

Pinehold Gardens *Field Notes*

Vol. 22 Week 16

October 19, 2016

In This Box

- Beauregard sweet potatoes
- Shin Kuroda & Yellow Sun carrots
- Savoy cabbage
- Igl Farms russet potatoes
- Olympic Red & Nash's green kale
- Parsley
- Small wonder spaghetti squash
- HOT peppers: pablano & jalapeno
- Delicacy White kohlrabi
- Garlic & Trekkar onion
- Cauliflower for the rest of the sites

Next Delivery Nov. 2

- Potatoes
- Butternut squash
- Leeks
- Green cabbage
- Kale
- Onions
- Cauliflower or romanesco
- Turnips

A DAY IN THE LIFE

We are bushed. Webster's definition of bushed is lost, especially in the bush, which is partially true as we are harvesting some crops that appear to be lost in weeds. It also means perplexed, confused, tired, exhausted. That's definitely us. While the daylight hours are shorter we are still working 12-hour days harvesting by daylight and washing and trimming and packing by work lights. At least the weather has been on our side this week and we can work without layers of clothes on and wash vegetables without scuba diving insulated waterproof gloves on. Today we harvested all of our fall turnips. Next week when we take a BREAK and a WEEK OFF from CSA deliveries we should be able to work on harvesting beets and storage cabbages for our winter sales.

In between we have welcomed for the fifth year the North Shore Country Day School from Winnetka, Ill., for a education/work day and David will be giving a talk on growing garlic at the Howard Avenue Montessori school. Both of these connections are through former worker share members and friends Dave and

Jennifer Kubacki. We are also starting the process of getting out and about in the community to talk about CSAs and Pinehold Gardens. If your workplace, day care, school, or garden club would like to learn about CSAs, please contact us and either us or someone from the Urban Ecology Center, would be glad to come and give a presentation.

FIELD NOTES

A hard widespread frost hit the field last Friday morning, within a few days of last year's hard freeze. A frost kills sensitive things like zinnias, basil, beans, peppers, summer squash and tomatoes, basically the summer crops, but does not affect kale, cabbage, broccoli, root crops and even some lettuce varieties. So combined with the lack of a hard freeze and plenty



Last week's bean so fresh and green then have been reduced to brown beans by the first general frost of the season.

of rain, our fall field is finally catching up to where it should have been weeks ago.

BOX NOTES

Finally, we did it. We grew, harvested, cured and are delivering beautiful sweet potatoes. Sweet potatoes are a southern crop and loved this hot summer. Once they get established, rain or no rain, they take off.

The only peppers in the box are hot peppers. The poblano is one of the mildest of the hot pepper family while the Jalapeno is rather hot. We have included a recipe using the poblanos that our worker share Pat Heim told us even her husband, who does not like spicy things, liked.

The craters and holes in the skin of the kohlrabi is slug damage from when the plants were very small. Just peel off the skin and cut away the fibrous bottom and enjoy it's mild taste raw as a snack, grated into a slaw or grated and sauteed.

The potatoes are certified organic potatoes from our friends Brian, Brad and Tom Igl in Antigo, Wis. We have been buying their potatoes for inclusion in our fall CSA boxes for probably 15 years. We got to know Brian from a workshop where we were both presenters and we were his first customer in the Milwaukee area. Besides now providing many CSAs with potatoes, you can enjoy them at La Merenda and Engine Company.

The DNA of CSA

For the first time ever, we now spend more money at restaurants than we do at grocery stores, according to U.S. Department of Commerce data. There may be multiple reasons for this but one has to be the sense of community and ritual in the experience of eating out. We crave that sense of being part of a group with shared interest. It's part of our DNA.

Community Supported Agriculture at its core was always about community. Yet as memberships in CSA programs dwindle, farmers scramble to reengineer the CSA model to be more tailored to individuals. We at Pinehold don't want to morph the CSA; we want rather to be a truer CSA and foster community around food. Next year Pinehold is going to work hard to bring our community of families together here at our little farm. And provide the opportunities for us to build community around food. The world needs a little more community now, not less.

Cabbage

Often maligned today as stinky, peasant food, cabbage in other cultures, especially in the early Middle Ages, was a prize possession. And it should be given this



high status again. Among the best of the cabbages, according to food author Mark Bittman, is the savoy cabbage, such as in today's delivery. **Preparing:** All cabbages have a stem or core that must be cut out. Simply cut the cabbage in quarters and cut the tough solid core out. **Store:** Keep it whole and with as many outside leaves as possible. Put in a plastic bag in the refrigerator. It will last weeks if not months. **Uses:** All cabbages but especially savoy can be enjoyed raw or cooked. It can be used cut into ribbons in salads and slaws. The leaves can be used to wrap a stuffing of rice and meat. Chopped and simmered in soups or stews. Or simply quartered, steamed and drizzled in butter and salt.

Cabbage Braised with Onions

From *How to Cook Everything*

2 cups sliced onion	1 1/2 - 2 lbs. cabbage, cored and shredded
3 Tbs. butter or olive oil	Salt and black pepper
3 Tbs. tomato paste	
1/4 tsp. cayene or to taste	

Cook the onions a deep skillet or casserole over medium heat until almost sticking to the pan. Stir frequently. Add the butter or oil and raise the heat until the onions brown.

Add the other ingredients with a 1/2 cup water and cook until the cabbage is tender. Option: Cabbage braised with beer and kielbasa. Substitute 1 pound of kielbasa for the onion. Brown the sausage like the onion and then rather than tomato paste and cayene, add 1 bottle of beer.

Cauliflower: A versatile and mild member of the brassica family it lends itself to all sort of dishes. It is more tender than broccoli and milder tasting so we think it stands alone and is not interchangeable in recipes with broccoli. Here's a simple and delicious recipe that takes advantage of its mild flavor. Steam the cauliflower florets until just tender. Then toast walnuts in a skillet in butter until the butter browns slightly. Add the cauliflower and toss. Top with fresh parsley, salt and pepper and serve.

Spaghetti Squash with Parmesan and Sage

From *Vegetables Every Day*

About 3 lbs. spaghetti squash	1 Tbs. sage
3 Tbs. butter	1/3 cup Parmesan cheese
	Salt and black pepper

Make slits in the skin of the squash and bake in a 400 degree oven until a knife or skewer easily penetrates the skin. About 1 hour.

Melt butter and when it starts foaming add the sage leaves and cook until they release their flavor into the butter and the butter has turned golden brown. Remove from the heat.

Slice the squash in half, remove the seeds and remove the flesh using a fork to shred it. Toss the squash with the butter and cheese. Add salt and pepper to taste.



Rustic Potato and Poblano Gratin

From Pinehold member Patricia Heim

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| 4 poblano chiles, roasted, skins, seeds and veins removed, cut into thin strips | 1/4 pound flavorful cheese (we used Sartori BellaVitano) |
| 4 large russet potatoes, peeled and thinly sliced | 1/4 cup water |
| Salt to taste | 3 cloves garlic, minced |
| | 1 cup heavy cream |

Roast whole peppers in the oven until starting to brown. Remove and place in a paper bag to cool. When they are cool enough to handle. Peel off the skin, slice and scrap out the seeds and membrane. Cut into thin strips.

Butter the bottom of an oval casserole dish.

Place a layer of potatoes on the bottom, sprinkle with salt and add 1/3 of the cheese. Place half of the chile strips on top of the cheese. Repeat with another layer of potatoes, salt, cheese and chiles. Finish with a layer of potatoes.

Pour the water over the potatoes, Cover tightly and cook at 375 degrees for 30 minutes. Potatoes should be beginning to get tender at this point.

Mix the garlic into the cream. Pour the cream mixture over the potatoes and the last 1/3 of the cheese. Recover and cook for about one hour more until the potatoes are quite tender and the sauce is thickened.

Kale and Sweet Potato Soup

From Love Soup

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| 2 large leeks | 2/3 cup cilantro |
| 1 large onion | Black pepper |
| 2 Tbs. olive oil | 2 1/2 cups |
| 1 1/2 tsp. salt | vegetable stock |
| 1 large sweet potato | 1 Tbs. cumin seed |
| 1 russet potato | 1-2 Tbs. lemon juice |
| 1 bunch of kale | Cayene to taste |
| 4 green onions | |

Chop leeks and onions, and saute onions with oil and little salt and when translucent add the leeks. Cook until golden.

Peel sweet potato and potato and cut them into 1/2-inch dice. Trim out the kale stems and cut greens into 1-inch strips or chop coarsely. Combine potatoes, sweet potatoes and kale with 5 cups of water and teaspoon of salt. Simmer about 15 minutes. Add the sauteed leeks and onions to the pot, along with sliced green onions, cilantro and a fresh black pepper. Add as much stock as needed to make a hearty soup.

Lightly toast the cumin seeds in a dry pan, until fragrant and then grind them and add them to as much lemon juice as needed to make a paste. Spoon this into each bowl at serving time.

