

Pinehold Gardens *Field Notes*

Vol. 21 Week 15

October 14, 2015

In This Box

- Celery
- Merlin red beets with greens
- Russian kale
- Red onion
- Carmen and bell sweet peppers
- Honey Bear acorn squash
- Jester sweet dumpling squash
- Small Wonder spaghetti squash
- Austrian Crescent & French fingerling potatoes

Next Week?

- Curly kale
- Purple Top turnips
- Green cabbage
- Butternut squash
- Onions and garlic
- Collard greens
- Carrots
- Brussels sprouts?

A DAY IN THE LIFE

It is crunch week. With a freeze expected Friday night we are in the middle of a difficult week with lots of work still to do. Thankfully many of our worker shares along with our two employees will be helping out on Thursday. We will be harvesting, moving the remaining winter squash into our spring transplant house where we can turn on the heat mats and rolling out row cover over the beets and chard and a few other sensitive items.

This weekend we start planting garlic.

FIELD NOTES

There is a forecast of patchy frost for Friday night with an overnight low of 33 degrees. That forecast is for the greater Milwaukee area where the concrete of the sidewalks and roads hold some heat. At Pinehold we are usually 3 to 5 degrees below the official temperature that is recorded at Mitchell Field and our low lying fields can be five degrees below that. Bottom line, we will get a freeze not a frost. We were talking today if we have ever had a freeze without some light frosts during the previous weeks and we decided that we have not. One of our workers asked today the difference between a freeze and a frost. While you can have a frost when the air

temperature is above 32 degrees, a freeze drops the temperature below 32. Many things can survive a frost, but most things will be damaged or not survive a freeze. Surprisingly once a freeze kills sweet potato vines the potatoes have to be harvested immediately. Things that will be just fine include carrots, rutabagas, cabbages, kale, collards, celery root, leeks, beets (except for the greens), romanesco that is covered by its leaves, and of course Brussels sprouts that need that frost to sweeten up.

BOX NOTES

People often ask how long a potato will store. If kept in a cool, dark environment the potato varieties we include in our fall boxes will last until March. The red potatoes, the Red Norland variety, that were in the summer boxes will start to sprout earlier, maybe in January. And potatoes don't spoil, they just get soft and start to sprout.

CSA Deliveries

We have three deliveries left: next week, Oct. 21, Nov. 4 and Nov. 18

The best way to keep them is in a paper bag in the coolest part of your basement.

Remember that both those 79 cent red peppers as well as the expensive rainbow colored ones, unless they are organically grown, are on the list of the most toxic twelve vegetables and fruits for pesticide residue. So here is a reminder to freeze those peppers in today's box for your winter chilis and soups. No blanching is necessary. Just chop and freeze in freezer bags.

There are three winter squashes in your box. Store them out in the open. A kitchen counter is perfect. The smooth yellow one is the spaghetti, the same as you received a few weeks ago. It will store for at least a month. The striped one is the Jester and the green one the acorn. The Jester should be eaten soon as it will only store for a couple of weeks. The classic, simple way to prepare the Jester or acorn is to cut them in half



Autumn's bounty, colorful and delicious.

lengthwise, scoop out the seeds, place upside down in a baking dish with or without water, and bake at 350 degrees until soft.

The celery grew rather large. The inner stalks are better for eating. The outer stalks should be frozen for use in your winter soups. Online sources say that if you chop and freeze celery without blanching it should be used in a couple of months. Blanching, which is immersing the chopped pieces in boiling water for 3 minutes and then chilling the pieces in ice water, extends the storage to a year. It is best to freeze the pieces on a sheet first to avoid clumping. Do not thaw before adding it to your dish.

The French fingerling potato is the rose colored one. It has a more waxy texture and will hold together in soups and stews. It is also good for potato salads. The Austrian crescent has a drier texture and will fall apart if boiled or added to a soup. Both are great roasted. Also we hope that you keep the skins on the potatoes, for fiber and nutrition's sake.

It has been an OK, but not great kale year. Most of the varieties that most CSA farmers have been growing for years were not available this year because of disease in the seed stock. In today's box is White Russian and a curlier version of Red Russian, which I actually like better. Great for eggs dishes, soups, kale chips and sauteeing as a side dish.

Stay warm this cold weekend and we hope you enjoy this box of soup, stew and baked in the oven goodies.

Roasted and Marinate Red Peppers

from Pinehold Member Jenny Lee-Adrian

8 red peppers
 4 Tbsp. red wine vinegar
 4 Tsp. extra virgin olive oil
 ½ teaspoon salt
 ½ teaspoon ground black pepper



Preheat oven to 400 degrees F. Cover sheet tray with tin foil. Wash and dry red peppers and place on sheet tray. Roast for 45 minutes, turning peppers half-way through. Place peppers in a bowl or

container and cover them for about 2-5 minutes. Peel skin and discard. Save roasted red pepper juice by straining juice from seeds and stems. Discard stems and seeds. Whisk together vinegar, oil, salt and pepper and pour over peppers.



Celery: This key staple to nearly any stock, soup and stew was once considered an expensive and rare vegetable. We never thought we would be able to grow good celery since most comes from California but as it turns out we are glad we tried and hope you are too. **Storing:** It will keep weeks in a plastic bag. But it also can be frozen for longer term storage. Simply chop up the stems and place in sealed freezer bags.

Preparation: Pull stems off, trim bottoms and wash. Chop, dice or mince. **Cooking Methods:** Of course it can be eaten raw (chewing celery may burn more calories than it provides), but is most often used in mirepoix, 2 parts onion, one part carrot and one part celery, as a flavor base for soups, stews, stocks and sauces.

Potato Kale Soup

by Member Margaret

Kozlowski from *Asparagus to Zucchini*

4 Tbsp. olive oil
 2 medium onions chopped or leeks
 4 large cloves of garlic
 ½ Tbsp. red chile flakes or to taste
 1 ¼ tsp. salt
 6 medium potatoes, peeled and diced into ¾ inch cubes
 3 cups coarsely chopped kale
 Black pepper



Heat oil in soup pot; add onions (leek), garlic, chile flakes, and salt, and sauté until onions are translucent.

Add potatoes and enough water to cover by 45 inches. Bring to boil and cook, covered until potatoes are about half done. Add kale and cook uncovered until potatoes are tender, 20-25 minutes. Puree soup in blender or food processor. Season with pepper to taste. Make 6-8 serving.

Massaged Kale Salad

by Member Margaret Kush

1 bunch of kale
 ¼ tsp. kosher or sea salt
 ¼ cup finely diced red onion
 ½ cup dried cranberries/craisins
 ¼ cup diced apple
 ½ cup toasted (unsalted) sunflower seeds
 ¼ cup olive oil
 2 T red wine vinegar
 1½ – 2 tsp. sugar
 ½ cup crumbled feta cheese

Wash kale and pat dry. Cut off stiff stems. Slice kale into thin ribbons. Place kale in large mixing bowl. Add salt and massage it into the kale with hands until it turns darker green and softens a bit (about 2 minutes.) Toss in red onion, craisins, apple, & sunflower seeds.

In small bowl, whisk together oil, vinegar and sugar. Pour over salad and toss. Top with feta cheese and serve or refrigerate for a few hours. If any leftovers (and that's a big IF), it can be refrigerated for a day. ENJOY!

Autumn Minestrone

from Member Rita Collen and the Moosewood Restaurant Daily Special cookbook

2 Tbsp. olive oil	½ tsp. salt (I use less, so this seems like plenty)
1 cup chopped onions	About ¼ tsp. ground black pepper (or more to taste)
2 garlic cloves, minced or pressed	6 cups water or stock (vegetable or chicken)
2½ cups peeled and cubed winter squash	4 cups chopped kale
2 stalks celery, diced	15-ounce can cannellini beans, rinsed and drained (or 3 cups home-cooked beans)
1 cup peeled and diced carrots	
2½ cups cubed potatoes	
1 tsp. dried oregano	

Heat the oil in a soup pot until it shimmers. Add the onions and sauté for 5 minutes or until soft and translucent. Add the garlic and stir continuously for 2 minutes. Add the squash, celery, carrots, potatoes, oregano, salt, pepper, and water (or stock) and cook for 15 minutes or until the potatoes and squash are almost fork-tender. Add the kale and the beans and simmer for an additional 5 to 7 minutes, until the kale is tender and wilted and the beans are warmed through.

Storage Tips: There a lot of items in these next boxes that can be stored a long time:

Potatoes — cold, dark, dry place. Not the refrigerator

Celery — sealed bag in frig or frozen

Peppers — chop, spread on a baking sheet and freeze. Store in freezer bags

Squash — cool, dry place. Basements tend to be a good place. Can be kept weeks to months depending on the variety

Onions — cool, dark, humid place. Near an outside wall in the basement for example

Kale — chopped and frozen in cups or ice cube trays for soups and stews

Beets — use or remove the greens and store in the refrigerator in a bag. Will store weeks, even months.

Red Pepper Bisque

from Member Rita Collen

3 large red bell peppers or Carmen peppers	¼-inch thick slices
1 Tbsp. olive oil	1 large stalk celery, thinly sliced
1 large onion, diced	6 cups low-sodium chicken or vegetable broth or stock
2 large potatoes (about 1 pound total), peeled and diced	Salt and pepper to taste
2 large carrots (about ½ pound total), cut into	Optional: roasted and peeled chile for a little heat



Halve the peppers and place them on a baking pan lined with foil. Broil the peppers 4 inches below the heat, turning as needed until the peppers are charred on all sides (about 15 to 20 minutes). Fold the

foil over the peppers and seal the edges tightly (or place the peppers in a brown paper bag with the top closed tightly) and set them aside for 30 minutes. This will allow the peppers to steam and for the skins to loosen. Remove and discard the stems and seeds and rinse the peppers while gently pulling the charred skins away from the flesh. Coarsely chop the peppers and set aside.

While the peppers steam, heat the oil in a 4 or 5-quart pot over medium heat until the oil shimmers. Add the onion and cook, stirring occasionally until the onions are soft, about 5 minutes. Add the peppers, potatoes, carrots, celery, and broth/stock. Bring to a boil; reduce the heat and simmer gently until the carrots are very soft, about 20 to 25 minutes.

Transfer the mixture to a food processor or blender, about a third at a time, and puree until smooth. Return all of the puree to the pot and warm over medium heat until heated through. Season to taste with salt and black pepper.

Turkey Bolognese Stuffed Spaghetti Squash

from Member Marisa Arneson



This was a recipe I happened upon on accident and I'm so glad I did. It was easily the best meal I've made in the last few weeks. My husband and I loved it and while my daughter wouldn't dare eat a cooked vegetable (the horror!!!) she did try some and tell me it wasn't terrible, but my son LOVED it. He uses baby sign language to try and bridge some of the communication boundaries we have and signed "more" around a dozen times once his was all gone. I figured I would pass it on since it was such a big hit in our house.

For the Spaghetti Squash:

2 spaghetti squash, halved, and roasted
Olive oil
Salt and pepper
Dry mozzarella cheese, thinly sliced

4 cloves garlic, minced
1 tsp. fresh rosemary, finely chopped
2 tsp. dried oregano
2 tsp. paprika
¼ tsp. cayenne pepper (or to taste)
½ tsp. kosher salt, or to taste
1 lb. ground turkey meat
1 28-ounce can crushed tomatoes
2 Tbsp. fresh basil, chopped

For the Turkey Bolognese:

2 Tbsp. olive oil
½ large yellow onion, finely chopped

Preheat the oven to 375 degrees F. Chop the tip and tail off of the spaghetti squash and scoop out the seeds using a spoon. Drizzle oil over each half, and use your hands to spread it around, making sure all of the flesh is covered. Sprinkle salt and pepper on the spaghetti squash and place them face-down on a non-stick baking sheet. Roast for 35 to 40 minutes, until juices are seeping out and flesh is soft. Turn the squash face-up and set them aside.

Prepare the Turkey Bolognese:

In a large saute pan or pot, heat the olive oil over medium and add the chopped onion. Saute, stirring frequently, until onion is very fragrant and has softened, about 8 minutes.

Add the garlic, rosemary, oregano, paprika, cayenne, salt, and turkey meat. Continue cooking just until the turkey meat has browned slightly, but do not cook it all the way through.

Add the crushed tomatoes and bring sauce to a gentle boil.

Reduce to a simmer, cover the pan, and cook 10 minutes.

Remove the cover and cook an additional 20 minutes, stirring occasionally.

Add the fresh chopped basil and stir well.

Taste the sauce for flavor – if desired, add more salt, or additional herbs/spices.

Prepare the Stuffed Spaghetti Squash:

Put your oven on the high broil setting.

Keeping the spaghetti squash halves face-up on a baking sheet, scoop desired amount of turkey bolognese into each half.

Cover with several slices of dry (or fresh) mozzarella cheese.

Place spaghetti squash on the center rack in the oven and broil until cheese has melted and begins to crisp up, about 3 to 5 minutes.

Serve stuffed spaghetti squash fresh out of