

Pinehold Gardens Field Notes

Vol. 18 No. 16 Week 15 of 16

October 17, 2012

In This Box

- Carnival squash
- Igl Satina potatoes
- French Fingerling potatoes
- Carrots
- Apple peppers
- Broccoli for some
- Tomatillos and hot peppers
- Kale bouquet
- Leeks

Next Week?

- Squash medley
- Igl Russet potatoes
- Red Pontiac potatoes
- Sweet Potatoes
- Onions/garlic
- Broccoli
- Beets
- Turnips
- Beauty Heart radish
- Lettuce?

A DAY IN THE LIFE

This past Saturday was the last South Shore Farmers Market for the year and the last time we will attend it on a regular basis. We were one of the original vendors at the market attending since its second year. A lot has changed over the past 12 years. Many more farmers markets have opened up, Bay View has its own Outpost store, there are a couple of winter markets and the market has changed from a producer only market to include many value added products and prepared food vendors.

We have met many wonderful people, acquired new CSA members, gotten to know many members and regular shoppers so

well that we consider them friends and we hope they consider us friends as well.

But the time has come to make a change based on a business cost-benefit ratio. We had been thinking about not attending the market since last summer. This last month of markets where 3 of the 4 Saturdays were either cold or cold and rainy were the final deciding factors. The market has become more of a fair weather community event and not a place where we can earn enough money to pay our bills. The last market traditionally had been our only \$1,000 sales day, no matter the weather. This past Saturday we took in \$404 and despite the news warnings of possible street floodings, it only drizzled for the first hour.

We do plan on attending mid-summer for a month to sell garlic and greenhouse tomatoes. Those two items accounted for approximately 75 percent of our sales this summer.

I am looking forward to spending my Fridays and Saturdays weeding (I love to weed!) and helping David manage our two hoopouses for the CSA and the winter market.

2013 CSA UPDATE

A sign up form for the 2013 will be included in next week's box. We truly appreciate everyone who makes the commitment to support our farm and our CSA program. Our CSA always has been and will continue to be our number one priority and we could not continue to have

farming as a career choice without the support of our CSA members. And as usual, for accounting cash-flow purposes, all CSA checks dated in 2012 won't be cashed until Friday, January 4, 2013. And remember we offer an Assistance Fund of \$100 off the cost of a share, a multiple post dated checks option, as well as the full upfront payment of \$420, which is what pays our sizable first quarter bills and farm expenses until the growing season begins again.

FIELD NOTES

One and a quarter inches of rain fell this past weekend. While the timing of the rain was bad for weekend plans, it was great for the plants, trees and fields. We needed some moisture in the ground in order to be able to plow up the sod of rye, clover and grasses for next year's crops.

BOX NOTES

The Satina potatoes were grown by Igl Farms in Antigo, Wis. We have bought potatoes from Tom and his sons Brian and Brad for about 10 years. We met Brian at a Farmer Chef conference, see him every year at the organic conference and have gotten to know him so well that he invited us to his wedding last fall. Until we started growing Red Pontiacs (the variety in your box last week) we struggled to grow an all purpose potato. We also could never get a baking potato to size up. We were the first CSA to buy from the Igl's and many CSAs have followed since.

The Apple variety of

peppers that are in your box this week are grown specifically for La Merenda restaurant. I don't grow them for the CSA because of their smaller size (which is why they work so well for La Merenda's small plate menu as a stuffed pepper) and they don't start yielding until late in the year. Because this year was an extraordinary pepper year there are Apple peppers in this week's box. In our opinion they are the best roasting pepper.

In last year's survey people requested more basic items including carrots. I believe this is our sixth or seventh delivery of carrots. It is always a struggle to get carrots to germinate and it was especially challenging during this drought year, so we are very happy that we could provide the CSA with carrots. And sticking with our philosophy that the CSA is our number one priority, not a single carrot went to the farmers market.

Everyone that did not receive broccoli last week will receive a head this week. Thanks to this rainy spell we will have broccoli for all next week.

The tomatillos were picked before the freezes, but out of curiosity I checked the ones still left in the field. Many of them are still fine, protected by their paper coats.

We have carefully checked each Carnival squash for any signs of deterioration. We have had some rot from the inside out. Please let us know if you had any problems with the first Carnival squashes that were in the box three weeks

Golden Winter Squash and Carrot Casserole

4 T. butter	1 Carnival squash, peeled, seeded and cut into 1 1/2-inch chunks
1 large, 1 small leek, rinsed well, white parts diced	1/2 lb. carrots, peeled and cut into 1 1/2-inch pieces
1/2 t. ground cumin	Salt and Pepper
1 1/2 t. chopped fresh thyme (or 3/4 t. dried thyme)	1/4 c. heavy cream
1 T. brown sugar	

Preheat oven to 350F. Heat a large skillet to medium-high, melt 2 T. butter and saute leeks until soft, 8-10 min. Add cumin and cook another min. Scrape contents of skillet into 9-inch baking dish. Sprinkle leeks with thyme and brown sugar. Melt remaining butter in same skillet. Dividing squash and carrot cubes in half and brown them in two batches in butter, turning occasionally. Sprinkle squash with salt and pepper. Scrape cubes and any remaining butter into baking dish and gently mix with onion mixture. Pour cream over top and bake uncovered, 45-60 min., or until squash is meltingly tender. Allow to cool 10 min. before serving. Serves 4 to 5.

Chickpea, Potato, and Kale Curry

1 1/3 c. (8 oz.) dried chickpeas, soaked overnight in cold water	1 t. ground fenugreek seeds
5 T. grapeseed oil	2 t. ground turmeric
2 large (10 oz.) onions, chopped	1 3/4 lbs. small potatoes, cut into 1/2-inch pieces
2 green chile peppers, seeded and finely chopped	Salt and freshly ground black pepper
2 t. shredded fresh ginger	14 oz. canned tomatoes
4 t. ground cumin, divided	1/2 lb. kale leaves (once stems are removed and saved for another use), chopped
1 T. paprika	2 T. fresh cilantro leaves, to garnish (optional)
2 T. tomato paste	

Drain chickpeas, cover with fresh water, bring to boil. Reduce heat and cook until tender, about 30-60 min. depending on age and quality. Meanwhile, heat 2 T. oil in wide heavy-bottomed saucepan and add chopped onions, green chiles. Cook gently until onions are soft but not colored. Add ginger and continue to cook about 1 min. Add paprika and 2 t. cumin to onion mixture and stir.

Once chickpeas are soft, remove from heat and drain, reserving cooking liquid. Add drained chickpeas to saucepan and stir. Mix tomato paste with 1/4 pt. reserved chickpea liquid in small bowl. Add ground fenugreek and pour over chickpeas. Simmer for 5 min.

In another heavy-bottomed skillet, heat remaining oil and add ground turmeric, remaining 2 t. cumin. When oil is hot, add potatoes and season with salt and pepper. Fry potatoes on all sides until crispy then add contents of skillet to chickpea mixture. Add chopped tomatoes and remaining reserved chickpea liquid. Bring to boil, cover, reduce heat. Simmer gently 20-25 min. or until potatoes are tender. Add kale to pan, adding extra cooking liquid if necessary. Cook over medium heat,

Tomatillo-Apple Salsa

1 lb. tomatillos, hulled, cored, and chopped (about 2 c.)	2-3 fresh jalapeno peppers, seeded and finely chopped (2-4 T.)
1-2 medium tart apples, peeled, cored, and finely chopped (about 1 c.)	2 T. chopped fresh cilantro
1/4 c. chopped red apple pepper (or other sweet red pepper)	2 T. sugar
1/4 c. cider vinegar	1/2 t. salt, or to taste

Combine tomatillos, apples, sweet pepper, vinegar, jalapeno, cilantro, sugar, and salt in 2-3 quart kettle. Bring to boiling. Reduce heat and simmer, uncovered 15 min. Fill clean half-pint jars leaving at least 1-inch headspace for expansion if you choose to freeze. Put clean lids on jars, label, date, and either refrigerate or freeze. Makes 2 to 3 half pints to freeze or refrigerate.