

# Pinehold Gardens *Field Notes*

Vol. 25, Week 18

November 6, 2019

## In This Week's Box (Everyone gets a box)

- Brussels sprouts
- Potatoes, Satina (Igl Farms)
- Winter squash: acorn (Simons Gardens), Fairy or Butterkin, Jester or butternut or acorn
- Turnips, Purple Top
- Onions, yellow & red
- Garlic & shallots
- Winter radishes

## The Next Box?

July 1, 2020

- Head lettuce
- Scallions
- Garlic scapes
- Basil
- Herb plants
- Strawberries
- Summer squash
- Cucumber

## A DAY IN THE LIFE

Eleven days and counting. Sorry that we are counting the days to the end but we are not sorry to see this season come to a close as it has been a stressful one due to the wet weather on both ends of the season.

After eleven days our CSA and farm stand season will have ended. While we still will be selling our stored crops to restaurants and farm customers, the weeks that are full of harvest, delivery and market deadlines will have ended.

And although saying goodbye to our CSA crew was bittersweet we are looking forward to some quiet alone time.

## NEXT YEAR'S SIGN UP?

We have included a sign up form for next year on fuchsia colored paper so you don't lose it in your piles of paperwork. Your CSA membership provides our operating capital, pays some of our bills and covers the cost of our seed and supplies for the coming

season. Your support means the world to us. And while we can't ever promise a better year next year, know that we will do our best we can.

## FIELD NOTES

We have never had to get the crops out of the field so early because of freezing temperatures.

We have also never seen such a long stretch of wet weather, one that goes back to September 2019. Once again, water is bubbling up through the cracks in our basement floor. We have been living in a "house boat", one that is floating on Oak Creek's high water table for 12 of the last 14 months. I asked people on my restaurant delivery route last Friday why do we choose to live in Wisconsin? Their response? They love the seasons. To me we now only have two seasons, wet (rain and snow) and dry (July, maybe August).

My great niece Piper and I built a snowman on April 15 and six inches of snow fell last week on October 31, which is only a five and a half month window of snow free weather.

## BOX NOTES

### Winter squash—

*Fairy* (after baking) good for soups, muffins, quick breads and pies

*Butterkin*, a squat butternut/pie cross, similar to *Fairy* in use, but drier.

*Jesters and Acorns*: bake for a side dish or stuff it with grains or meat.

*Butternut*: versatile squash. Cube and use in soups, stews, currys and chili or roast for a side dish. Bake like you would any other winter squash.

**Potatoes**— Igl Farms' Satinas. An all purpose yellow potato similar



It would be simply not possible to do what we do without these guys. They planted, picked, washed and bunched much of what you received each week. Thank you (l-r, front row) Carmen, Mandy, Becky (of course Becky), and Carmen. (Back row) Betsy, Clark, Heather, Nancy and Scott. Missing: Sandy, Pat, Christine, Heather H., Ali, Amy, Sheldyne, Bridgette and Ken.

but superior to Yukon Golds, but we think better in taste and much better to grow. This is our go to for mashed potatoes, but also is great baked. The Igls, brothers Brian and Brad and father Tom are an island of 70 acres of organic certified potatoes in Antigo in a sea of conventional potatoes. We have known Brian for at least 20 years and we were the first ones to bring his potatoes to the Milwaukee area CSAs and restaurants.

**Turnips**—Roast with other veggies, Amaranth Bakery suggests adding them to a soup stock or a soup, especially a seafood or curry one.

**Winter radish**—Strong flavor, normally will store through the winter months, but maybe not this year.

**Garlic**—The heads with many cloves are Chrysalis Red, our original farm garlic. A great storage variety.

## WINTER FOOD

While this is our last delivery, you can still enjoy Pinehold produce by checking our website and preordering for pickup on Saturdays.

## Food Tips: Brussels sprouts



We might be wrong but we think the two most disliked vegetables are kohlrabi and Brussels sprouts. If you don't like cabbage period, then there's not much we can say about either that would convince you in the potential of these two veggies. We'll save kohlrabi for another time because in today's box is Brussels sprouts.

Now those folks who don't like Brussels sprouts (but like cabbage) it is likely because they've only eaten Brussels sprouts from the store. Those sprouts likely came from either California or Mexico. Neither of those locations really get cold and cold is what is critical for the Brussels sprout.

Unless sprouts are treated to cold temperatures, they maintain a bitter taste, which is very off putting. But treated to cold temperatures, the sprouts lose the bitterness and sweeten.

This off bitter taste has not gone unnoticed by large scale, California producers. One seed company has now bred a sprout without that bitter taste, meaning California can now grow Brussels sprouts that people might like.

We think growing sprouts the old fashion way by allowing them to experience fall temperatures already produces a good tasting sprout.

Now, just try roasting them and you will fall in love with sprouts.

## RADISH OLIVE CROSTINI

from Pinehold member and friend Patricia Heim

1/2 inch thick slices of baguette  
Softened butter  
1/4 to 1/2 cup pitted Kalamata olives, drained and minced  
1 or 2 medium size winter radishes, thinly sliced  
1 bunch of fresh thyme, leaves only  
Zest of 1 lemon  
Coarse salt and freshly ground pepper  
Extra virgin olive oil for drizzling

Set broiler rack 4 inches of the heat. Lay bread slices on a ungreased baking sheet. Broil until the edges just turn golden, 1 to 2 min. Flip and broil the other side for 30 sec. to 1 min. Cool to room temperature.

Spread each crostini with butter and top with olives and radishes. Sprinkle with thyme leaves, lemon zest, salt and pepper. Finish with a drizzle of olive oil.

## PUMPKIN GINGER NUT MUFFINS

Oupost Natural Foods, November 2016

1 1/2 cups all purpose flour  
1/2 tsp salt  
3/4 cup sugar  
1 tsp baking soda  
1 cup pumpkin or winter squash puree  
1/3 cup butter, melted  
2 eggs, beaten  
1/4 cup water  
1/2 tsp nutmeg  
1 tsp ground ginger  
1 cup walnuts, chopped  
1 Tbsp candied ginger & 3 Tbsp dried cranberries chopped\*

Mix together the dry ingredients Mix together the puree, butter, eggs, water and spices.

Combine with dry ingredients. Do not over mix. Fold in ginger, cranberries and nuts. Fill muffin tins 2/3 full. Bake for 25 to 30 minutes until a toothpick comes out clean.

Remove and cool on a rack

\*Original recipe did not include cranberries

