

# Pinehold Gardens *Field Notes*

Vol. 20 No. 20, Week 18

November 19, 2014

## In This Box

- Satina yellow potatoes
- Gold Rush russet potato
- Brussels sprouts
- Bolero carrots
- Rutabagas
- Winter squash
- Purple Top turnips
- Red and gold beets
- Onions, garlic and shallots
- Rutabaga
- Watermelon Radish

Next Delivery? Summer 2015  
Fresh vegetables after a long,  
cold snowy winter of eating root  
crops, squash and potatoes

## SIGN UP FOR 2015

- **FORM IS ENCLOSED & ON OUR WEBSITE**
- **2014 PRICES FOR MEMBERS**
- **CHECKS CASHED ON JAN 2**

## A DAY IN THE LIFE

We hope that the contents of this box provide you with a start to a wonderful Thanksgiving meal to be shared with friends and family.

Despite the weather challenges this year we were pleased with the contents of the CSA boxes. We really hope that you were too and will consider joining us for another adventurous year.

This Polar Vortex has put a fitting end to what we feel has been the hardest, most challenging year in our 20 years of farming. We have had weather events such as flooding or hail, cold springs or cold Augusts or crop failures in the past, but have never had a year with persistent, constant issues. Every month had its difficulties: the wet foggy spring, the lack of summer sun and heat and this abrupt end to our outdoor harvest season. Ironically many crops loved the mild weather, it was just so darn difficult for us humans to plant, weed and harvest when it seemed to be constantly rainy or muddy.

The four days before the polar vortex hit taxed our physical limits as we harvested the remaining crops for the CSA and storage crops for winter sales, made restaurant deliveries, and pulled together the winter market selections.

The harvest season ended with picking Brussels sprouts in the snow and sleet last Tuesday morning.

We started harvesting crops for sale and the CSA deliveries the second week of July and finished harvesting the 11th of November, our shortest harvest season ever. And since our farm income provides 100 percent of our household income, those 20 weeks included more 14 hour days than I even want to think about.

Guess what we are looking forward to? A. cleaning the house, B. sitting down, C. reading, D. going to plays, movies and museums, E. cooking, F. all of the above. The answer is F.

## FIELD NOTES

It is so sad to see the kale and its leaves hanging like baggy sleeves from what was a beautiful plant a week ago. Kale, broccoli, spinach, and Asian greens can all continue to be harvested as long as the daytime temperatures rise above freezing. With this extended period of below freezing temperatures and near zero temperatures Tuesday night with desiccating 20 mph winds, there is little hope for the plants to bounce back once the temperatures rise again next week.

For the first time ever, the ground froze solid before we finished planting next year's garlic so we will be planting the remaining garlic in the spring, which is not the best method.

We are keeping our fingers crossed that the ground underneath the sheets of plastic where the carrots that we had planted for winter restaurant sales has not frozen. We tend to leave storage crops in the ground for as long as possible as they taste best when they have been freshly harvested, and we do not have enough storage space to store a CSA delivery and market and winter storage crops. We have a basement, a garage with heaters running and two walk in coolers that are now acting as insulated storage boxes, full of crops. Obviously, since this is the second year in a row of the early arrival of winter, we need a heated, enclosed storage shed.

## BOX NOTES

*Potatoes* The potatoes were grown by the Igl



THEY'RE NOT HOLIDAY POINSETTAS but this summer's zinnias perhaps best capture our feelings now as we close out this growing season and the holiday season begins. We wish you all a happy and healthy winter, and hope to see you next year.

family, brothers Brian and Brad and their father Tom, in Antigo. It is our 10th year of buying potatoes from the Igl's, now friends more than business acquaintances. They are a bright 60 acre spot of organic potatoes in a sea of conventional potatoes in the Central Sands area of Northern Wisconsin. The Satinas are a great all purpose potato, similar to a Yukon Gold, but far better in our opinion. The Gold Rush (the more oblong one) is a classic baking potato. It also makes a great mashed potato.

*Brussel Sprouts* It has been years since we grew such beautiful sprouts. We believe that Brussels sprouts have a bad reputation because the ones you purchase in a store probably are grown in California. The sprouts need a good hard frost or freeze to bring out their sweetness. It doesn't freeze in California. Will store for two weeks.

*Beets* We wish we would have planted more. Oh well, there is always next year.

*Onions and shallots* Lovingly peeled to make sure we did not send any rotting ones your way. A great allium year with a tragic rainy water logged ending. Use within a couple of weeks.

*Winter squash* You will either receive a Fairy squash (the rounder one) grown by us or a squash grown organically by Scott Piper of Piper Farms. All are great for pies, soups and quick breads. Use for your Thanksgiving meal.

*Purple Top turnips* Insects love our turnips. The tracks that you see on the outside of the turnips are caused by the cabbage root maggot. Once cut away the rest of the turnip is usable. Maybe we will just grow rutabagas and not turnips as the insects like them less and we like them more.

## Brussel Sprouts



He or she who has only eaten Brussel sprouts that have never been treated to

a frost or two, knows not the taste of good Brussel sprouts. These baby cabbages are believed to have originated in Belgium, hence the name, as wild plants selected

for their enlarged buds or sprouts. Roasting really plays up the residual sweetness that a good frost brings to the sprout. They pair well with acids, such as lemon or balsamic vinegar or meats such as bacon.

**Store:** In a plastic bag in the refrigerator. **Prepar- ing:** Trim the stem a little and either cut the sprout in half or make an cross cut in the bottom of the stem to ensure even cooking. **Use:** Roasting until slightly carmelized, sauteed with onions and ba- con or steamed with a little lemon juice and salt.

### Fatty 'Cue Brussels Sprouts

A favorite of member Martha Davis Kipcak from the *New York Times*

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|--|--|
| 2 Thai bird chilies, stems removed or cayene pepper to taste | 1 Tbl. coriander seeds, crushed            |
| 2 garlic cloves  | 1 lb. Brussels sprouts, trimmed and halved |
| 2 small shallots   | Kosher salt                                |
| 4 oz. bacon, cut cross-wise into thin strips                 | 1/4 cup chicken broth                      |
|  | 1 Tbl. maple syrup.                        |

Combine one of the chilies with the garlic and shallots in a food processor and purée, or use a mortar and pestle. Fry bacon in a large sauté pan over medium heat until most of the fat is rendered, about 5 minutes. Add coriander seeds and stir until fragrant. Transfer bacon to paper towels using a slotted spoon.

Add brussels sprouts to the pan, cut sides down, and cook over medium heat until golden brown on the undersides. Season with salt and transfer to paper towels.

Add garlic-shallot paste and cook over low heat until fragrant, about one minute. Return Brussel sprouts to pan and cook, stirring, 1 to 2 minutes. Add chicken broth and bring to a simmer. Cover, reduce heat to low, and simmer until sprouts are mostly tender. Uncover and reduce broth to the consistency of a glaze. Thinly slice the remaining chili. Remove pan from heat and stir in the syrup, bacon and sliced chilies. Sprinkle with salt.

### Root Vegetable Gratin

A favorite of member Martha Davis Kipcak from the *New York Times*

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|---|-------------------------------|
| 1 1/2 lbs. turnips, kohlrabi, rutabaga, large parsnips or a combination, peeled and sliced thin | ground pepper                 |
| Salt and freshly  | 1/2 tsp. fresh thyme leaves   |
|   | 3/4 cup grated Gruyère cheese |
|   | 1 1/2 cups milk               |

Preheat the oven to 400 degrees. Butter a 2-quart gratin or baking dish. Place the sliced vegetables in a large bowl, and season generously with salt and pepper. Add the thyme, and toss together. Arrange the vegetables in the gratin dish. Add the milk, season with more salt and pepper if you wish, and place in the oven on the middle rack. Bake 45 minutes; every 15 minutes, press the vegetables down into the milk with the back of your spoon.

Add the cheese, and stir in carefully to incorporate. Return to the oven, and bake another 30 to 45 minutes, stirring or pressing the vegetables down with the back of your spoon every 10 minutes until the gratin is nicely browned and most of the liquid is absorbed. Remove from the heat and serve, or allow to settle and serve warm.

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**WE ENJOYED BEING YOUR FARMERS.  
HAVE A HEALTHY AND HAPPY WINTER.  
WE HOPE TO SEE NEXT YEAR.**