

In This Box

- Fairy squash
- Carnival squash
- Gold Rush potatoes
- Red Pontiac potatoes
- Sweet potatoes
- Watermelon radishes
- Red and gold beets
- Red cabbage
- Winterbor kale
- Onions

Next Week?

Visit us at The Domes at the Winter Farmer's Market.

SEASON END DATE

This is the last delivery for 2013 season. There would be no Pinehold Gardens without you, our loyal, supportive, CSA members. Thank you.

SEASONAL EATING

To continue to eat seasonally, please consider coming to the Milwaukee County Winter Farmer's Market at The Domes on Saturdays from 9 a.m. to 1 p.m. through April 19 (except for the Saturday after Thanksgiving, Nov. 30). We will be attending the first four Saturdays in November.

We will also be offering a preorder Saturday pickup at the farm service. The Available Now tab of our website will be updated every Monday with what we have

available from the root cellar, our cooler, the fields and in early Spring, our greenhouses. Email us an order by Wednesday evening and you can pick it up on Saturdays from the farm's cooler.

2014 SEASON

In your box is a CSA sign up form for next year. And quite literally there would be no Pinehold Gardens without our CSA program. The funds that we receive from our members act as an operating loan not only for the purchase of seeds, supplies and equipment, but also for the payment of the mortgage, taxes and insurance during the non-growing months. In days of old farmers would go to their locally owned bank for an operating loan.

We have kept the 2013 price for existing members. The price is higher because we have extended the season by a week, for a total of 18 weeks. We will start in early July, end weekly deliveries in mid October and finish with two deliveries in November. We had been the only CSA not offering a storage share or deliveries into Novem-



GOOD BYE FOR NOW. Perhaps we look a tad bit too happy, but really the end of the season is always a bitter-sweet thing. We hope to hear from you all now and then and maybe we can do this all again next year. We would like too. Really.

ber and the change also opens up the possibility of not attending a winter market.

A DAY IN THE LIFE

We said a sad farewell to most of our worker shares yesterday. Happily almost all plan on joining us next year. We have become a family and plan on getting together over the winter. We are also looking forward to the news of the births of the three babies, Jessica's boy and Amy's twins next Spring.

FIELD NOTES

There are still root crops to harvest and store. David is busy planting garlic. Worker shares are cleaning out the greenhouses

for next year's early crops. And then there is the very unfun job of rolling up the miles of wet muddy drip tape so David can disk in the old plants.

BOX NOTES

Everything in the box, except for the beet greens and kale will store for many months.

The Gold Rush russet potatoes were grown by Igl Farms. They are the classic baker, but are also great mashed.

Last year we started working with Piper Farms on the Racine/Kenosha line. Scott's soil is much better suited for growing sweet potatoes than our heavy soil.

The red cab-

Recipes

by Annie Wegner Lefort

Lemony Squash Muffins

2 c. pureed winter squash or sweet potatoes (either roast or steam then scoop out of shell and puree in blender/food processor)	1/4 c. wheat germ
1/2 c. plumped raisins (plumped in a bowl of hot water for 10 min. or so)	2 t. baking powder
2 T. lemon juice or pulp	1/2 t. baking soda
2 T. maple syrup	1 t. ground cinnamon
2 eggs	1/4 t. ground ginger
1 1/2 c. sifted whole wheat pastry flour	1 T. grated lemon rind
	1/2 c. chopped walnuts, pecans, sunflower seeds, pumpkin seeds (whatever seeds/nuts you wish), for garnish

Preheat oven to 400F. Grease 12 regular-size muffin tins or line with cupcake papers. In a mixing bowl or food processor, blend together the squash, raisins, lemon juice or pulp, maple syrup, and eggs. In another bowl, combine pastry flour, wheat germ, baking powder, baking soda, cinnamon, ginger, and lemon rind. Add dry ingredients to squash mixture and process briefly, only until all flour is moistened. Stir in nuts. Spoon batter into muffin tins. Top each muffin w/ a few seeds/nuts. Bake 15-18 min. or until done. Makes 1 dozen.

Gluten-Free adaptation: Use 1 1/2 c. all-purpose gluten-free flour plus 1 1/2 t. xanthan gum and double the baking powder, substitute oat bran for the wheat germ. Add with dry ingredients.

Note: These could be made in a loaf pan instead but you'll have to adjust the baking time as needed. I would estimate at least 2x baking time.



Fairy Winter Squash: There are a multitude of different winter squashes. We grow three popular ones — Acorn, Carnival and Butternut — but also one that is not easy to find anywhere around here, the Fairy Squash. Closer in texture to a pie pumpkin but with creamier and much sweeter taste. The Fairy is excellent in baked goods — think pumpkin, er...squash, pie — but also is a great base for a squash soup. Roasted and added to sauteed onions and garlic with your favorite stock and lots of fresh ginger, the soup can go in a pie direction with cinnamon and allspice or add curry for a East Indian flavor.

Chocolate Beet Muffins

submitted by Pinehold member Marie Baumeister

1 cup of all-purpose flour	1/2 cup of chopped pecans or walnuts
1 cup of whole-wheat flour	1/4 cup of butter
1/2 cup of bittersweet chocolate chips	3/4 cup of packed brown sugar
2/3 cup of bittersweet chocolate chips	1 t. vanilla extract
1 t. of baking soda	2 eggs, (lightly beaten)
1 cup beet puree*	2/3 cup buttermilk
1/2 t. of salt	
2 t. of baking powder	

Preheat your oven to 375 degrees F. Grease up a 12-cup muffin tin or you can line it with paper cups instead. In a large sized bowl, whisk the wheat-flour, all-purpose flour, baking powder, baking soda, and salt until well mixed. Stir in the half cup chocolate and nuts. In a small saucepan, melt the other (2/3 cup) chocolate chips and butter over super low heat. Set aside to let cool until it is lukewarm. In a medium-sized bowl, whisk together brown sugar, eggs, beet puree, vanilla, buttermilk and the melted chocolate. Pour the chocolate mixture into your dry ingredients and stir to combine. Spoon the batter into the muffin cups, filling the wells. Bake for around 18-20 minutes.

* Marie added 50 percent more beets and added some cocoa powder.

More Recipes

Bavarian Braised Red Cabbage

1 large yellow onion, peeled and cut into 1-inch cubes	1/4 c. red wine vinegar
2 large apples, peeled, cored, and cut into slim wedges	1 c. beef broth (or veg. broth)
2 T. unsalted butter	1/2 t. salt
1 T. sugar	1/4 t. ground black pepper
1 medium-large red cabbage (about 2 lbs.), cored, and chopped	2 large whole bay leaves
	3 T. all-purpose flour
	1 c. dry red wine
	2 T. red currant jelly (or other dark fruit jelly)

Coarsely chop onion and apples together (in food processor if you wish.) Melt butter in very large, heavy nonreactive skillet over moderately high heat, sprinkle in sugar, stir until dissolved, 2-3 min. Add onion-apple mixture and cook, stirring often, until golden, about 5 min.

Meanwhile, put slicing disk in food processor if slicing cabbage there. Slice cabbage and add to skillet and cook, stirring, until nicely glazed, about 5 min. Add vinegar, 1/2 c. beef/veg. broth, salt, pepper, and bay leaves, pushing these down into the cabbage. Adjust heat so mixture bubbles gently, cover, and cook until cabbage is crisp-tender, 20-25 min.

Sprinkle flour evenly over cabbage and toss well. Add wine and remaining 1/2 c. beef broth and cook uncovered, stirring gently, until lightly thickened and now raw starch taste remains, about 5 min. Discard bay leaves, add jelly, and toss gently. Simmer uncovered 5 min. more, dish up, and serve.

Beets in Red Wine and Honey

2 c. peeled, sliced beets (1/4-inch thick)	1/4 c. water
1/3 c. dry red wine	1/4 c. honey

In a 2-qt. saucepan, combine all ingredients. Bring to boil over high heat. Reduce heat to medium; cook, uncovered, 30 min., stirring occasionally, or until beets are tender. Serves 2.

Winter Panzanella Salad with Kale, Carrots & Watermelon Radishes

4 slices of your fa- vorite bread	4 Watermelon radishes, sliced (~3/4 c.)
3 T. olive oil, divided	2 T. balsamic vinegar
2 cloves garlic, minced	Salt and freshly ground black pepper to taste
3 c. chopped kale	
1 c. shredded carrots	

Preheat oven to 400F. Brush 1 T. olive oil over bread slices, and cut bread in to large chunks. Bake bread on a parchment lined baking sheet for 5 minutes, or until golden brown.

While bread is in the oven, combine the garlic, kale, carrots, and radishes in a large bowl.

Next add the bread "croutons" to the veggies, along with remaining oil, plus the vinegar, and salt and pepper to taste. Serves 2. (Recipe adapted from eat.feel.be blog.)

Toss well, and wait at least 5 minutes before serving, so the croutons have a little time to soak up the oil/vinegar mixture.

From Page One

pages are a mix of ours and Scott's as some of our young plants were killed by the cabbage root maggot.

The round root crop is a watermelon radish. Be sure to save one for your Christmas parties. Cut one open to see why.

Food Bits

Sweet Potatoes & Winter Squash



Sweet Potatoes and winter squash are plentiful this time of year and come in multiple varieties.

Sweet potatoes (sometimes erroneously called yams) can be red, orange and even white, and most are incredibly sweet. Most often baked, sweet potatoes generally resemble mashed potatoes but can be used in many of the same ways that winter squash can be. **Store:** Storage of both sweet potatoes and winter squash is key to keeping them through the winter. They prefer mild temperatures and low humidity. We find these conditions are met by storing them in our unheated basement in open crates. It would be great if you can get unwashed ones.

Make sure to use any with cuts or blemishes on the skin first as they will not as likely store as long as blemish-free ones. **Preparing:** Wash both, cut open and remove the seeds of the winter squash. Both can be peeled and cubed and baked that way. Sweet potatoes can be baked like a potato while winter squash can be halved, placed flesh down on cookie sheet or baking dish and cooked. **Use:** Both can be used in either sweet or savory dishes, and served simply as a side dish. Squashes can be stuffed with a rice mixture or beans, corn and chillis.

A Thousands Words



PLANTING THE LAST CROP: GARLIC.

After the field was prepared and the beds made, the time has come to plant garlic. We mark three rows per bed and plant, by hand, 8 inches apart in rows 8 inches apart. Each clove is hand planted and then dug in about 3 inches deep in loose soil and covered up. From 1,100 to 1,200 cloves fit in each bed. If we have the garlic, we will plant 10 beds. The final step will be to cover each bed in a mulch of straw or leaves.

