

# Pinehold Gardens *Field Notes*

Vol. 23 Week 14

October 11, 2017

## In This Box

- Leeks
- Green cabbage
- German Butterball & Peter Wilcox potatoes
- Toscano kale
- Sweet peppers
- Romano beans
- Spaghetti squash
- White or green cauliflower for some sites

## Next Week?

- Carrots
- Jester winter squash
- Onion
- Garlic
- Peppers, the end?
- Celery
- Kale
- Cauliflower for remaining sites

## A DAY IN THE LIFE

Once again we had a gorgeous harvest day as the rain held off, although yesterday was a little chilly. Thursday is our restaurant harvest day and the majority of these Thursdays, even during this dry summer, had at least a surprise shower or a cloudy damp start to the day.

Thirteen people, nine worker shares, two employees and David and I spend four hours on Tuesday mornings harvesting most everything that is packed and delivered the next day in your CSA box. I would say that it is some of the freshest produce around.

Our Tuesday evening three-person worker share crew arrives after their work day and weighs and bags what the morning crew has harvested.

On Wednesday morning, a two-person worker share crew along with myself packs everything into the boxes.

The majority of our worker shares have been with us since the last week of June and will be working through the first week of November. Our two employees will have been with us through thick and through thin having started in May and working until the last crops are harvested just before Thanksgiving. It takes a lot of pieces to the puzzle to make Pinehold

function and we are grateful for everyone's fine work, we enjoy their wide-ranging conversations, relish in watching the friendships develop and are so glad that we are in the midst of this great community of members and friends.

## FIELD NOTES

We had an ambitious goal of finishing harvesting our potato crop before the weather changed to a rainy pattern. David finished harvesting the last 400 feet today. David digs up the potato with a potato shovel mounted on the tractor but then every potato is picked up by hand, brushed off with our hands to remove the excess dirt and then placed in a crate. You cannot imagine how nice it is to harvest potatoes out of dry ground. We ended up with decent yield for a few varieties, quite surprising since they were planted late, went under water a few times and then had to survive and grow during the drought conditions of the last two months as that field was not irrigated.

The fall crops continue to produce fairly well, despite the dryness and the shorter length of the days, but beautiful fall weather. The cauliflower definitely could have used more rain in order to produce uniform and larger heads, but at least everyone will be receiving a cauliflower this year, unlike last year when black rot disease spread throughout our broccoli and cauliflower fields leaving most of it undeliverable.

## HONEY STILL AVAILABLE

We have enough honey remaining for those of you who would like an additional pint or half pint or for those who have not yet ordered.

## BOX NOTES

This is the last delivery of beans for the year. What started out as our worst bean year ever, ended up being one of our best. We pick the beans by hand at an average rate of 10 lbs/hour/bean picker so we needed 14 man hours to pick the beans for this week's box.

Leeks require a very long growing season.



For whatever this summer has meant to other field crops, it has been very kind to the spaghetti squash we grow. They sized up nicely and each plant must have average a half dozen squashes. .

They were started inside our greenhouse in March and transplanted into fields in June. Leeks will keep in the frig in a plastic bag for a few weeks. To clean, slice lengthwise and place under running water to clean the dirt from the inside of the leek.

Cabbage.....finally. The spring planted cabbage did not survive, but we have two more cabbages planned for the remainder of the year, a savoy and a red. Cabbage will keep in the frig in a plastic bag for many months.

There are two kinds of potatoes in your box. Both can be mashed, especially the yellow German Butterball. The purple Peter Wilcox is more of an all purpose potato.

## FALL HARVEST FESTIVAL & PUMPKIN UPICK

Because of this coming Sunday's prediction of rain we won't be having outside activities but do want all those who asked for pumpkins to come and pick them out. The pumpkin pick is from noon to 3 p.m. We will still provide apple cider and some chilli for those who may want to linger.

All of the pumpkins have not been spoken for so if your kids want a pumpkin please rsvp with "pumpkin" in the subject line along with how many pumpkins you are requesting.

Dress accordingly for the weather as we will not have a tent for this event. The food will be located inside our garage.

## The Many Faces of Cabbage



One wouldn't have to try too hard to find a cabbage recipe from Korea, Japan, France, Italy, Germany, Mexico, United States and Argentina

to name a few. It's a global food. It is boiled, sauteed, shredded and fermented, pickled, baked, braised and eaten raw. The cabbage itself can vary. Today's cabbage is a standard green cabbage with relatively smooth skins wrapped into a dense head. But we have already delivered Pac Choi which is an Asian cabbage and we will be delivering a savoy-type cabbage with crinkled leaves and looser head and a dense red cabbage. But all cabbages are calorie light and nutrient dense with respectable amounts of Vitamins A and C, calcium, potassium, and magnesium. The firm dense cabbages will store a long time in the refrigerator. The outside leaves may wilt or even turn brown but simply stripping those leaves off reveals a fresh looking cabbage. If you never have tried making sauerkraut, you should try. There are tons of simple recipes out there, but the idea is to layer cabbage with salt and press or pound the cabbage until a brine rises to cover the cabbage. The cabbage should begin fermenting in a few days.

## Braised Cabbage

from member and friend Pat Heim

1/4cup butter  
1 small cabbage, cut  
into six wedges

Melt butter and cook wedges on one side until brown — about 5 minutes. Then turn wedges to brown the other side — about 10 minutes — and the cabbage is tender. Sprinkle with salt.

## Roasted Cabbage with Lime and Sriracha

from *KalynsKitchen.com*  
sent by *Brianne Nillissen*

1 medium-sized head cabbage	1/2 tsp. Vege-Sal (or slightly smaller amount of regular salt)
2 Tbs. neutral-flavored oil (Author used Avocado Oil.)	2 tsp. sesame seeds (Author used black sesame seeds, but any type will work.)
2 or more Tbs. fresh squeezed lime juice	
2 tsp. Sriracha Sauce (more or less to taste)	

Preheat oven to 450F. Spray a baking sheet with non-stick spray or oil. Cut the cabbage into four same-size pieces and remove any outer leaves that are discolored or wilted. Leave the core in place, but trim out after cabbage is cooked. Carefully cut each piece in half to make 8 same-size wedges.

Place each piece of cabbage on the baking sheet. Whisk together the oil, lime juice, Sriracha Sauce, and Vege-Sal (or salt) to make the glazing mixture, then brush the mixture over the cabbage. Carefully turn each piece of cabbage over and brush the other side, reserving some liquid to brush again when you turn the cabbage after it's roasted on one side.

Roast in the center of the oven for 15-17 minutes, or until the edges of the cabbage are starting to get brown. Carefully turn the hot cabbage pieces, then brush again with the remaining lime-Sriracha-oil mixture.

Roast for 15-17 minutes more, or until the second side is starting to brown. Remove from oven, cut out the core and place on serving dish, and sprinkle with sesame seeds if using. Serve hot.

## Recipes by Rita

Friend and member Rita Collen has provided a slew of tested recipes for this week's box.

### Sweet and Sour Cabbage Soup

Adapted from Joan Nathan's  
*The Jewish Holiday Kitchen*

2 medium onions, diced	coarsely shredded
2 cloves garlic, finely minced	4 large carrots, peeled and cut into bite-size chunks
3 Tbs. olive oil, divided	1 to 2 Tbs. lemon juice, to taste
6 cups vegetable or beef stock	1/4 tsp. freshly ground black pepper
1 quart of diced tomatoes with juice	2 Tbs. packed brown sugar
1 cup tomato sauce	3 Tbs. golden raisins
3 Tbs. tomato paste	
2 pounds cabbage,	

In a Dutch oven, sauté the onion in 2 tablespoon olive oil until translucent. Add the garlic and sauté for an additional minute to release the oils but not brown it. Add the vegetable stock, tomatoes with juice, tomato juice, tomato sauce, tomato paste, shredded cabbage, carrots, 1 tablespoon lemon juice, black pepper, brown sugar, and golden raisins.

Bring to a boil and simmer, covered, for approximately three hours. (Cook until the mixture no longer has a distinct cabbage smell.) Taste, and adjust the sweetness or acidity as desired (add a little lemon juice if the soup is too sweet, or a little sugar if it is too acidic). Add salt and/or pepper to taste.



4 Tbs. olive oil  
1 large yellow onion,  
diced  
2 pounds Yukon Gold  
potatoes, peeled,  
cut into 1-inch  
pieces

8 cups chicken stock  
1/2 t. dried crushed  
red pepper  
4 garlic cloves,  
minced  
Small bunch mustard  
greens, stems  
trimmed, leaves  
coarsely chopped  
Bundle of Swiss chard,  
stems/ribs removed  
(or kale or spinach)  
Sour cream (optional)

### Potato Leek Soup

Adapted from *Allrecipes.com*

2 Tbs. butter or margarine	1 quart low-sodium vegetable or chicken stock
2 large leeks, white and pale parts only, chopped – well rinsed to remove sand and grit	1/2 cup half and half
4 russet potatoes, peeled and cut into small chunks (or well- scrubbed unpeeled potatoes)	1 tsp. Vegeta seasoning Salt and freshly ground black pepper, to taste Chopped fresh chives, for garnish

In a large saucepan over medium-high heat, melt the butter and sauté the leeks until tender, about 3 to 5 minutes. Add the potatoes and stock and cook until the vegetables are cooked through and begin to fall apart, about 20 minutes. Using an immersion blender (or blend carefully in a standard blender in small batches), blend until smooth and velvety but with some chunks remaining. Add the half and half and Vegeta and blend to combine. Season to taste with salt and/or black pepper. Top with chives to serve.

Heat 2 tablespoons of the olive oil in heavy soup pot over medium heat. Add onions and sauté until tender and golden, about 8 minutes. Add potatoes; sauté 3 minutes. Add the chicken stock and crushed red pepper. Bring to boil. Reduce heat. Simmer until potatoes are tender, about 20 minutes.

Meanwhile, heat the remaining 2 tablespoons of olive oil in another heavy large pot over medium heat. Add garlic; sauté until fragrant, about 1 minute. Add mustard greens and chard leaves; sauté until wilted, about 3 minutes.

Add the sautéed greens to potato mixture. Working in batches, purée soup in blender or food processor or use an immersion blender until smooth. (Can be prepared 1 day ahead. Cool. Cover and refrigerate.) Return soup to pot. Bring to simmer. Season soup to taste with salt and pepper.

If desired, add a small dollop of sour cream to each bowl.



## Spaghetti Squash

An odd duck among the winter squashes because it's not particularly sweet or nutty as winter squashes go. It's purpose in life is to provide an interesting substitute for pasta. The meat of this squash is stringy when

cooked properly and can be forked into state that very much resembles pasta. To achieve this state, cut open the squash, remove the seeds and place cut end up in the oven and bake. **Store fresh spaghetti squash** in a cool location where it won't freeze. Check periodically for spots that might form that may precede rotting. **Prepare spaghetti squash** by cutting it in half, removing the seeds and bake.

### Cheesy Spaghetti Squash Cassrole

Adapted from a recipe by Megan Gilmore at [detoxinista.com](http://detoxinista.com).

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| 1 medium spaghetti squash  | 1-1/2 cups shredded cheddar cheese, divided                                       |
| 1 Tbs. butter  | 1/2 tsp. salt, or to taste (We use a low-sodium seasoned salt with good results.) |
| 1/2 yellow onion , chopped   | Freshly ground black pepper, to taste   |
| 1 garlic clove , minced  | Paprika (to sprinkle over top)  |
| 1 heaping Tbs. chopped Hatch green chile, jalapeno, or Hungarian pepper (or more if you like heat) |   |
| 1 cup plain yogurt (or substitute sour cream)  |   |

Preheat the oven to 400 F and line a baking sheet with a Silpat or parchment paper. Cut the spaghetti squash in half, and scrape out the seeds. Place the squash halves cut-side-down on the baking sheet, and bake until a fork can easily pierce the outer shell. Allow the squash to become cool enough to handle and then use a fork to shred the squash into a colander placed over a medium-sized mixing bowl. Allow the excess liquid to drain from the squash. (You can do this step ahead of time if you wish.)

While the squash drains, melt the butter in a skillet over medium-high heat and sauté the chopped onion, garlic, and peppers until tender and slightly golden, about 5 minutes. Transfer the mixture to a large mixing bowl, and combine with the yogurt and 1 cup shredded cheddar cheese. Season with salt and pepper. Mix well. Transfer the mixture to a casserole dish, and smooth the top with a spatula. Sprinkle the remaining 1/2 cup cheddar cheese evenly over the top and dust with paprika. Bake at 350F for 30 minutes or until the top is a light golden brown.

### Spaghetti Squash Breakfast Bakes

From friend and member Rita Collen

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| 1 medium to large spaghetti squash (baked until tender and with the squash shredded with a fork to remove it from the shell, about 4 cups, packed) | 1 Tbs. chopped green chiles (or jalapeno, Hungarian pepper, etc.), optional                                |
| 1 small onion, finely chopped  | 1 lb. ground breakfast sausage   |
| 1/2 to 1 red or green bell or Carmen pepper, finely chopped  | 1 cup shredded cheese of your choice (I used Cheddar because that's what I had; next time I'll try Swiss.) |
| 1/2 cup chopped mushrooms  | 1/4 to 1/2 tsp. salt, or more to taste   |
|  | Black pepper, to taste   |

Preheat the oven to 375F. In a medium skillet, sauté the onion, bell pepper, mushrooms, and green chile. When the onion is translucent, add the sausage. Crumble it and brown until well cooked.

Meanwhile, lightly whisk the eggs and combine them with the spaghetti squash strands and shredded cheese. Add seasonings to taste and mix well. When the sausage is cooked, add the sausage mixture to the squash and mix until well combined.

Scoop the mixture into greased ramekins (I used four small custard cups and four larger custard cups). (If tomatoes were still available I would also top each with a slice of tomato for added color and flavor.) Place the ramekins into a shallow baking pan and carefully pour water into the pan around the ramekins to a depth of 1/2 inch to create a water bath. Bake at 375F for 30-40 minutes for smaller ramekins or 40-50 minutes for larger ones, or until a knife inserted into the center comes out clean.