

Pinehold Gardens *Field Notes*

Vol. 22 Week 14

October 5, 2016

In This Box

- Bergam's Green lettuce
- Red Hawk onion
- Shin Kuroda & Yellow Sun carrots
- Assorted broccoli
- Acorn & Jester winter squash
- Carmen, Kapella & bell sweet red peppers

Next Week?

- Potatoes
- Toscano kale
- Pac Choi
- Onion & garlic
- Broccoli &/or cauliflower
- Peppers, the last ones?

A DAY IN THE LIFE

One of things I traditionally do on a week-end around my birthday is to go to Old World Wisconsin for the special event Autumn on the Farm. Old World Wisconsin, which is located just outside of Eagle, is acres of beautiful land with historic buildings that were moved to the site as part of Wisconsin's bicentennial celebration. The buildings represent the ethnic diversity of the original settlers in the state.

We are History Lover members of the Wisconsin Historical Society. For \$110 (or \$85 if you don't want to receive the magazine) two adults and two children can visit all 12 historic sites around the state as many times as you want for a full calendar year. An individual membership is \$50. It is a great deal and it supports one of the finest cultural exhibits in the state, maybe even the country.

FIELD NOTES

Too dry. Too wet. Us farmers are never happy. Our grassy area that is our parking lot is now a mud lot. Workers harvesting carrots and sweet potatoes returned from the field covered in mud.

And the slugs. Never before have we had a problem with slugs and now we have a population explosion. And they love just about anything, lettuce, pac choi, spinach, even kohlrabi.

Not to mention that we could use more sunny days like yesterday. We are patiently looking at bean plants loaded with inch long

beans, and the cauliflower and cabbage is still forming heads as they got off to a slow start in July.

Our best ever sweet potato harvest is finished and the tubers are curing at 85 degrees and high humidity in our small tool shed. Look for them in our last October delivery in two weeks and our last delivery in November.

In between rain drops we will be harvesting our abundant crop of beets for one last CSA delivery and for winter restaurant sales.

BOX NOTES

This is the last lettuce harvest of the year. While there was a dearth of lettuce in the boxes during the summer drought, we did finish the season with three nice deliveries of fall lettuce. Lettuce is one of the hardest things to grow for a CSA box. Without knowing what the weather will be like in two months, you have to decide which variety to plant to suite the weather conditions. And you have to have enough water, but not too much or the bottoms will rot. Insects love lettuce too. Today we dealt with slugs. Hopefully the double dunking and careful checking of each head by our crew will have left your head of lettuce slug free.

Finally a fall harvest of delicious carrots. Carrots maturing into the cool days and nights of fall are much sweeter than those maturing into the heat of summer. They were planted during the height of the drought and only germinated because of David's diligence of irrigating them every morning for ten days.

The multiple misty, rainy, foggy days of the last week has had a detrimental effect on many of the heads of broccoli and you might have to cut away some of the florets from the center of the head as water accumulated and sat on the heads for too long.

There are two kinds of winter squash in today's box. Both of them are short-term storage squashes and should be cooked soon. The basic way to cook them is to cut them in half lengthwise, scoop out the seeds, place flesh side down in a roasting pan or casserole dish, add a little water and bake at 350 degrees until fork tender (you can poke the fork through the skin), about 30 minutes. You might



This was a year of significant pluses and minuses. On the plus side has been the tremendous amount of red, ripe peppers. We know some farms have struggled to get ripe peppers. Not here. Not this year. But that abundance will be coming to an end. Consider freezing any you might have sitting around.

consider saving the cooked squash for use in soups, quick breads or muffins. Just scoop out the flesh and freeze it in a freezer bag.

The beautiful red onion is a little strong, but we have been eating it on salads or try the pickling recipe below.

PUMPKIN UPICK

The people that have requested pumpkins will be receiving an email with instructions about the upick. At the present time we are limiting the number to two or three pumpkins per membership.

In planting pumpkins it was our intention that children would get a chance to come out to the farm and we still have a few that are not spoken for. We know families are busy and a few have asked about the timing of the upick. It will be a self serve upick with very open times so you don't have to plan your schedule around a picking time. If you haven't already, please email us if you are interested in picking and how many you would like. **And please put Pumpkins in the subject line.**

Preserving the Harvest

Preserving food in containers dates back to the early 19th century, and actually much earlier when we consider salting and dehydrating foods. Modern methods include freezing and canning. Canning, although not difficult, requires special



equipment and detailed instruction. There's plenty of info out there on canning. **Freezing:** Some vegetables in your CSA box can be simply frozen by washing them and placing them in a freezer bag. Hot and sweet peppers, onions and leeks, and whole tomatoes. Peppers and tomatoes can be frozen after roasting them. Squash, too. You can also chop up some vegetables, such as peppers, freeze them on a cookie sheet and place in a freezer bag. Chopped kale and basil can be frozen in ice cube trays.

Quick Onion Pickle

From *Vegetarian Cooking For Everyone*

These onions are excellent on salads and sandwiches and are really easy to make.

1 or 2 large red onion, about 1 lb.	small dried red chillies, optional
1 1/2 cups white vinegar	1 Tbs. sugar
2 bay leaves	1 tsp. black peppercorns
4 majoram or thyme branches	Salt

Boil water in a tea kettle or sauce pan. Slice onions crosswise in 1/4 inch slices. Separate rings and place in colander, then pour boiling water over them. Mix all other ingredients with 1 1/2 cups cold water in a bowl and few pinches of salt. Stir to dissolve the sugar. Add onions and place a plate on to submerge them. Let them steep for 15 minutes or so. Store in a covered jar in the refrigerator.

Beautiful Broccoli: Try a combo of broccoli florets, cubed or triangle cut carrots and red pepper matchsticks with a sesame oil, soy sauce, minced garlic and sesame seed dressing. Blanch the carrots and broccoli. Whisk the dressing using equal parts oil and soy sauce. Toss all together. This is a standard at Beans and Barley's deli.

Creamless Broccoli Soup

From *Moosewood Restaurant Daily Special*

1 Tbs. vegetable or olive oil	rets and about 2 cups of stems, chopped
2 cups onion, chopped	4 1/2 cups stock or water
1/4 cup celery, diced	1/3 cup quick oats
2 garlic cloves, minced	1 Tbs. lemon juice
1/2 tsp. salt	1 Tbs. fresh dill, chopped
4 to 5 cups broccoli flo-	1/2 tsp. black pepper

Combine oil, onions, celery, garlic and salt in a pot, cooked covered over medium heat for 10 minutes, stirring often. When onions are translucent, add 4 cups of water or stock and all the broccoli except for one cup of florets. Simmer for 5 minutes, and then add oats. Stir often until the soup thickens and the broccoli is tender. Remove from heat, and then stir in lemon juice, dill and pepper. Puree in batches.

Boil remaining broccoli florets in a 1/2 cup of water for 3 to 5 minutes, and stir into the soup. Garnish with dill, lemon slice or chives.



Sweet Pepper Bisque

Adapted from *Low-Fat Cookbook* by Pinehold member and friend Rita Collen

- | | |
|---|--|
| 3 large red or yellow peppers seeded and cut in half lengthwise | into ¼-inch slices |
| 1 Tbs. extra-virgin olive oil | 1 large stalk celery, thinly sliced |
| 1 large onion, chopped | 6 cups chicken or vegetable broth (preferable low-sodium or unsalted) |
| 1 clove garlic, minced | Salt and pepper to taste |
| 2 large potatoes (about 1 pound), peeled and diced | Optional: 1 tsp. Vegeta Natur seasoning, but you can add whatever seasonings you like if salt and pepper is too basic for you. |
| 2 large carrots, peeled and cut | |

Place the pepper halves, skin side up, in a sheet pan lined with foil. Broil about 4 inches below the broiler, repositioning the pan as needed so the peppers will char/blister evenly. When all of the peppers are charred (the skins will pull away from the flesh slightly and get charred blisters). Place the peppers into a clean brown paper bag or plastic bag (or fold the foil around them and fold the edges to seal) to steam the peppers. Allow the peppers to steam for approximately 30 minutes. This will allow most of the skin to peel away easily. Pull the charred skin away from the peppers. Rinse if needed and coarsely chop them.

Meanwhile, as the peppers are steaming, heat the oil in a large saucepan. Add the onion and sauté, stirring occasionally, until the onions are translucent. Add the garlic and sauté, stirring constantly, for 1 minute. Add the peppers, potatoes, carrots, celery, and stock. Bring to a boil. Reduce heat and simmer gently until the carrots are very soft and the potatoes are fork-tender and soft to bite, about 25 minutes.

Using a food processor, blender, or immersion blender puree the mixture until it is smooth. Taste for seasoning and add salt, pepper, or whatever seasonings you like.