

Pinehold Gardens *Field Notes*

Vol. 20 No. 18, Week 16

October 22, 2014

In This Box

- Jester winter squash
- Carmen peppers
- Bavarian Purple garlic
- Yukina savoy
- Romanesco or broccoli
- Collard greens
- Stir fry bag: red scallions, carrot, Green Meat radish, Hakurei turnip
- Onion: red, white or yellow

Nov. 5 Delivery

- Butternut squash
- German Butterball potatoes
- Leeks
- Carrots
- Red and gold beets
- Kale
- Turnips
- Onions

DELIVERY SCHEDULE

- **DELIVERY THIS WEEK**
- **NO DELIVERY NEXT WEEK**
- **NEXT DELIVERY NOV. 5**
- **FINAL DELIVERY NOV. 19**

A DAY IN THE LIFE

As we near the close of another season, we start planning for next year. Our CSA has been and will continue to be the core focus of our farm and our first priority. We thank you all for your support of our farm and our CSA program, but this winter we will need your help more than ever. Besides considering joining us for another year and continuing to spread the word about us to your friends, family and neighbors, we will need suggestions on how to market our CSA. This year was the first year in our 20 year CSA history that we did not meet our CSA sign up goal. We had set what we thought was a very achievable goal of 160 paid members, an increase of just 10 members over last year, but fell short by 13 people which amounts to just over a \$6,000 shortfall in our budget. Although we also sell to restaurants, have our on-farm stand and will be attending the Milwaukee County Winter Farmers market in November, we will not be able to make

up that shortfall. After two solid years of deliveries including adjustments to the crops we grow in response to our surveys and deciding to expand the CSA season by one week to 18 weeks, we really had no idea nor had given it much thought that we would not sell out.

So why did we not sell out? By starting deliveries in July we do start two or three weeks later than most CSAs, but we feel that our members benefit by not paying for and therefore taking the risk of receiving only a few items in the beginning boxes as was the case with quite a few other CSA programs these past two years with the cool, wet springs and early summers. Is it our lack of a Facebook or other social media presence? Many farms offer an Every Other Week option that sells for a higher weekly price, but we know they sell many more memberships that way as many people have the perception that a weekly box of food is too much food. The crop planning involved in delivering every other week just boggles our minds and has the potential for unequal boxes. Plus we have been told by many members that we are delivering the right amount of food. We used to have a core group, similar to a Board of Directors, when we first started our CSA. I think we need to start one up again. If you are interested in meeting with us in January, please let us know.

FIELD NOTES

Rain, mud, clouds, mist, go, go away. After the dreariness of last week I was really looking forward to this week. The forecast had looked very promising a few days ago and then this morning with the temperature at 46 degrees and a strong north wind blowing I harvested in a rain suit to keep me warm, and I got pelted by what felt like ice particles. We all thought it was possible that snow could be falling, since obviously we were all very cold. But we are moving forward with fall harvest and will start to plant our garlic on Thursday.

One side benefit of having too much rain this year is that we have fewer irrigation lines and drip tapes to remove from our fields. Often it is a project that is not completed in fall and pulling wet drip tape out of a field on a cold spring morning is not the best way to have a fresh start to a new year.

BOX NOTES

This box contains the last remnants of summer. The Carmen peppers were covered by a



FIELDS OF GREEN AND GOLD have nothing to do with a certain sport but rather is a testament to the ending of one season and the beginning of another. In front of our changing woods is a field of new rye and vetch, preparing the ground for next year's vegetables.

double layer of floating row cover which saved them from the killing freezes over the last two weekends. The romanesco was harvested before last Saturday evening because although it is a fall crop similar to broccoli, it cannot freeze. Kale, collards, most greens and broccoli can survive temperatures down to around 25 degrees as long the temperature rises above freezing the following day.

Jester winter squash: Similar to the Carnival squash that we were growing for many years, but discontinued as the Carnivals for some reason rotted from the inside out and we never could tell from looking at them from the outside. It was a good decision as the Jesters are sweeter. Eat now rather than later as they are not long keepers. You can always bake it and freeze the scooped out baked squash in a freezer bag for use in soups, muffins, breads or pie.

Yukina Savoy: We delivered some a few weeks ago in the last stir fry bag when the plants were much smaller. Again, similar to pac choi, great for stir frying or sauteing or in soups. Best to cook the stems first.

Green Meat radish: The catalog description is right on-sweet, spicy and juicy. Can be used fresh, cooked or fermented

Red scallion: Similar to a green onion or scallion, but red. I thought it would be a novelty and pretty. They didn't grow so well so they are not a keeper for next year.

Collards

Collards are a member of the cabbage family or brassica family. While they



have taken hold in Southern U.S. cuisine, they are popular from South America, to Africa and to the countries along the Adriatic Sea. Collards are a nutritional powerhouse and taste best when the temperatures drop and nights get longer.

Store: Collards, like most of the greens, store best

washed and kept in a closed plastic bag. Like this they can stay fresh for a couple of weeks at least.

Preparing: Collards may be the hardiest of the greens so the ribs and stems should not be used and the leaves should be torn or chopped into bite size pieces. An easy way to do this is to stack the greens and roll them into a log, then slice the log lengthwise first.

Use: They pair well with meat, beans or an acid such as tomatoes. Slow cooking or braising is the best method, where the seasoned greens are allowed to cook a long time in a small amount of fat and liquid.

Collard Green Salad with Cashews

from Pinehold member Jennifer Kubacki

This recipe is adapted from the January 2014 issue of *Bon Appetite*.

1 Anchovy fillet, finely chopped	1/2 cup cashews, coarsely chopped
1/4 cup olive oil	Bunch of collard greens, with ribs removed, torn into bite size pieces
2 Tbsp. lime juice	
1 tsp. pepper	
2 Tbsp. Pecorino cheese in a large bowl	

Whisk chopped anchovy fillet, olive oil, lime juice, pepper, and cheese in a large bowl. Season with salt and more pepper to taste. Add nuts and collards to bowl. Gently massage dressing into leaves to slightly wilt. (Ed. Note: Hands work great for this. The idea is to let the acid in the dressing break down or “cook” the greens just a little.) Top with more Pecorino or Parmesan cheese.

Broccoli: Fall time is when broccoli really shines. The cool weather sweetens it, head and stalk, and it lends itself this time of the year to plenty of uses: broccoli soup or any vegetable soup or chowder; pasta and rice dishes with broccoli; stir fry; or simply with butter and lemon as a side to your favorite entree. Don't forget that broccoli is easy to freeze as well. Simply, break up the head into flowerets, blanch them in boiling water for a couple of minutes and spread in a single layer on a cookie sheet and then bag when frozen.

Collards in Spicy Peanut Sauce

from our friends at the Fondy Farmers Market

2 Tbsp. peanut or vegetable oil	1/3 cup peanut butter
1/2 lb. chicken, pork or firm drained tofu, cubed	1/2 cup coconut milk
1 small onion	1/2 cup stock or water
1 tsp. red pepper flakes or chopped hot pepper	1 clove garlic
1 bunch of collard greens, about 1 to 1 1/2 lbs., ribs removed and chopped	1 tsp. salt
	2 Tbsp soy sauce
	1 Tbsp. sugar
	Juice of 1 lime

Fry the chicken, pork or tofu until brown and remove from the skillet and drain on paper toweling. Add onions, salt, pepper flakes and saute until onions are transparent. Add collards and saute until wilted. Add all ingredients, except lime and simmer for about 5 minutes. Add more stock or water if necessary to cook the collards until tender. When tender, remove from the heat and stir in lime juice. Garnish with cilantro if you have it. May be served as side or with noodles or rice as a main dish.

**REMEMBER, NEXT DELIVERY IS
NOV. 5 AND THE FINAL ONE IS NOV. 19.**