

Pinehold Gardens *Field Notes*

Vol. 22 Week 15

October 12, 2016

In This Box

- Lewis green beans
- German Butterball potatoes
- Toscano kale
- Glacier Pac Choi
- Assorted broccoli
- Trekkar onion
- Carmen sweet pepper
- Green meat radish
- Cauliflower for five sites

Next Week?

- Potatoes
- Kale
- Parsley
- Butternut squash
- Sweet potatoes
- Carrots
- Kohlrabi
- Onions & garlic
- Broccoli &/or cauliflower
- Savoy cabbage?

A DAY IN THE LIFE

We get very attached to all of our animals including our honey bees and do our best to take care of them. Because of the warm weather the honey bees are still very active but there is very little for them to forage as most flowering plants are no longer available. This would include vegetable blossoms, clover, summer flowers, alfalfa, tree blossoms, weeds. What happens is that the bees start looking for food and start robbing other hives of honey. Last year our strong hive killed our weak hive. This year a neighbor's hive is robbing one of our hives. Yesterday David tried to limit their access by reducing the entrance and covered the hive with a sheet to confuse the robbers. The guard bees are trying to defend the hive, dying in the process, by stinging the invaders but they seem to be loosing the battle. Last night David closed off the entrance completely and will have to come up with a new strategy to help them out.

FIELD NOTES

The weather is seriously messed up, off by at least two weeks by our memory. By now we would have had a killing frost and the trees would be at peak. We have now beaten the record of consecutive days with temperatures above 60 degrees by six days. The streak started on May 19 and has continued for 146 days.

We aren't complaining that we had gorgeous weather yesterday for our CSA pick day. Nor are we complaining that last Saturday morning's wide spread frost was brief and only nipped the leaves of the bean and pepper plants.

But these warm days are affecting other things in an unexpected way. The bees are the most noticeable example. We did some research on the black rot on our broccoli and found out that it is bacterial soft rot that is brought on by warm, wet weather. Other funguses and diseases have already affected the chard and beet greens and remaining paste tomatoes leaving them unharvestable. Our basement, which is our primary storage area for onions and winter squash, is not anywhere near reaching appropriate storage temperatures. Not to mention the swarms of mosquitoes at dusk.

The warm weather and sun has made a noticeable positive difference though in the growth of the beans, cabbage and cauliflower.

BOX NOTES

When life gives you lemons you make lemonade. Or when you farm and you look at the fall field that was planted on July 15 at the beginning of the drought and hot summer, you plant other things as a backup plan knowing that you have limited growing days and sunlight hours ahead. Some things didn't work such as summer squash which only provided a two week long meager harvest, but some things did.

The green beans did exceptionally well and they are tasty. It is a new variety for us and I am glad that I trusted the catalog copy which said that it performs well in fall and decided to give it a try.

Pac choi also did well with a mini light green variety in your box two weeks ago and now this medium size more traditional look-



Marcia Carmichael, head gardener at Old World Wisconsin is a friend and deep well of information on historic plants and foods in 19th century Wisconsin. Shown here last weekend in her "working clothes" at the Sanford House at Old World, Marcia introduces visitors to pleasures and challenges of historic gardens. One learn a lot about our social and culinary culture of this time by going to OWW. By becoming a History Lover member of the Wisconsin Historic Society, the entire family can visit this and all the historic sites of Wisconsin for free.

ing one. Rehydrate it in cold water and store it in a plastic bag in the frig and it should last for well over a week. When cooking, cook the thicker stems first before the leaves.

As something different to add to your stir fry or sauteed vegetable dish there is a green radish in your box.

The cauliflower is maturing erratically. Eventually everyone will receive one.

The German Butterball potato is a late season variety full of buttery flavor and is best baked or mashed. These potatoes came from Simons Gardens, the same farmers who provided us with sweet corn. We did grow Butterballs this year, but our 100 pounds of seed potatoes only yielded less than 100 pounds of golf ball sized potatoes. Very disappointing but a couple of restaurants will be able to put them to good use this winter.

Fresh Beans

We're not exactly sure what causes a season to produce a bounty of fresh beans but whatever it is, this season has it in spades. It seems we only have to put the seed in the ground and the beans produce harvest after harvest of beans. Maybe



because it does so well in our climate this transient species from Central America has been ubiquitous in our culture as well as European food culture. With less protein than its dry cousin, beans still have respectable amounts of vitamins A, B1 and B2, as well as calcium and potassium. **Freezing:** Simply blanch the beans for a few minutes in boiling water, cool in ice water and then let dry and freeze on a cookie sheet. When frozen, place in freezer bags. **Store:** In a plastic bag in the refrigerator for a week or so. **Uses:** As a side with lemon and slivered almonds, in a Nicoise salad or any hearty soup or stew.

Chicken Broccoli Chowder

From Member Mary Kay Hall

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| 2 cups carrot slices | 1 large head of broccoli |
| 2 cups water | 1/2 onion diced |
| 1 1/2 cup chopped cooked chicken | 1 tsp. salt |
| 1 10 3/4 oz. can of chicken broth or 1 1/2 cups of chicken stock | 1/2 cup ground oat meal cereal |
| | 2 cups milk |
| | 1 1/2 cups Swiss cheese |

Combine carrot, water, chicken broth, broccoli, onion and salt in a sauce pan or Dutch oven. Bring to a boil, then reduce the heat. Simmer about 10 minutes. Bring back to boil and slowly add the ground oats, stirring constantly. Reduce heat. Stir in milk and simmer for about 10 minutes. Remove from the heat and stir in the cheese. Let stand for about 5 minutes before serving. About 4 servings.

Roasting Vegetables: 'Tis the season for roasting vegetables. From tomatoes and peppers to broccoli and cauliflower, almost any vegetable, even beans and cabbage, can benefit from the combination of olive oil, salt and temperature of 375 degrees or greater. Simply layer them on cookie sheet or roasting pan or in a casserole dish and let them caramelize a bit. Use them as is or in salads.

Broccoli Cheese Soup

From Member Rita Collen

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|----------------------|-----------------------------|
| 1/4 cup butter | 4 cups chicken stock |
| 1/2 onion, chopped | 1 to 1 1/2 lbs. broccoli |
| 1 cup diced carrots | 1/4 tsp. nutmeg |
| 1/4 cup flour | 8 oz. grated cheddar cheese |
| 2 cups half and half | |

Saute onions and carrots in butter until onions are translucent. Add flour and stir to make a roux. Cook until bubbly and all the mixture to cook for 1 more minute, stirring constantly. Add chicken stock and stir until incorporated. Add the broccoli and simmer uncovered for 20 minutes or until broccoli is tender. Add the half and half and nutmeg, and simmer uncovered for about 10 minutes. Do not allow to boil.

Puree soup to desired consistency. If a chunky soup is wanted remove some of the broccoli and carrots before blending. Add cheese and stir until melted. Season to taste.



Kale Salad with Pine Nuts and Currants

From Member Nancy Yuenkel
from *Bon Appetit*

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| 2 Tbs. dried currants | Tuscano kale, rib |
| 7 Tbs. white balsamic vinegar | removed and leaves thinly sliced |
| 1 Tbs. rice vinegar | 2 Tbs. pine nuts, lightly toasted |
| 1 Tbs. honey | Parmesan cheese |
| 1 Tbs. olive oil | |
| 1 tsp. salt | |

Cashew Curry

From *101Cookbooks* blog

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| 1 cup coconut milk | 1 cup green beans, cut into 1-inch segments |
| 1 - 2 Tbs. curry powder* | 1 1/2 cups cauliflower |
| 1/2 tsp. salt | 1/3 cup cashews, toasted |
| 1/2 large red onion, chopped | Cilantro, loosely chopped |
| 1 garlic clove, chopped | |
| 1/3 cup water | |
| 4 oz. firm tofu, cut into small cubes (optional) | |

Bring half of the coconut milk to a simmer in a large skillet or pot over medium-high heat. Whisk in the curry powder and salt, working out any clumps. Stir in the chopped red onion and garlic. Cook for a minute and then stir in the remaining coconut milk and water and tofu if using. Cook for a couple of minutes and then add the green beans and cauliflower. Simmer until the vegetables are tender. Remove from the heat and stir in the cashews. Adjust seasoning and serve with the cilantro.

* Making your own curry powder:

In dry skillet over medium heat toast 4 dried chiles, 1 tablespoon of coriander seeds, 1 tablespoon cumin seeds, 1 tablespoon fennel seeds, 1/2 teaspoon cardamom seeds and 1/2 teaspoon whole cloves. Toast until spices are fragrant — about one minute. Grind chiles and remove and then spices, and combine all with 1 tablespoon of turmeric and 1/2 teaspoon of cinnamon. Makes about 1/3 cup.

Place currants in small bowl with 5 tablespoons of the white balsamic vinegar. Let soak overnight, then drain currants. Whisk remaining 2 tablespoons white balsamic vinegar, rice vinegar, honey, oil and salt in a large bowl. Add kale, currants and pine nuts, toss to coat. Let sit for 20 minutes or so at room temperature, tossing occasionally. Season to taste with salt and pepper. Serve with shavings of Parmesan cheese.

