

## In This Week's Box

- Beans, green, Jade
- Cabbage, green, Castello
- Winter squash, Jester
- Potatoes, Carolla
- Onion, Scout
- Collard Greens
- Sweet peppers, Carmen frying & bell
- Canteloupe or watermelon

## In Next Week's Box?

- Winter squash, Butternut
- Celery
- Misc peppers
- Kale
- Onion & Garlic
- Beets
- Green tomatoes

## A DAY IN THE LIFE

It is what it is and there is nothing I can do to change the weather, but it is integral to everything we do here at Pinehold.

I have come to realize that most people do not have the intimate connection to the weather that we do. Besides being dependent upon the weather for our livelihood most people do not live in an 88 year old house with water bubbling up through the cracks in their basement floor. The ground is saturated and the house has no drain tiles. (Ergo: think house boat, floating on the raised water table) And an original 88 year old cedar shake roof under the asphalt shingles that are contributing to a leaky roof.

But I kept thinking surely people would remember the 29 degrees and 9 inches of snow on April 19, 41 degrees on May 20, 96 degrees on May 27, the long stretches of cloudy, misty days with damp lake breezes, the lack of beautiful dry poofy-cloud days with soft southwest breezes, and finally the monsoon rains in May, June, late Au-

gust and now October.

But as I talk to people at weddings, the grocery store, the theatre I am met with blank faces. Is it the disconnection of being in the climate controlled environment of the home, car and workplace that creates this disconnect to the environment?

Maybe as more rain falls this week and more people's basements begin to take on water more people will soon realize that climate change is real and that it does not just mean an increase in severe weather, endangered coastlines, forest fires and animal extinctions, but that it is also has a very real impact on all of us with its impact on agriculture. Why it does not make the daily headlines is a mystery to me. We all have to eat.

## FIELD NOTES

Things were looking up. The predicted frost on Friday night did not happen. And in the field some of the cabbages and kale were showing renewed signs of life. As a precaution we had harvested enough green beans and peppers for this week's delivery. We also harvested all the winter squash before a frost or before we could not pull a harvest trailer into the field because of the mud. Then 4.2 inches of rain fell in the last two days and more is predicted for the next week or so.

Most of the fields have standing water in them. Our fields do not flood so much as they just hold the water. They do not drain quickly because of the clay underneath our topsoil, bedrock below that and our high water table. Those things, combined with the cloudy, humid days, do not let moisture evaporate. Our friend's farm, the Simons farm in the town of Caldwell near Mukwonago, has a deep layer of topsoil on top of glacial till, basically gravel, which drains quickly.

## CHASING SUMMER

The constellation Orion appears now in the predawn sky, the sword-wielding specter of the night. He makes his appearance around the time the asters bloom, rising from the dark eastern sky, leading the past season south to another summer and chasing after the night, knowing full well day spells his doom.

We are still holding our own although the variety and quantity of produce in the boxes will not be typical of our usual bountiful fall boxes. So as a result of the weather, expect changes in what we hoped and planned to deliver.

## BOX NOTES

David waded through ankle high water to harvest the cabbage on Monday morning as we were afraid they were going to split from taking up too much water. Stored in a plastic bag in the frig it will last for months. If you only use a piece of it, the cut side will turn brown. Just trim off the brown part and the rest will be green.

## ABOUT WINTER SQUASH

Many people have commented about how juicy and delicious the canteloupes were. Juicy might be good for canteloupes, but not for squash. All of the vine crops took on an excessive amount of water from the rain. The acorn squashes delivered last week and the Jester's in this week's box normally will store for a month or so. That may not be the case this year. If one of your squashes goes bad, please contact us and we will replace it.

Carolla in this week's box is an all purpose potato.

## Food Facts: Collard Greens

by Jackie Jones, MS, RDN

Collard greens are part of the cruciferous vegetable family. The cruciferous family includes bok choy, kale, broccoli, Brussels sprouts, cabbage, rutabaga, and turnips. Collard greens are low in calories and an excellent source of vitamin A, vitamin C, and calcium, a rich source of vitamin K, and a good source of iron, vitamin B-6, and magnesium.



Collard greens should have firm, deep green leaves. The leaves have a bitter taste but smaller leaves will be tenderer and have a milder flavor.

You can use collard greens:

- Raw in salads or on sandwiches or wraps
- Braised, boiled, or sautéed
- In soups and casseroles
- Add a handful of collard greens to a smoothie—you get extra nutrients without a big change to the flavor

Some tips for using and cooking with collard greens:

- Steaming collard greens for 10 minutes or less helps them to retain their nutrients.
- Avoid frying collard greens in bacon fat or lard or over-cooking them, as these can create a strong and bitter sulfur taste
- Sauté fresh garlic and onions in extra-virgin olive oil until soft then add collard greens and continue to sauté until they reach the desired tenderness.

## JAN'S COLLARD GREENS CORNBREAD

by Pinehold member and friend Jan Smith

- One bunch of Pinehold Gardens collard greens  
About 1 tablespoon olive oil  
1/2 cup butter, softened  
1/4 cup white sugar  
1/4 cup honey  
2 eggs  
3/4 cup buttermilk  
3/4 teaspoon baking soda  
1/2 teaspoon salt  
1 cup cornmeal (I use Bob's Red Mill organic medium grind)  
1 cup whole wheat flour (I use any variety from Anarchy Acres)

Preheat oven to 350. Grease an 8 x 8 square pan. Chop collard greens then gently sauté in the olive oil until the greens are softened, wilted and bright green. Remove from heat and set aside. Cream butter and sugar together then slowly mix in buttermilk, eggs and honey. (I do this in a metal bowl over a warm water bath to keep the butter from hardening up and getting everything to blend together nicely)

In a separate bowl mix together the baking soda, salt, cornmeal, flour, then slowly add into the liquid ingredients. Fold in collard greens. Pour into greased square pan. Bake for 30-35 minutes or until skewer inserted in the middle comes out clean.

## STUFFED CABBAGE SOUP

from Pinehold friend member Rita Collen

- 1 lb. ground beef
- 1 small onion, diced
- 1 large bell pepper, diced
- 1 can (29 oz.) diced tomatoes
- 1 (10 oz) can tomato sauce
- 1 (14 oz) can chicken broth (or beef broth)
- 2 cups cooked rice
- 3 cups shredded or finely chopped cabbage
- 1 Tbs. sugar
- 1 tsp. garlic powder
- Salt & pepper, to taste
- Shredded cheddar cheese, for topping (optional) Additional soy sauce for individual servings

In a large pot, brown and crumble ground beef along with diced green peppers and onion over medium-high heat. When cooked, drain excess grease from beef mixture. Put beef back into pot. Add diced tomatoes. Add chicken broth or beef broth, tomato sauce, and cabbage. Stir, then add the rice, sugar, garlic powder, salt, and pepper (to taste). Cover and let soup simmer on low-medium heat for about 30 minutes to let all the flavors blend.



## ITALIAN BEEF SANDWICHES

from Pinehold friend member Rita Collen

Beef sirloin roast  
1 cup beef broth  
1 green bell pepper, thinly sliced  
1 red bell pepper, thinly sliced  
1 medium onion, thinly sliced  
2 t. minced garlic  
2 t. Worcestershire sauce  
1 T. Italian seasoning  
1 bay leaf  
½ t. salt  
¼ t. ground black pepper  
Kaiser rolls  
8 slices provolone cheese

Place all ingredients except the Kaiser rolls and cheese into a crockpot and cook on the low setting for 8-10 hours, or on high for 4-5 hours. If necessary, add a small amount of water midway through the cooking time if the meat begins to look dry. Remove the bay leaf. Allow the roast to rest for about 10 minutes before slicing it or shredding it. Serve on warmed Kaiser rolls with slices of provolone cheese.

To cook on the stovetop, bring all ingredients except the Kaiser rolls and cheese to a boil over high heat in a large pot or Dutch oven. Reduce heat to a simmer or the lowest setting. Cover and cook for about two hours for a larger roast or until the meat is fork tender.

## EGG ROLL NOODLE BOWL

from Pinehold friend member Rita Collen

1 or 2 tsp. sesame oil, to taste  
1/2 lb ground pork (we substitute ground turkey)  
1 Tbs. soy sauce (or more to taste)  
1 garlic clove, finely minced  
1 tsp. ground ginger  
1/4 tsp. salt (or more to taste)  
1/4 tsp. ground turmeric  
1/4 tsp. freshly ground black pepper  
6 cups shredded cabbage  
2 large carrots, shredded  
4 ounces rice noodles or udon noodles  
3 green onions, thinly sliced

Cook the noodles. Meanwhile, in a large skillet, heat oil over medium heat. Add the ground meat; crumble and cook until browned. Stir in the soy sauce, garlic, ginger, salt, turmeric, and black pepper. Add the cabbage and carrots and cook, stirring occasionally, until the vegetables are cooked. Toss the noodles into the meat and vegetable mixture. Serve sprinkled with the green onions and additional soy sauce if desired.

## FOOD TIPS: CABBAGE



We give you the humble cabbage. As simple a vegetable as you will ever see, but its unpretentious, homely look belies its culinary usefulness. If the only way you have had a green cabbage is quartered and boiled with potatoes and corned beef or shredded with a slaw dressing, then you have missed some of the best ways to enjoy this versatile, tasty and nutritious vegetable.

Take for instance what may be a national dish of Poland: Bigos. Cabbage cooked slowly with various meats and sausages along with sauerkraut (fermented cabbage) forms the basis of this popular dish also called “hunter’s stew.”

Our friend Ewa, decades a U. S. citizen with close ties to Poland still, says to use pork and beef along with good Polish sausage and different kinds of Polish sausage, which can be purchased at A&J Polish Deli on 12th and Lincoln. Any conventional Polish sausage will diminish the dish, she says. And she says to use dry mushrooms — Polish if you can find them but dry porcini will do, and use the water you soak the mushrooms in. But because this is a stew, bigos is made several different ways depending on what part of Poland one is looking at. You can be authentic still by making it your own, I guess.

But stewing cabbage is only one additional way to have this vegetable. Cabbage can be delicious, sliced into quarters or eighths, depending on the size of the cabbage, placed in a roasting dish and roasted with salt and oil at a high temperature, say 425 degrees, until tender and starts to caramelize.

Also try shredding it and sautéing it in butter or oil with onions and mushrooms. Then if you want to drive this dish around the corner to breakfast add an egg or two or maybe some sausage and egg.