

# Pinehold Gardens *Field Notes*

Vol. 20 No. 19, Week 17

November 5, 2014

## In This Box

- Butternut winter squash
- Leeks
- German Butterball potatoes
- Savoy cabbage
- Lacinato kale
- Bolero carrots
- Talon yellow cooking onion
- Broccoli
- Carmen peppers
- Rutabaga

## Nov. 19 Delivery

- Satina yellow potatoes
- Gold Rush russet potatoes
- Brussels sprouts
- Carrots
- Red and gold beets
- Rutabagas
- Purple Top Turnips
- Watermelon radish
- Kale?
- Onions, shallots, and garlic

## DELIVERY SCHEDULE

- **FINAL DELIVERY Nov. 19**
- **BRING A BAG FOR PRODUCE**

## A DAY IN THE LIFE

Our days and early evenings have been consumed by trying to get everything harvested for the last CSA deliveries, the November Winter Farmers Market, and winter restaurant sales. Taking a break from CSA deliveries last week helped immensely as we were able to harvest cabbages, turnips, rutabagas, the remaining potatoes and some of the items for today's delivery before the freezing cold Saturday night. Each day we also washed and prepped some of the items for the winter market. We like the market, the people, the other vendors, the staff, the wonderful Domes location, but whew, it sure is a lot of work. We make everything shine just a little bit more than usual so people will at least stop and look and maybe ask a question. And packing is a lot like packing for camping. Everything gets squeezed into crates or bins keeping in mind the number of containers that fit in the van. And then you have to unpack when you get home,

only to repeat it the next week.

So we like the market, but LOVE the CSA. We pride ourselves on our quality, but if we sell one item to a customer at the market that might not be up to their standards, we lose a market customer and also a possible CSA member. Our CSA members get to know us through our newsletters and hopefully a farm visit. Every week you see our produce and understand that we ship dirty potatoes as they store longer and that a blemish in a rutabaga or turnip can be just cut away. Thank you for getting to know us over the season and for your support of our CSA program.

## FIELD NOTES

Last week was a weird weather week indeed. Seventy degrees on Monday, snow and blizzard like winds on Friday and 22 degrees on Saturday night. With the shorter amount of daylight hours, general cloudiness and night temperatures below freezing, we are getting to the point where the top inch of the ground starts to freeze so we better have all our root crops harvested and our garlic planting finished soon.

## BOX NOTES

This box contains the last broccoli and peppers of the season. The peppers amazingly survived under row cover through last Wednesday evening. We did lose many heads of broccoli from water sitting on the heads and freezing at night which then rotted the centers. Also last Monday's warmth caused some to flower.

*Butternut winter squash* Many people favor Butternut over other winter squashes. It can be cut in half lengthwise, baked and used like all winter squashes, but it can also be peeled with a sharp knife and diced and used in soups, stews, and curries. Store on a counter

*Savoy cabbage* Savoy can be used like any green cabbage. Traditional green cabbages are best used in cole slaws and are rather flavorless. Savoys have a sweeter, nuttier flavor that really shines when it is cooked. Use in soups or saute with onion as a side dish. Store in a plastic bag in the frig for many months.

*Bolero carrots* Carrots are one of the many items we plant in late July for harvesting during the fall. Carrots that mature into the cooler days



A FINAL BIG HARVEST of Savoy cabbages tested our backs and our storage capabilities, but we got the job done before a few really cold nights set in.

of fall rather than the warmth of summer, just like broccoli and kale, are much sweeter. They are smaller in size than usual as their growth was stunted by the lack of warmth and sun in August and September.

*Leeks* It has been years since we grew such beautiful leeks. The plants were seeded in seedling trays in early April and transplanted by hand into ditches in mid-June. Ground was hilled up around them as that blanches them and is how the more useable white stalk gets longer. They are a member of the onion family but are sweeter and more subtle in flavor. A classic use is potato leek soup. To clean them, cut in half lengthwise and wash them under cold running water. Store in a plastic bag in the frig for a couple of weeks.

*Geman Butterball potato* One of our favorite potatoes with a fluffy, sweet yellow flesh that is great roasted. It can also be used in a creamy soup as the drier texture will make the potato fall apart when boiled.

*Rutabagas* Unlike the waxed globe that is found in grocery stores, our rutabagas are freshly dug. They will dehydrate, so place in a plastic bag before putting it in the refrigerator. It will store until spring if kept refrigerated. They are related to turnips, but are much sweeter. It is one of my favorite vegetables. Of course they can be peeled and cubed and tossed with olive oil, salt and pepper and roasted. They can also be boiled with potatoes and mashed with them. More rutabagas will be in the last delivery along with some Thanksgiving recipes.

## Potatoes

Native to the Andean Mountain region of South America and cultivated for 3,000



years, potatoes come in all sizes, colors and shapes. For our purposes we can divide them up into three general categories based on the construction of their starches. There's waxy, creamy and mid-dry, and finally dry and fluffy. Waxy potatoes like Norlands hold together best and are good for salads. Creamy

potatoes such as the Adirondack Red's delivered earlier are good baked or roasted but can be used in salads. Today's German Butterballs are fluffy and good roasted, mashed, baked or fried. If boiled, they will fall apart, which is fine for a leek and potato soup.

**Store:** In a paper bag in a cool, moist area, out of the light. Not in the refrigerator. **Preparing:** Much more nutritious with the skins on. **Use:** All the above mentioned. A simple leek and potato soup in a chicken stock base, some cream and dash of white pepper makes a great winter meal.

### Savoy Cabbage Soup with Jumbo Parmesan Croutons

from Pinehold member Sue Alauf

This recipe is from *Vegetables Every Day* by Jack Bishop

1 Small head of Savoy cabbage	7 cups chicken or veggie stock
4 Tbsp. olive oil	Salt and pepper to taste
2 medium onions, chopped fine	6 thick slices of bread
3 garlic cloves, minced	6 Tbsp. grated

Quarter and slice into thin strips the cabbage, removing the hard core first, for about 10 cups. In large Dutch oven, saute onions in 2 Tbsp. of oil until soft, then add garlic and cook one minute more. Add cabbage and cook until wilted, then add stock, salt and pepper. Simmer about an hour.

For the croutons, preheat the broiler. Brush remaining 2 Tbsp. of oil on slices of bread. Toast bread on a baking sheet in the broiler. Turn bread and sprinkle Parmesan cheese on the untoasted side and return to the broiler to toast. Make sure croutons don't burn.

Place soup in bowls and float a crouton on top, cheese side up.

### Asian Kale Slaw with Ginger Peanut Dressing

from Pinehold member Amy Whalen

This recipe is from *Once Upon a Chef* by Jennifer Segal

4 cups kale, chopped	Dressing:
3 cups shredded cabbage	3 Tbsp. creamy peanut butter
2 cups shredded carrots	3 Tbsp. rice wine vinegar
1 red pepper, cut in half and julienned	1 Tbsp. fresh lime juice
3/4 cup or more of slivered almonds	3 Tbsp. oil
1/4 cup chopped cilantro	1 Tbsp. soy sauce
	3 Tbsp. honey
	1 Tbsp. sugar
	1 garlic clove, chopped
	1 Tbsp. minced fresh ginger
	Salt
	1/2 tsp. sriracha, a hot chilli paste
	1/2 tsp. sesame oil

Roast almonds in a 350 degree oven until lightly golden and fragrant. Combine slaw ingredients in a bowl. Combine dressing ingredients in a food processor or blender. Process until smooth. Toss slaw with dressing.

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**REMEMBER, NEXT DELIVERY IS THE FINAL ONE, NOV. 19.**