

Pinehold Gardens Field Notes

Vol. 18 No. 17 Week 16 of 16

October 24, 2012

In This Box

- Butternut & Acorn squash
- Igl russet potatoes
- Red Pontiac potatoes
- Piper Farms sweet potatoes
- Broccoli
- Head lettuce
- Parsnip
- Onions & garlic
- Red beets
- Turnips & radish
- Sage
- Choice: Butternut or Fairy squash

Up Coming

*Milwaukee County
Winter Farmers
Market*

- Saturday, Nov 3, 10, 17
- 8 am - Noon
- Tommy Thompson Youth Center at State Fair Park. Enter Gate 5 off of 84th St., just south of I-94.

A DAY IN THE LIFE

Last night at 7:30 we finished the last of the weighing and bagging of the items in today's box. Marie and Tracy, our regular bagging crew, along with us, Ken and Liz were damp, but we out of the weather and inside the garage by then being loud with the usual busy chatter that friends make, helping to pass the time. When they left it was quiet. The packing and washing areas were a muddy mess. It looked like a party had ended. We were exhausted. It was bittersweet. One of the hardest seasons of our farming career was coming

to an end. We said goodbye to many new friends who joined us this season and old friends who have been worker shares past seasons. The quiet in the end of deafening.

Next week Tuesday instead of picking for the CSA, we will be traveling to Mineral Point to visit Pendarvis. We are History Lover members of the Wisconsin Historical Society and for a \$100 annual membership you and your family can visit all the historical sites in the state. Please consider this as a gift option when planning your holiday shopping.

2013 CSA UPDATE

A sign up form for the 2013 is included in the box. Again, we truly appreciate everyone who makes the commitment to support our farm and our CSA program. With two hoop-houses up and running we will be starting the CSA a week earlier next year and running for 17 weeks, instead of 16.

We are hoping to add the Third-Ward Public Market as a dropsite. We will keep you posted when we get the final word.

And remember any checks dated for 2012 won't be cashed until Friday, January 4, but we would love to hear from you as soon as possible so we know how many openings we have.

FIELD NOTES

The early season field is plowed for next year. The late season fields are growing a lush green carpet of peas, oats and rye that are loving these rainy days.

But this year's fields have not been put to bed yet. A huge downside of using drip tape to irrigate is that miles of it has to either be rolled up for reuse next year or bundled up to be taken to Jefferson for recycling into sidewalks. And with the weather turning cold and the fields now wet, it is a finger numbing job.

BOX NOTES

The Gold Rush russet potatoes were grown by Igl Farms in Antigo, Wis. Russets are the classic baking potato, but they also are great mashed.

The Red Pontiac all purpose variety was in your box two weeks ago. Remember to not refrigerate potatoes and keep them out of the light.

The sweet potatoes and squash store best at 55 to 60 degrees. Remember if there is a ding in your squash from a neighboring squash's stem poking into it, to cook that squash soon.

All root crops should be stored in a plastic bag in the refrigerator or they will rapidly dehydrate. This includes the beets, turnips, radish and parsnip.

Speaking of parsnips, the long white thing in your box is a parsnip. This was the first year that we successfully grew them. They take three weeks to germinate and have a horrible germination rate.

We normally soak the broccoli in salted water to remove any cabbage worms but we did not do that yesterday. We have hardly seen any white cabbage moths this year and we picked the broccoli in the rain so it was

plenty clean. Just thought you might like to know.

The herb sage is classically used with squash or potatoes.

Sunday night, as the sun was setting, David was moving the electric fence to protect the lettuce. Deer had found the lettuce patch the night before and had dined on a few hearts of the romaine. We hope you enjoy them as much as they did, a small final reminder of the green growing days before the gray days of winter.

CLOSING THOUGHTS

I rank this season as the second hardest, eclipsed only by 2008, the year of the flood, when we basically had to start over on June 23. In news reports 2012 will be known as the drought year, but I think the heat affected crops more than the drought because for the most part we could keep up with irrigation. Many of our fall crops were planted during the week of 100 degree days in mid-July. That surely stressed the young transplants and many seeds had difficulty germinating. And although the drought is rarely mentioned by the TV weathermen as leaves now cover lawns, the drought continued into the fall. We have hundreds of heads of immature broccoli, and romanesco along with rutabagas and brussels sprouts that were planned for this final CSA box. Some might mature in time for the winter market. Let us know if you will be coming to the winter market and will plan on bringing some extras for you.

Broccoli Pizza

- 1 c. red or white pizza sauce
- 1 pizza crust (homemade or storebought), prebaked
- 1/2 c. freshly grated Cheddar cheese
- 1/2 c. freshly grated mozzarella cheese
- 4 c. broccoli, steamed

Drain chickpeas, cover with fresh water, bring to boil. Reduce heat and cook until tender, about 30-60 min. depending on aPreheat oven to 350F. Spread pizza sauce over crust. Distribute cheese evenly over the sauce and top with the broccoli. Bake 10-15 min., until cheese is melted. Let pizza cool briefly before serving. Serves 4.

Using Broccoli Stems

Don't throw out those broccoli stems! Heat a pot of highly salted water. Bring to a simmer then add broccoli and cook until very tender. Make a pesto by adding toasted almonds/pinenuts, Parmesan cheese, garlic, olive oil, and lemon juice or preserved lemon. Mash by hand or in a food processor. Spread on bruschetta, toss with pasta, use in a quesadilla, or add as an addition to the pizza (above.)

Baked Curry Sweet Potato Fries (From *Joy the Baker*)

- 1 plump sweet potato, peeled
- 1 T. olive oil
- 1 large egg white
- 1/2 t. curry powder
- 1/4 t. ground cumin
- 1/4 t. turmeric
- 1/4 t. crushed red pepper flakes
- 1/2 t. salt, or to taste
- Yogurt Sauce:
 - 1/3 c. Greek yogurt
 - 1/4 t. ground cumin
 - 1 t. olive oil
 - Salt to taste

Place rack in center of oven and preheat to 400F. Line baking sheet with parchment paper and set aside. Slice off top and bottom points of peeled sweet potato. With potato positioned north to south, use large knife to slice potato into 1/3-inch potato planks. Stack planks in two piles and slice, north to south, into 1/3-inch sticks (fries). Place potato sticks onto prepared baking sheet and toss with olive oil. Set aside. In medium bowl, whisk egg white until foamy and frothy. Add curry powder, cumin, turmeric, crushed red pepper flakes and whisk to incorporate. Pour egg white mixture over potato sticks and gently toss to coat. Place in oven and bake to desired doneness and crispiness, my fries took about 40 min. While fries bake, stir together yogurt, cumin, olive oil, and salt. Place in a small serving dish. Remove fries from oven and serve immediately with dipping sauce.

Viennese Beets with Horseradish and Sour Cream

- About 1 1/4 lbs. beets, scrubbed, but not peeled, root ends and 2 inches of tops left intact.
- 2 T. unsalted butter
- 2 T. prepared horseradish
- 1 t. salt
- 1/4 t. freshly ground black pepper
- 1/2 c. sour cream, at room temp.

Place beets in large, heavy saucepan, add enough cold water to cover and bring to boil over moderate heat. Adjust heat so water bubbles steadily, cover, and cook beets until firm-tender, about 30 min. Drain beets, cool until easy to handle, then remove tops and root ends, and slip off skins. Shred beets (either in food processor with shredder blade or with handheld/box grater). Put beets in medium-size saucepan, add butter, horseradish, salt, and pepper, and warm over moderate heat for 5 min. stirring now and then. Smooth in sour cream and warm 2-3 min. longer--don't allow to boil or the sour cream will curdle. Taste for salt and pepper, adjust as needed, then dish up and serve.

Winter Squash and Lentil Soup

1 T. unsalted butter	seeded, peeled, and cut into 1-inch chunks
1/2 c. finely chopped onion	1/2 to 1 t. dried thyme
1/2 c. finely chopped carrot	Salt and freshly ground pepper
1/2 c. finely chopped celery	1 oz. lean bacon (about 2 slices), cooked
5 c. vegetable or chicken broth	crisp, drained, and crumbled (optional)
2 c. red or green lentils	Plain whole milk yogurt (optional)
4 Acorn-squash-size winter squash, halved,	

In large stockpot, heat butter over medium heat. Add onion, carrot, and celery, and saute 7-8 min. Vegetables should be soft but not browned. Add them to stockpot w/ 4 c. broth and lentils. Bring to a boil, cover, lower heat, and simmer for 1 hr. Add squash and 1/2 t. dried thyme and simmer for 30-45 min., or until the squash and lentils are thoroughly cooked. Add remaining cup of broth if soup seems too thick. Season to taste with additional thyme, salt, and pepper. To serve, ladle into warm soup bowls and garnish with bacon and/or stir in a dollop of plain, whole milk yogurt.

Seared Watermelon Radish Crostini

Large Watermelon radish, trimmed, tailed, and quartered	3-4 T. olive oil
2 T. butter	Red pepper flakes
2 cloves garlic, minced	Salt and pepper
4 anchovy fillets, finely chopped (optional, but does add great flavor)	Thinly sliced bread, toasted
	Fresh chopped parsley, optional

Try to cut radishes into uniform sizes. Place 10-12 inch skillet over high heat; once hot, add 1 T. olive oil, a dash of salt, then radishes. Cook undisturbed, for about 3 min., until undersides are golden. Shake pan to toss, cook another minute and remove from heat. In a small skillet or saucepan, melt 2 T. butter. Once melted, add 4 finely chopped anchovies, 2 cloves minced garlic, pinch of red pepper, salt and pepper, and 1-2 T. olive oil. Once anchovies start to fall apart and garlic is getting nice and golden, remove sauce from heat. Drizzle this over radishes then spoon all onto thinly sliced, toasted bread, or spoon sauce on bread then add radishes. Sprinkle with chopped parsley if desired.

Roasted Turnip, Potato, and Apple Soup

Olive oil	2+ c. water
1-2 lb. turnips, peeled	1/4 c. apple cider
1-2 lb. potatoes	2-4 T. cider vinegar
2-4 T. butter	Fresh parsley and/or oregano
1 onion, peeled and minced	Salt & pepper
2 apples	Crumbled/grated strong cheese

Chop the turnips and potatoes into roughly equal 1/2" cubes. Toss with olive oil to coat thoroughly, spread on baking sheet, roast at 450 for at least 40 min., stirring every 20. Depending on how large/small your chopped squares are, it may take more or less time. You want the potatoes and turnips soft and just starting to brown. When you think you have 20 min. to go, start sauteing onions in melted butter. Stir regularly and let cook until very soft, 20 min. or more. In the meantime, finely chop the apples (peeling is optional and adds texture.) When roasted veggies are soft and onions nicely cooked, combine those into a blender and coarsely puree. You will likely need to add water to create enough liquid for blending to work; I suspect vegetable broth would work too. Keep it as thick as possible and thin at the end to desired consistency. Pour into soup pot; add apples, cider, vinegar, and herbs to taste. Simmer until apples are soft or if you want a smoother result, add the apples when you blend the veggies. Add salt & pepper to taste. Serve with a hearty topping of crumbled or grated strong cheese, which mixes in and melts to add a final flavor. Serves 4 to 6.