

## In This Week's Box

- Celery
- Beets with or without greens
- Winter squash, Butternut
- Kale medley
- Onion, yellow
- Garlic, Music
- Sweet peppers, Italian frying

## In Next Week's Box?

- Winter squash, Jester & Acorn
- Cabbage, Savoy
- Beans, romano & green
- Peppers, Shishito & hot
- Tipi Produce carrots
- Simons Gardens Satina potatoes
- Green tomatoes
- Onions

## A DAY IN THE LIFE

I took the weekend off and went to Eagle River with Pat Heim, worker share of 11 years and now a best friend. She has been on my tail since spring to get away from the stress of the farm and parental care. We had a wonderful time at the Cranberry Festival and the fund raising event for Trees For Tomorrow. Pat is on their advisory board. It is a north woods' version of the Milwaukee-based Urban Ecology Center for school groups across the state to experience three day natural resources education workshops.

## FIELD NOTES

The rainfall total for the eight days starting Sept. 29 was more than six inches. During a warm sunny summer with the sun and winds that dry out the fields that is about two months worth of rain.

We harvest in mud and standing water, our vehicles get stuck in their parking spots, washing muddy clothes is probably taking a toll on our washing machine, our legs are fatigued from carrying pounds of mud along

with us on our boots, but onward we go. At least the floodwater mosquitoes that were with us day and night aren't around right now. David kids that maybe they drowned. And our Tuesday 12 person CSA harvest worker share harvest crew along with Becky, our part-time employee, and the crew's leader, has been stellar in cleaning, bunching and sorting, no easy task this year. Their positive attitude is a plus.

A huge concern for us is that we might not be able to plant our garlic this fall. Garlic is important to us in many ways. We save our own garlic seed. Holding it over the winter to plant in early spring is risky.

As we said in last week's newsletter we are still holding our own although the variety and quantity of produce in the boxes is not typical of our usual fall boxes. In our 24 years of farming we have never experienced this much rain in fall, nor experienced as many crop losses or lost opportunities to plant.

There will be at least two more weekly deliveries after this week and then we will see what the weather gods let us keep to harvest. More details will follow next week but early projections aren't good. We are not alone in this. Our farmer friends are experiencing the same wet conditions and problems.

## BOX NOTES

The celery has been through a lot of stressful weather conditions and is more for suitable for cooking rather than fresh eating. We just cut up the celery and freeze it without blanching and use it in chili, soups and stews. To preserve more of the flavor and texture you can blanch it for 3 minutes, chill in ice water, drain and freeze. WikiHow has a great visual about how to do this if you are not familiar with the blanching process.



Member Mary Ann Priebe and her daughter Catherine made good use of the Pinehold tomato seconds and cooked up a big batch of arrabiata sauce.

If you received beets with greens, they are not pretty, but are still useful for smoothies or juicing or soups, which is why we delivered beets with the greens. To store beets, remove the greens keeping an inch of the stem intact, dry them and put in a plastic bag in the refrigerator. They will keep for 3 to 4 months.

Don't know what to do with those random peppers that keep appearing in your box? Just chop up and freeze. No blanching required. A ingredient in winter chilies and curries.

## EXTRA GARLIC AVAILABLE

As we have done for many years, we will bag up about a half dozen small heads and leave it at your dropsite.

Unlike the seconds of tomatoes, which ended up being extremely limited due to blossom end rot, we have plenty for many to take advantage of this offer. Just send an email with "GARLIC" in the subject line.

## Food Facts: Onions

by Jackie Jones, MS, RDN

Onions are part of the allium family of vegetables and herbs, which also includes chives, garlic, scallions, and leeks. Allium vegetables have been studied extensively in relation to cancer, especially stomach and colorectal cancers. Their beneficial and preventive effects are likely due in part to their rich organosulfur compounds.



Onions can vary in size, shape, color, and flavor. The most common types are red, yellow, and white onions. Flavors can be sweet and juicy to sharp, spicy, and pungent. Onions are a nutrient-dense food, meaning that while they are low in calories, they are high in beneficial nutrients like vitamins, minerals, and antioxidants. One cup of chopped onion contains approximately 64 calories, 0 grams of fat, 3 grams of fiber, 2 grams of protein, and 10 percent or more of the daily value for vitamin C, vitamin B-6, and manganese.

Onions are a staple in many kitchens and pair well with most dishes. They can be sautéed, roasted, grilled, or caramelized, or be used fresh as a topping for sandwiches or salads and added to salsas and dips

## FIG-INFUSED PICKLED BEETS

from Pinehold member Catherine Priebe

- 1 lb fresh beets
- 1/2 c. fig-infused white balsamic vinegar
- 1/3 c. water
- 1/4 c. white sugar
- 1/4 tsp. salt
- 1/2 tsp. whole peppercorns
- 2 bay leaves



Scrub beets, wrap each in foil, and roast in 400 degree oven for approximately 1 hour until tender. Roasting time will depend upon size of beets. Cool beets until they can be handled comfortably. Remove outer skin by rubbing

## BAKED PASTA

by Pinehold member Rita Collen

- 1 medium onion, chopped
- 1 red or green pepper, diced
- 2 Tbs. extra-virgin olive oil
- 1 can (28 ounces) diced tomatoes, drained (or 2 pounds fresh, seeded and chopped)
- 1 can (8 ounces) tomato sauce
- 1 can (6 ounces) tomato paste
- 3/4 cup water
- 1 small bunch of kale or Swiss chard, ribs removed, chopped
- 1/4 cup minced fresh parsley
- 2 cloves garlic, finely minced
- 1 bay leaf
- 2 tsp. sugar
- 1 tsp. salt — more or less to taste
- 1 tsp. dried oregano
- 1/4 tsp. freshly ground black pepper
- 1 pound rigatoni (or other sturdy pasta, such as penne)
- 2 Tbs. butter
- 2 eggs, lightly beaten
- 1 carton (15 ounces) ricotta cheese
- 1/2 cup grated Parmesan cheese
- Additional Parmesan or mozzarella cheese to sprinkle over top

In a large skillet, sauté onion and pepper in oil until tender. Add the tomatoes, tomato sauce, tomato paste, water, kale, parsley, garlic and seasonings. Simmer, uncovered, for 30 minutes. Discard bay leaf.

Meanwhile, cook pasta according to package directions; drain and toss with butter and cover to keep warm. In a small bowl, combine the eggs, ricotta and 1/2 cup of Parmesan cheese. Add the pasta to this mixture. Transfer to a 3-qt. baking dish; top with tomato mixture and sprinkle with cheese.

Bake, uncovered, at 350° for 30-40 minutes or until heated through. Sprinkle with additional cheese. Yield: 8-10 servings. (You can also divide the mixture between two 9-inch baking dishes and freeze one unbaked for later.)

with paper towel. Cut off stem and roots and then cut cooked beets into 1-inch cubes.

Bring vinegar, water, and sugar to a boil and reduce pickling mixture for 5 minutes. Remove from heat and stir in salt, peppercorns, and bay leaves.

Place beets in mason jars. Pour pickling mixture over beets, cover, and chill. Pickled beets will last for months in the refrigerator.

Makes 4 servings (serving size is approximately 1/2 cup.)