

Pinehold Gardens *Field Notes*

Vol. 20 No. 17, Week 15

October 15, 2014

In This Box

- Green cabbage
- Celery
- Rouxai oakleaf head lettuce
- Bell peppers
- Romanesco or broccoli
- Romance carrots
- Winterbor kale
- Ailsa Craig onion

Next Week?

- Jester winter squash
- Carmen peppers
- Tatsoi
- Red scallions
- Romanesco or broccoli
- Kale
- Radish
- Onion and garlic

A DAY IN THE LIFE

A birthday tradition of mine has been to visit Old World Wisconsin. It seems odd, a farmer taking a day off to go to a historical site that is full of farms, but besides being able to relax in a beautiful location, each time we go we learn something new about life in the 19th Century and also about life now. This time it was questions on metallurgy that were answered by the blacksmith and from the interpreter at the Danish farm we learned how different sheep produce different wool and why that is important to weavers and wearers of wool. We also had a chance to talk to other visitors and discuss how to clean the best cooking utensil ever invented, the cast iron skillet, and tell others that yes, pigs eat grass. Visitors was shocked to see me feed pigs grass so I tried my best to explain that pigs and hogs are grazers and rooters and tree nut eaters and vegetable eaters.

We would encourage everyone to consider giving the gift of a History Lovers Membership to the Historical Society this holiday season. A \$100 membership entitles two adults and all accompanying children to free admission to the 12 historical sites and museums for a full year. Information about joining can be found at www.history.org, by clicking on the membership link in the upper right hand corner of the page.

FIELD NOTES

Friday night we were hit with a widespread killing frost with freezing temperatures in some

IMPORTANT DELIVERY SCHEDULE CHANGE

We have three more weeks remaining in our 18-week CSA season. After next week we will skip a week and then go every other week for the two remaining deliveries. The last delivery dates are Oct. 22, Nov. 5 and Nov. 19. Going every other week after the next delivery will give us time to harvest the remaining potatoes and root crops and it will also give the fall carrots and Brussels sprouts a chance to fully mature.

areas. We know it was a freeze as the water in the chicken waterers was frozen. Gone are the zinnias, tomatillos, peppers and beans including a beautiful bed of flowering bean plants that we planted when the first planting of that delicious variety of bean, Jade, rotted. It never hurts to try.

Unfortunately these days of rain have set back our garlic planting and root-crop harvest. Let's hope it stays warmish and sunny for a couple of weeks.

BOX NOTES

It was another wet, muddy harvest Tuesday, but once again our workershare crew were troopers and washed everything so we could leave the Pinehold soil at Pinehold and give you produce as clean as possible.

Lettuce: The red oakleaf head lettuce is a variety that I learned about at one of the winter workshops I went to. It was supposed to be frost tolerant and it sailed right through the freeze without a problem. Sigh, the last lettuce salad of what we feel has been a successful lettuce year.

Cabbage: Kept in a plastic bag in the refrigerator cabbage will keep for a couple of months.

Peppers: Remember peppers can be frozen without blanching. Just cut in half and remove the stem and seeds and freeze as halves or chop and place in zip locs.

Celery: Celery can also be frozen. Although blanching first is recommended, I just chop it up and freeze it as it is especially tasty in stocks and soups.

Onion: The Alisa Craig onion is the sweet Spanish type of onion that we delivered early on in the season with the green tops. It is sweeter than the cooking onion delivered last week and can be eaten raw.

Romanesco: The romanesco is maturing at different rates so only some of the sites will receive it this week. It is one of the best tasting fall vegetables, with a sweet nutty cauliflowerish taste. It can be steamed, but it is best roasted.



NEITHER RAIN NOR SLEET NOR SNOW also doesn't keep Pinehold workershares, such as Cobie Howard, from bringing in the weeks harvest.

HONEY IS SOLD OUT

We are sold out of honey. It sold out the day after we sent out the newsletter and we had to limit everyone to one pint. If you ordered honey you should have received an email from us on Monday. The honey will be at your dropsite today. If you pick up at the farm there will be a cash box where you can leave your money. For those at dropsites, please mail a check to us.

For the record, the bees produced probably twice as much as we sold, but that extra honey stays on the hives for their winter food. We do not and will not feed the bees sugar water or high fructose corn syrup water in lieu of honey as is the practice for most beekeepers. This year we only had one strong hive out of the three and only removed honey from that hive. Next year, if we have three strong hives and an earlier spring, we should have much more honey.

Cabbage

Fermentation is quite the trend right now, but actually fermented cabbage as kraut or



kimchi, for instance, has been a way to preserve this nutritious vegetable for centuries. Grown and eaten around the world, cabbage may be the most common vegetable in the family it shares with broccoli and cauliflower. It is very low in calories but holds a significant quantity of vitamins and

minerals. Harvested in the U.S. in spring or fall, we prefer fall cabbage for flavor. Like so many crops, the cooler days seem to sweeten them.

Store: Cabbage will store a long time. A loose plastic bag will help retain moisture but it is not necessary. Keep as many outside leaves on as possible. **Preparation:** Wash, half or quarter to roast or steam or chop for sauteing or boiling or fermenting and shred for kraut or sautéing. **Use:** Ferment it for kraut or with other vegetable for kimchi (See Sandor Katz's book on fermentation), soups, side dish or with eggs.

Cabbage Kimchi

from Sandor Katz, author, *Wild Fermentation*

Fermenting any vegetable is an important way to not only preserve the nutrition of them but also a way of adding healthy microbiota to our systems and flavor to our plates. The process can be as simple as kraut making which involved shredding cabbage and pressing it in a jar with salt and if necessary a brine to letting it sit for weeks covered. Or a slightly more complicated and complex flavored recipe is for kimchi. The amounts of the vegetables varies according to your tastes.

1/2 cabbage, sliced and chopped	Garlic, chopped
Radishes, sliced	Onion, chopped
Carrots, sliced	Hot peppers
	Grated ginger

Mix a brine of a cup of water to a tablespoon of salt — as much as you think you might need — until salt is dissolved. Four cups is a good amount. Place the cabbage, carrots and radishes in a quart jar and pour as much brine as needed in. Cover let sit overnight. Drain but save the brine from the vegetables and taste for veggies for saltiness. Combine veggies with garlic, onion, pepper and ginger mix and pack tightly into the quart jar, pressing until brine covers everything. If necessary add some of the saved brine. Weigh the vegetables down so they stay covered in brine and place on kitchen counter. After about a week, the kimchi should have fermented, then refrigerate.

Braised Cabbage and Sausage

from Mark Bittman, author, *How To Cook Everything*

1 lb kielbassa	cabbage
sausage or any spicy sausage, sliced	Salt and pepper to taste
3 tbslp butter or olive oil	1 bottle of your favorite beer
2 lbs. shredded	

Brown sausage slices in butter or oil. Add the cabbage and beer. Season with salt and pepper and cook until cabbage is tender, about 30 minutes.

Variations: Substitute 1 large onion for the sausage and cook onion sliced until nicely caramelized, then add tomato paste. 1/2 cup of water and cayenne pepper. Cook until tender. Or omit the onion, tomato paste and cayenne. Brown cabbage in butter or oil and add 1/2 cup or so of white wine, 1 teaspoon of brown sugar and 1/4 teaspoon of nutmeg. Cook to blend flavors and reduce the white — about 15 minutes.

Roasting Vegetables: Roasting is a great way to cook vegetables. Romanesco and broccoli in particular lend themselves to this method. But so does kale. Cut from stem and tear into pieces. Place kale in a bowl or plastic bag with oil and salt to coat it, then spread it out on a sheet to bake at 300 to 350 degrees until crispy. Sprinkle with Parmesan. These kale chips are a great treat for young and old.