and slice them in half. Cut the carrots to about the same size as the brussel sprouts. Toss with a little oil, salt, and pepper. Spread out on a sheet tray and cook for 10-15 minutes or until they are soft in the middle and a little charred on the outside.

Meanwhile, cut the bacon into small pieces and dice the onion into small pieces. Add to a pan with 1 Tbs. butter and cook on medium heat until the bacon fat is rendered out and the onions are soft and browned a bit. Add the vinegar and the brown sugar and cook until the sugar starts to bubble and is completely melted, then add the mustard. Stir to combine and taste for salt and pepper.

I serve this with horseradish mashed potatoes and pot roast. It will be lovely for Thanksgiving, even the pickiest eaters won't be able to pass this one up.



**Turnip vs. Rutabaga:** Often confused these two root vegetables are very different. The turnip (left) has bright purple top and white bottom. Its flesh is white and cooks white. Its sharp taste sweetens with cooking. The rutabagga (right) has mauvey top and creamy bottom. It often has thick stalk as well. Its flesh is pale yellow that turns orange in cooking. It cooks sweeter than the turnip and can even be eaten raw.

## Shredded Brussels Sprouts & Apples

1 large apple, cut into bite-sized pieces	2 cloves garlic, minced
1 lemon	1 Tbs. maple syrup
4 oz. tofu (optional)	⅓ cup pine nuts
Salt	¾ lb. Brussels sprouts, cut into thin ribbons
Olive oil	

Soak apples in a bowl of water and juice of one lemon.

Cook tofu, if using, in a skillet with a pinch of salt and olive oil. Saute until golden brown. Stir in garlic then maple syrup and cook 30 seconds. Drain the apples and add to the skillet, cooking another minute or so. Scrape out mixture and set aside.

To the same pan add olive oil, a pinch of salt and stir in Brussels sprouts. Cook a few minutes until there's a few golden bits. Add apple mixture and half of the pine nuts. Stir then remove from the heat and add the rest of the pine nuts.

## Rosemary-Roasted Squash Casserole

from *The New York Times*

2 medium-size winter squash, cubed (about 8 cups)	4 - 6 garlic cloves
¼ cup flour	½ cup finely chopped parsley
1/8 tsp. cornstarch	2 Tbs. finely chopped rosemary
2 tsp. ground ginger	⅓ cup plus 2 Tbs. olive oil
1 tsp. salt	
½ tsp. black pepper	

Heat oven to 325 degrees. Toss squash cubes with flour and cornstarch. Mix ginger, salt and pepper and add half to the squash and toss. Add the rest and toss to coat evenly. Add garlic, parsley, rosemary and ⅓ cup olive oil. Toss to coat.

Place mixture in a baking dish adding remaining 2 Tbs. of olive oil. Cover and bake for 1 to 1 ½ hours, until squash is tender. Uncover and bake an additional 45 minutes or until squash is very soft. Turning the oven up or using the broiler, brown the top until crusty.

## Garlic Parsley Potato Cakes

from the *New York Times*

2 ½ - 3 lbs. potatoes, such as Satinas, quartered	1 large egg
12 garlic cloves	1 egg yolk
½ cup cornmeal	2 Tbs. whole milk
3 Tbs. chopped parsley	1 Tbs. olive oil or more from frying
	Black pepper

Place potatoes, garlic and 1 tsp. salt in a pot with water. Bring to boil, then simmer and cook until potatoes are tender. Drain potatoes, and return them to the pot over medium heat to dry them out.

Add 3 Tbs. of cornmeal and parsley and mash together, leaving the mixture chunky.

Whisk together egg, yolk and milk with 1 Tbs. olive oil and stir into the potatoes. Season with salt and pepper. Cover and refrigerate at least one hour or overnight.

Heat oven to 350 degrees. Put remaining cornmeal in a shallow bowl, form cakes of the cold potato mixture and coat with cornmeal and brown in a skillet with oil. Transfer all the browned cakes to a baking sheet and heat in the oven for 15 minutes.

## Sandy's Red Cabbage

from Pinehold farmer, Sandy Raduenz

About 4 cups of thinly sliced and chopped red cabbage	About 1/2 cup apple cider vinegar
2 Tbs. butter	About 2 Tbs. honey
1 red or yellow onion, sliced	Salt and Pepper
2 medium apples, peeled, cored and sliced	

Saute cabbage and onions in butter until soft. Add the apples and cider and cook until cider is reduced and apples soft. Stir in honey. Salt and pepper to taste.

**We hope you all have a healthy, peaceful winter and hope to see you all next summer.**



**Celeriac**  
or  
**Celery**  
**Root**

Celeraic is more often

used than stalk celery in much of Europe, especially Germany and France. It was more commonly used in this country in 1800s, probably due to the flow German immigrants. It's an excellent storage crop lasting months back then and now. It has a more mild flavor than celery and not fiborous and often used raw in salads, but also makes an excellent addition to soups and stews. **Store:** In a plastic bag in the refrigerator. They should keep for months. Cut areas will turn brown. **Preparing:** Trim off root stubs and peel. Any unused cut portion could have lemon juice rubbed on it to prevent browning. **Use:** Certainly it can be used in any way that celery is used, but celeriac also has its own flavor that may be best used in dishes such as salads, mashed with potatoes and horseradish or with other root crops such as turnips or rutabagas. Also excellent in gratins.