

# Pinehold Gardens *Field Notes*

Vol. 22 Week 17

November 2, 2016

## In This Box

- Napoli carrots
- Butternut squash
- Tatsoi
- Leeks
- Boro or Merlin beets
- Igl Farms Satina potatoes
- Purple Top turnips
- Trekkar & Copra onions

## Last Delivery Nov. 16

- Brussels sprouts
- Fairy or Butterpie winter squash
- Sweet potatoes
- Colorful carrots
- Rutabagas
- Purple Top turnips
- Onions, garlic, shallots
- Igl Farms russet potatoes
- Winterbor kale
- Red &/or green cabbage
- Romanesco??

## A DAY IN THE LIFE

Things are going pretty well here. Being reasonably warm and comfortable without having four layers of clothing on for working during late October and early November is a bonus and helps us out both physically and mentally. We are able to sleep more hours. I am sleeping much better now after having nightmares in August of empty fall boxes if it didn't start to rain and things didn't start to grow.

Our elderly chicken's winter quarters of a sunny solarium has been set up, another task that in the past we always seemed to be doing while sleet was hitting us in the face, our fingers were frozen and our patience for working together was thread bare thin.

My role of accountant is a little stressful as last year we decided to not attend any winter farmers markets and in fall we depend on our on-farm stand and restaurant sales to pay our bills until members start signing up in January. Traffic at our farm stand is down significantly from last year and we don't know if it is Woodman's massive expansion of their organic produce section, more restaurants opening in the new Oak Creek City Center, more prepared food at markets and in grocery stores, or who knows? Please pass the word that our farm stand is open for the next three Saturdays from

9 a.m. to 1 p.m. The Available Now section of our website is updated every Monday morning with what will be at the farm stand and prices. Also because our CSA is our number one priority, what we can offer for sale to restaurants is fairly limited, another affect of this summer's drought.

## FIELD NOTES

Although neither Milwaukee nor Madison has recorded an official freeze yet this year, our fields have experienced four frosts and a killing freeze. But between the occasional warm days, pretty much sun for this time of year and plenty of rain (2 inches last week alone) our fall crops are still growing here at Pinehold and doing their best to catch up from their challenging start during the month of no rain.

One thing that we did not want to continue to grow was our cover crop of oats and peas. That combination is a classic fall cover crop as it winter kills and the field can be worked early in spring. With another warm week coming up David will have to mow it as it will soon be going to seed. That would mean sprouting wheat and peas all spring and summer, becoming just another weed.

The garlic is planted on our highest ground and it is already mulched. We could not afford another year of losing 50 percent



A long winter's sleep. In two days Heather and David planted nearly 10,000 cloves of garlic by hand — a clove at a time — and spent an afternoon mulching it with organic wheat straw.



## Know Your Farmer, Know Your Food

We are ending this season with a great response to our survey. Thanks to you, the survey, now closed, is helping us shape Pinehold's CSA program for the future.

We now understand that we are honing in on a good compromise between too much and too little when it comes to a share's cost and size. Did we hit the mark on everything? Not at all. We will always fall short on some things for some members. But we know you like getting a supply of the basics — onions and carrots for instance — but that some variety is also critical. What was particularly interesting was the reasons you signed up for a CSA in the first place. The majority — 86 percent — wanted to know who grows their food and wanted healthier food for a better diet. You want to know about the food you eat.

We cannot please everyone all the time. But with your support, we hope we can continue to be the farm you know and the food you enjoy.

or 5,000 heads of garlic which is what happened last year: an unusually wet November interrupted our planting, a sudden freeze turned the bales of straw into blocks of ice and finally many of the cloves rotted in the saturated ground.

### EXTRA GARLIC IS GONE

We had 80 requests for extra garlic and the only extra garlic we had was a limited supply of pretty small heads. All of our garlic this year was distributed through the CSA except for a hundred or so that were sold at our farm stand. The rest, over 2,000 of our larger heads was saved for seed stock and planted last week. We did put aside a nice large head of Italian Red for everybody for inclusion in the last box.

### BOX NOTES

This is our only delivery of butternut squash. If you



want to save it for Thanksgiving or maybe even Christmas just leave it on the counter or put it in the basement. Do NOT refrigerate it. Butternuts are often peeled and cubed for use in soups, stews, chilies and curries. To peel, first cut in half, separating the long straight

part from the bulby end. Cut those parts into thick slices and cut off the tough skin with a chefs knife.

We took advantage of the warm weather and harvested the leeks for this week's box. To save them for Thanksgiving, store them in a plastic bag in the refrigerator and they will keep for weeks. You might have to peel off a few of the outer leaves that may turn yellow.

Satina potatoes are similar to the all purpose Yukon Golds, just much better tasting in our opinion. And why do we always ship potatoes with the dirt still on them? Because they store much longer.

The onions are strong tasting storage onions that will sweeten as they age. Store in a cool place out of the sun. Best use is cooked.

Beets grow well at Pinehold and we are told that they taste much sweeter than other beets so we grow a lot of them. Keep them in the plastic bag closed with a twist tie in the crisper drawer of your frig and they will keep a long time.

Turnips, stored in the same manner as beets will also store until March.

The tatsoi, like any leafy green, needs to be put in a plastic bag before it is placed in the refrigerator. It will keep for about a week or two.



**Tatsoi:** This popular Asian green is also known as spinach mustard. Aptly named we think. Consider using as spinach in a salad or add at the last minute to a soup as the greens cook quickly. The stems are tender and celery like. Here's your chance to make a warm salad dressing with red wine vinegar, balsamic vinegar and olive oil. Heat it gently in a saucepan and pour over the tatsoi, letting the warm dressing wilt the greens. Then add roasted beets, walnuts and feta cheese for a hearty farmer salad.

### Pureed Turnips

From *Vegetables Every Day*

- |                                                             |                                        |
|-------------------------------------------------------------|----------------------------------------|
| 1 1/2 lbs. turnips,<br>peeled and cut<br>into 1-inch pieces | Salt<br>2 Tbs. butter<br>Grated nutmeg |
| 1 medium potato,<br>peeled and cut<br>into 1-inch pieces    |                                        |

Cook potatoes and turnips with salt until soft, then drain well.

Place turnip and potato in a food processor, add softened butter and puree until smooth. Scrape puree into a bowl and add nutmeg and adjust for salt.

*(This is a lighter choice for holiday dinners than mashed potatoes alone.)*



## Seasonality

Our friend and member Sherri hails from North Carolina and recently we had the pleasure of meeting her mother. A gracious woman who addressed her concerns about us providing col-



lards before a frost with the utmost tact. Collards don't have the right flavor until after a frost, she indicated, and we agree. North Carolinians know their collards and we know there is season for everything. A hot summer intensifies the flavor of tomatoes and peppers. A cold autumn makes sweeter carrots and a frost brings out the best of Brussel sprouts, rutabagas and turnips. So properly chilled and frosted, today we begin delivering turnips and the last delivery Brussel sprouts and rutabagas. **Store:** Turnips will keep a long time in a bag in the refrigerator — like months.

**Preparing:** Peel them if you must and cut the stem and root ends off. Then keep whole, dice or slice depending on the recipe. **Uses:** Roasted whole or diced with salt and oil as a veggie side. Or toss into soups or stews, along with other root and tuber veggies. Mash with potatoes.

## Maple-Braised Turnips and Carrots

From *How to Cook Everything*

1 Tbs. unsalted butter	2/3 cup chicken or veggie stock
1 lb. turnips, peeled and cut into 3/4-cubes	2 Tbs. maple syrup
3 medium carrots, peeled, cut crosswise into 1-inch lengths	Salt and black pepper

Saute turnips in butter until lightly browned. Add carrots, stock, maple syrup, salt and pepper. Cover pan and reduce heat. Simmer until tender, about 15 to 20 minutes.

Remove the cover and raise the heat and cook until liquid in the pan is reduced to a thick glaze. Adjust seasoning.

**Soup:** If you got 20 minutes you can make a big batch of soup. Of course some soups will take a bit longer than that, but if a large amount is made, your cooking for awhile can be done. Plus soup is easy to freeze then pull out when a quick meal is needed. If you are unfamiliar with cooking but interested, soup is the way in. It can be simple: start with onions, carrots and celery, then add what you would like whether it's greens soup, tomato soup or squash soup. Jazz it up with herbs, spices, ginger or hot peppers.

## Roasted Turnip and Winter Squash Soup

From *Love Soup*

1 lb. turnips	About 4 cups stock
3 Tbs. olive oil	2 to 3 Tbs. lemon juice
Salt	Black pepper
3 lbs. butternut squash	3 Tbs. mascarpone
1 large potato	1/2 cup lightly toasted pine nuts
2 cups chopped leek	
2 tsp. dried sage	

Peel and chop turnips, toss with oil and salt. Slice squash in half lengthwise, scoop out the seeds and place cut side down on a baking sheet. Roast both until tender. Meanwhile, place chopped potato with leeks, water, salt and sage with water and simmer until tender. Add turnips, squash and stock.

Puree the soup, then bring back to a simmer and add the lemon juice, mascarpone and black pepper. Simmer until mascarpone has melted. Serve with pine nuts.