

Pinehold Gardens *Field Notes*

Vol. 21 Week 16

October 21, 2015

In This Box

- Butternut squash
- Green cabbage
- Yellow Sun carrots
- Italian Red garlic
- German Butterball potatoes
- Purple Top turnips
- Poblano & Jalapeno HOT peppers
- Collard greens
- Sedona onion
- Some sites: romanesco or green cauliflower

November 4th Box

- Beets with greens
- Butternut squash
- Onions
- Kale
- Potatoes
- Brussels sprouts
- Romanesco or cauliflower
- Carrots
- Savoy cabbage

CSA Deliveries

**After today we have two deliveries left:
Nov. 4 and Nov. 18
THERE IS NO DELIVERY NEXT WEEK, OCT 28**

A DAY IN THE LIFE

Welcome to Indian Summer. One of our local meteorologists said that Indian Summer is when there are three days of above average temperatures after a killing frost. For us that usually occurs the third week of September rather than the third week of October. I am not complaining about this gorgeous weather we are having nor are my arthritic hands. One of the most unpleasant parts of farming is washing root crops on a chilly, rainy, sometimes sleeting morning like we had a year ago on harvest day.

You can harvest in rain gear, you can spray bunches of carrots in rain gear, but rain gear does not help keep your hands warm when washing turnips in cold well water.

FIELD NOTES

The temperature Friday night dropped to 31 degrees at the house. Saturday was a much

colder 28 degrees. We harvested what we had time and room to store, row covered some things and hoped for the best. We lost any remaining peppers, tomatillos, green beans and the Bright Lights chard. The cabbage, kale, green cauliflower and all of the root crops are fine, probably because the ground is still warm and radiated heat up to the plants. The small bits and pieces of crops that we lost were destined for restaurant and farm stand sales as there was not enough left for the CSA boxes.

Our crew started pulling up the irrigation drip tape from the fields, another thing that is nice to do when it is dry and warm. Ironically we are irrigating some crops so all of the drip tape cannot be removed. We are especially hoping that the spinach continues to grow.

Thursday we start planting next year's first crop, garlic.

BOX NOTES

Only some sites will receive green cauliflower or romanesco as it is still growing. We have been irrigating these crops as well as the kale for the past two weeks. The green cauliflower is very dense and we feel better tasting than the white variety. Romanesco is one of our favorite fall crops with a taste somewhere between cauliflower and broccoli, but more like a nutty cauliflower. We roast both with a little olive oil and salt for the best flavor. Don't attempt to grow romanesco in your home garden as it requires more than two square feet of space to produce a six inch in diameter head.

Remember to remove the greens from the carrots for longer term storage and place the carrots in a plastic bag.

The turnips, if stored in a plastic bag in the frig will easily keep for 4 months. We have selected the best looking ones, but there is still some insect damage on most. Just cut that part away, but there is no need to peel the rest of the turnip as the skin is thin. Turnips make a great addition to a mixed roasted vegetable dish or they can be used in soups, stews and gratins.

Cabbages, even when cut in half,



One last harvest of peppers before the freeze by Jeff, the chili man.

will keep for at least a month or more, again if stored in plastic in the frig.

The only peppers in the box are hot peppers. The poblano is milder than the Jalapenos. Like sweet peppers they can be frozen for later use. In fact we freeze Jalapenos whole and just slice off as much as we need for a chili while it is still frozen.

The Sedona onion is a stronger onion than the varieties that we have sent in the past. It will store for months in a cool, dark place.

One positive outcome of the cold spell last weekend was the change it brings to the flavor of the fall brassicas including collards. Even though they are traditional a southern crop, collard greens don't really come into their own until they've been treated to some cold. The collards are the hardest of the greens we deliver and will stand up to a good bit of cooking. They are paired well with acidity sauces and slow cooked meats. As one member has said the secret to collards is to cook them slow and cook them long.

The squash we've included in this week's delivery is Butternut squash. Butternut is one of the most useful squashes. It can be cut in half, and with seeds removed, simply roasted, cut side down. Or it can be peeled and cubed raw to be used in soups and chillis. It's sweet firm flesh will stand up to the cooking of a soup or stew but also be creamy enough roasted for a pie. You will receive at another Butternut in one of the next two deliveries in November.

Simple Kale and Apples Saute

from Pinehold Member
Crystal Sharlow-Schaefer

My niece Kayly and I just came up with a one-pan quick meal that was delicious and nutritious. A tad heavy on the butter, but not too bad. Enjoy!

3 Tbsp. salted butter	2-3 cups packed
½ large onion, chopped	chopped fresh
1 large apple chopped (we used Honeycrisp)	greens (we used kale and chard)
	Salt (or garlic salt) to taste

Melt your butter and sauté your onions until translucent in a large skillet on medium to medium-high. Then add in your apples and cook until soft.

Toss over the greens and gently stir until cooked through. Salt to taste and eat.

Kayly loved it so much she licked her plate.

To make this meal heartier, I plan to serve this divided over tortillas with an over-easy egg on top.



Potatoes: We try and deliver a regular supply of vegetables that most people consider staples: carrots, beans, lettuce, tomatoes and potatoes. Potatoes are one of our favorite vegetables to grow and a good source of nutrition. Plus they are versatile. The variety we've delivered a couple of times now is the German Butterball. It's slightly dry texture makes a fluffy baked potato but will still stand up to the baking in a gratin. **Storing:** Keep in closed paper bag or other opaque container, (Light will effect the taste of the potatoes.) Store in a cool location with high humidity. **Preparation:** Wash and peel if you must. **Cooking Methods:** Boiling, steaming, roasting, frying.



Purple Top Turnips: Why is this fall vegetable so often denigrated, treated as something one is supposed to eat? It is because, we believe, it is to often eaten when it's not freshly picked and to often boiled or steamed. We say, try tur-

nips roasted with oil and salt. Mix in a chopped or sliced onion and other root crops such as carrots and potatoes and you will become a turnip fan.

Storing: Kept in the vegetable drawer of you refrigerator, turnips can last a long time. **Preparation:**

No need to peel a fresh turnip but the strongest flavors of the turnip reside there so peeling will tone down the taste. Then slice or chop. **Cooking**

Methods: They are a nice addition to gratins but simply roasted are delicious.

Rustic Potato and Pablano Gratin

from Pinehold Member
Patricia Heim

For a smaller version, this recipe can be easily cut in half, using the pablanos in today's delivery.

4 poblano chiles, roasted, skins, seeds and veins removed, cut into thin strips	Salt to taste ¼ pound flavor- ful cheese ¼ cup water
4 large russet po- tatoes, peeled and thinly sliced	3 cloves garlic, minced 1 cup heavy cream

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 add 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.

Sunday Supper Gratin
from Pinehold Member and
La Merenda Chef de Cuisine Kyle Pett

3 lbs butternut squash, peeled and seeded	6 oz collard greens, shredded
2 lbs potatoes, washed	3 cloves garlic, peeled and minced
2 large turnips, peeled	1 cup white wine
2 tsp. thyme, fresh	3 cups heavy cream
1 ½ cups Mont Amore cheese	Olive oil and butter
1 large white onion, peeled, julienned	Salt and Pepper

Ed. Note: This dish was a hit at our People's Sunday Supper in September. The cream, butter and oil help provide the lusciousness. Skimp if you want but the latest evidence supports the claims that these are healthy fats.



Method: Preparing Vegetables

Using a food processor with a slicing attachment, slice squash, potatoes, and turnips into a large bowl. Add Thyme, Mont Amore, and a liberal amount of salt and pepper. Mix well and set aside.

Preheat oven to 350.

Method: Preparing Collard Cream

In a medium sauce pan over medium/high heat, sauté onions until they are soft and start to take on color. About 8 to 10 minutes. Add garlic and stir until it begins to toast, about 15 seconds. Add collards and cook 2 to 3 minutes, until the collards begin to wilt. Lower to medium heat. Add white wine and reduce by half. Add 1 ½ cups of heavy cream and bring to a boil. Remove from the heat and set aside.

Method: Building the Gratin

In a lightly greased 9 x 13 pan layer half of the squash and potato mixture in the pan as flat as possible. With some of the collard cream, add half of the collards in a layer on the squash.

Add remaining squash and potato to the gratin and finish with the remaining collards and collard cream. Add remaining uncooked heavy cream. May not need the whole 1 ½ cups at this point. Add cream until almost covering the top of layer of squash and potato.

Cover tightly with foil and bakes for 60 minutes, covered.

Uncover gratin and put it back in the oven for 20 minutes or until the top begins to brown slightly. Gratin is done when a knife can be inserted in the center and there is no resistance. Allow gratin to cool for at least 20 minutes before serving.

Kyle's Tips: This is best enjoyed when there is time to make it the day before. The flavors really come together nicely once it's chilled and then reheated. Also goes great with over easy eggs!