

Pinehold Gardens *Field Notes*

Vol. 21 Week 17

November 4, 2015

In This Box

- Butternut squash
- Green savoy cabbage
- Red and green curly kale
- Italian Red garlic
- Akela red beets with greens
- Sweet potatoes
- Brussels sprouts
- Trekkar strong cooking onion
- Romanesco or green cauliflower
- Assorted potatoes
- Bolero carrots

November 18th Box

- Carrots
- Fairy squash
- Red cabbage
- Shallots & garlic
- Storage onions
- Storage potatoes
- Leeks
- Celery root
- Turnips
- Rutabagas
- Watermelon radish

**After today we have one delivery left:
November 18
THERE IS NO DELIVERY NEXT WEEK, NOV 11**

A DAY IN THE LIFE

Today we said good bye to our CSA harvest crew, most of whom have been here for the past 18 Tuesdays, every week, rain or shine.

Our lives go through quite a transition as we go from having over 70 CSA families picking up and a dozen or more farm-stand families every Saturday and 20 workers around each week to just David, I, the cats Morley and Cooper, and the chicken flock.

Our brains are going through a transition too as there is now room for thoughts other than carefully planning what will be planted and harvested for each week's box.

2016 CSA SIGN UP

Our last box will include the sign up form for next year's CSA. Pinehold Gardens would most likely not exist if it were not for our CSA program. Although we now have 13 restaurant accounts and an on-farm stand that is gathering a following, our CSA accounts for 70 percent of our income. The CSA is also our first priority when it comes to planning our

crops for the year. We plant twice as much as is needed for the CSA and if after germination and transplanting glitches, weather, disease, bugs, deer, or who knows what else, the extra is sold at the farm stand and to the restaurants.

We know that committing to a CSA membership is not for everyone and if you have given it a try and decide that the concept is not just right for you we hope that you will become a regular customer at our Saturday farm stand.

But CSAs are more than just a way to purchase food as a regular at our farm stand explained. I had a long discussion this past Saturday trying to convince him to not join our CSA because some of the things he buys weekly from the stand are only included once or twice in the CSA box. He quite firmly told me that a CSA membership is about building a relationship with a farmer and supporting that farmer. We think that relationship goes both ways.

FIELD & FARM NOTES

This strange wacko fall weather, although extraordinarily enjoyable and beautiful to work in has affected some things on the farm.

In the box notes section you will be reading about how the warm weather affected our Brussels sprouts.

On a more tragic note, our strongest hive attacked the weakest ones, killing the bees and robbing the honey. The more aggressive bees were just thirsty and hungry and in nature, it's survival of the fittest.

BOX NOTES

Everything in this box will last for at least a month except for the kale, romanesco, cauliflower and beet greens. To store the carrots and beets, remember to remove the greens and store them in a separate bag.

We usually think of our last box of the season as our Thanksgiving box. This week



Picking your Brussels sprouts was not the only time the crew was hunched over. Here they were sorting the over mature ones from the choice ones that were included in this delivery — not something they would have to do in a normal fall.

we have decided to include two items that are traditionally cooked at Thanksgiving, sweet potatoes and Brussels sprouts. The sweet potatoes have been cured in our warm greenhouse and now will keep best at 60-70 degrees, a place such as your kitchen counter. They should keep until Thanksgiving or you could bake them now and freeze the scooped out flesh in freezer bags for pie filling or sweet potato casserole. Some of the potatoes might have a shrivelled (too dry in October) or cracked off end, but they are just fine. We are supplementing our sweet potatoes with ones grown organically by BrynTeg Farm. Sweet potatoes are a challenge to grow in a northern climate and our heavy soils and our yield was not what we expected.

Brussels sprouts are in this box. With the continued warm weather we had to pick them because the sprout stems had started to form baby sprouts. We have chosen the best ones for the CSA box. Our friend and fellow farmer believes that it was the 90 degree days in September or the warmer than average October that caused the sprouts to over sprout. So either we stored them in our cooler or we put them in the box and you could choose whether to eat them now or save them for Thanksgiving. Our manuals tell us that they should store 2-3 weeks in the refrigerator.

The savory cabbage is great in a salad or in soups and stews.

White Bean and Kale Stew

from member Julie Alexander

2 Tbsp. extra-virgin olive oil
1 onion, diced
2 cloves garlic, chopped
2 carrots, peeled and diced
2 stalks celery, diced
Salt and pepper
1 15 ounce can (whole tomatoes, chopped (juice reserved)
½ lb. small red potatoes, scrubbed and diced
1 15 ounces can white beans, drained and rinsed
1 bunch kale, about 1 lb., stems removed and leaves torn into small pieces
½ cup freshly grated Parmesan

Heat oil in a large pot over medium heat. Add onion, garlic, carrots, and celery and season with salt. Cook vegetables, stirring, until tender, about 8 minutes.

Increase heat to medium high and add tomatoes and their juice. Cook, stirring, until mixture begins to caramelize, about 3 minutes.

Add 7 cups water, potatoes, and beans, and bring soup to a boil. Reduce heat and simmer until potatoes are tender, about 10 minutes, then stir in kale.



Butternut Squash: There might be a dozen different winter squashes but we would guess the Butternut is probably chief among

them in popularity, and for some pretty good reasons. The Butternut is easy to peel. The flesh stands up to cooking as chunks for stews and soups, but the flesh can also be baked in the shell and scooped out for soup, pies and breads. **Storing:** Keep in a cool dry location such as the basement, but will keep on the counter top for weeks. **Preparation:** Wash and peel if you must or simply slice in half along the length, scoop out the seeds. **Cooking Methods:** Bake or roast. It's great in risotto or even as a pasta sauce.

Sweet Apple Walnut Kale

from member Tracy Hannemann

1 bunch of kale, coarsely chopped
washed and stems removed and torn into pieces
2 - 3 Tbsp. butter
½ apple, very thinly sliced
½ cup of walnuts,
1 Tbsp. brown sugar
2 - 3 Tbsp. apple juice or cider
1 Tbsp. tamari or soy sauce
2 tsp. cider vinegar

Melt butter in a large skillet over medium low heat. Add apple and walnuts, saute for a few minutes, Sprinkle brown sugar over apple and walnuts and stir to evenly coat. When the apple is softened, add kale leaves and saute until leaves turn bright green. In a small bowl, combine juice and tamari. Pour into the skillet. Cover tightly and cook until leaves are tender, 5 to 7 minutes. Greens should still be green. Dress with vinegar.

Butternut Risotto

from *Sudays at Moosewood Restaurant*

5 cups vegetable stock
2 Tbsp. olive oil or butter
1 small onion, finely minced
1 small red pepper, minced
1½ cups Arboria rice
½ cup dry white wine
1 cup or more of baked, pureed Butternut squash
⅓ cup grated Parmesan

Heat stock in a small pan to a simmer. Melt butter or heat oil in a large skillet or sauce pan and saute onion and red pepper for 2 to 3 minutes. Add rice and stir for one minute to thoroughly coat the rice. Use a wooden spoon so as not to break the rice kernels. Add the wine and stir until it is absorbed.

Pour in simmering stock 1/2 cup at a time. When rice has absorbed the stock, add another 1/2 cup. Continue gradually reducing the amount until rice is tender but *al dente*. Add the squash and stir until heated through. Remove from the heat and add any remaining stock with the cheese and stir.

Fatty 'Cue Brussels Sprouts

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

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. 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.

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 Brussels 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 a glaze. Thinly slice the remaining chili and stir in the syrup, bacon and sliced chilies. Sprinkle with salt.

Carrot Green* Chimichurri from member Colleen Wysocki

1 cup finely chopped carrot greens	1 garlic clove, minced
2 tsp. dried oregano	1 tsp. salt
1/4 tsp. cumin	A few grinds of pepper
1 tsp. ground sweet paprika	1/4 cup white wine vinegar
1/2 tsp. crushed red pepper flakes	1/4 cup olive oil (a good fruity one)

Wash and dry your carrot greens well. Roast carrots in a 450 degree oven for 10-15 minutes (or until tender but not mushy).

Finely chop your carrot greens and mix them with all of the dried spices and minced garlic. Stir in the vinegar and olive oil. Taste and adjust seasonings. (tip: taste it with a carrot or a piece of bread rather than by the spoonful)

Serve with roasted carrots (or other veggies), toasted bread, or over grilled fish or meat.

* The original recipe calls for parsley instead of carrot tops, an additional 1/4 cup of olive oil, 1/2 cup water, 1 additional clove of garlic and 1 additional teaspoon of sweet paprika.



Brussel Sprouts

Brussel sprouts, we will be so bold to say, aren't even ripe until they've

been treated to a frost or two. These “baby cabbages” are believed to have originated in Belgium, hence the name, as wild plants selected for their enlarged buds or sprouts. They are pickled for Bloody Mary's, steamed as a side dish but we thing roasting really plays up the residual sweetness that a good frost provides. They pair well with acids, such lemons, apples or balsamic vinegar. Like cabbage they also go well with meats such as bacon and ham. **Store:** In a plastic bag in the refrigerator. They should keep for month or more. **Preparing:** 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. We would suggest even if they are cut in half to slit the stem partly up to ensure the sprouts cooks evenly. **Use:** Roasting with oil and salt until slightly caramelized, sauteed with onions and bacon or steamed with a little lemon juice and salt. Try shredding them and sauteing with apples, butter or bacon fat and a dash of cider vinegar and serve as a side to a pork loin.