

Pinehold Gardens *Field Notes*

Vol. 20 No. 16, Week 14

October 8, 2014

In This Box

- Winner kohlrabi
- Red Norland potatoes
- Bavarian Purple garlic
- Sedona yellow onion
- Broccoli
- Honey Bear acorn squash
- Italian Parsley
- Cima di Rapa
- Salsa verde bag: tomatillos, peppers: Jalapeno, Santa Fe, Poblano

Next Week?

- Green cabbage
- Carrots
- Celery
- Red oakleaf head lettuce
- Purple Top turnips
- Kale
- Peppers

A DAY IN THE LIFE

It has been a month of birthdays. Mine is this coming Saturday and I cannot believe that I am going to be 59. David turned 59 two weeks ago. Oddly most of our late shift Tuesday worker share crew, the people who weigh, bag and bunch everything in your box has had a birthday in the last month. When it is getting towards the end of a twelve hour day, the simple happy birthday song and a treat of a delicious pie or cake really can make a day.

FIELD NOTES

Whew! We escaped a frost or possibly a freeze last Saturday night by a degree or maybe two. What saved us was that the wind kept blowing so the cold air could not settle. But we were preparing as if we were going to get a freeze. Many vegetables, more than you would believe, can survive a frost, but peppers, beans, tomatillos, all the warm season crops, cannot tolerate any frost. Others, such as turnips, kohlrabi and celery, have a change in texture, not for the good. So we either picked the sensitive items or covered them with floating row cover, a lightweight spun polyester fabric that provides a few degrees of frost protection.

Things that are still putting on significant growth which might have been stunted by a frost are Brussels sprouts, fall carrots, turnips, rutabagas, tatsoi, broccoli and romanesco.

We still have lots of harvesting to do before

the weather takes a sharper turn for the worse. Thousands of watermelon radishes, rutabagas, and Purple Top turnips all have to be pulled, have their green tops clipped off, washed, and then stored for the last CSA deliveries and winter restaurant sales.

And next week we start planting our first crop for 2015, garlic.

BOX NOTES

The onion is a cooking onion. It should not be refrigerated. Instead just leave it on a counter or on a pantry shelf. It should be just fine for quite a while as this variety of onion matured earlier and didn't take on as much rain through the top as the red ones did so there are very few that are showing signs of rot.

The kohlrabi just loved the cool weather and recent rain and some of them grew to giant size. Please refer to the July 30 newsletter (see our archive list on the website) on instructions on how to peel. There is also a simple recipe that we received many rave reviews about.

This year at the request of restaurants we grew Cimi di rapa, which translates from Italian as "turnip top" and in essence is a turnip green that makes a small head. While still classified as an experimental crop for us, we had enough to give the CSA a sample. Let us know what you think. Please see the vegetable highlight section for tips on how to cook and serve it. Some of the plants went to flower early and the honey bees are just loving it as there is very little else flowering right now.

Also from Italy, Gigante di Napoli or Giant of Naples, a flat leaved parsley. I purchased the seeds from the catalog, Seeds from Italy and it is the best tasting and most prolific parsley I have ever grown.

The broccoli is right on schedule with a new variety maturing each week. There should be one or possibly two more deliveries yet this season.

In the salsa verde bag there are three different HOT peppers the small green one is a Jalapeno (fairly mild), the yellow or orange or red one is a Santa Fe (medium) and the larger green



A FEW DEGREES IS ALL THE DIFFERENCE when comes to this time of the year and killing frosts. Last Saturday we certainly tested the possibility but for the lack of still air, we escaped a serious frost and our canary everytime cold weather asserts itself are the frost-sensitive zinnias.

one is the Ancho. David just roasted the tomatillos, onions, salt and some of the poblano chili in a pan in the oven and then served it with his acorn squash for breakfast. Delicious, he said.

Roasted Salsa Verde: Slice onion, dehusk and wash tomatillos, wash poblano chile pepper, chop 1/4 cup of cilantro and 1 clover of garlic. Have ready 1/2 tsp. of brown sugar and 1/2 tsp. of salt.

Grill chile until charred on all sides and place in a paper bag to cool. Grill onions and tomatillos until charred. Peel chile pepper and remove seeds. Put everything into a blender or food processor and blend until smoothish.

The acorn squashes might be small, but they are so sweet. They are a smaller variety, but the winter squashes also got off to a very slow start during the cold month of June and never really got going. Best cooked the traditional winter squash way: cut in half lengthwise, scoop out the seeds, place upside down on a baking pan or in a casserole dish with a little water. Bake at 350 degrees until fork tender.

HONEY FOR SALE

We have a limited supply of honey for sale. The cost is \$5 for a half pint and \$10 for a pint. We will deliver it to your dropsite in a bag with your name on it. The limit is 2 pints per family. Please email us with your order. We have very happy bees that dine on a very diverse mix of vegetable, herb, weed and flower blossoms.

Amilinda Pickled Kohlrabi

from Greg Leon, chef, Amilinda

1 kohlrabi, peeled and shredded	1/4 cup water
1 garlic clove, sliced thinly	2 tsp olive oil
1 cup apple cider vinegar	3/4 tsp kosher salt
	1/4 tsp sugar

Rapini or Broccoli Rabe



Rapini or more commonly known in this country as broccoli rabe is a relative of the turnip. The difference

being with rappini, one eats the stems, leaves and tiny budding head instead of the large bulb and leaves. The tender top stems of the plant are sweet as is the tiny head, The leaves are a bit stronger tasty. In Italy, rapini is boiled until tender. (We've read the Italian, especially the country cooks, don't care much for our el dente vegetable but rather like them well cooked.)

The rapini is drained and then sauteed with garlic, red pepper and an anchovy or two, then tossed with a short pasta and grated cheese.

Store: Keep in a plastic bag in the frig but use it sooner rather than later. Both broccoli and rappini taste best fresh. **Preparing:** Wash, boil first then chop or chop raw and sauté in oil or butter, garlic and anchovies if you wish. **Use:** Can be a side vegetable or tossed with pasta.

Combine the kohlrabi and garlic in a bowl.

In a sauce pan mix vinegar, water, sugar, salt and olive oil, then bring it to a boil. Pour over the kohlrabi.

Transfer the mixture to a mason jar or plastic container with a lid and let sit in the refrigerator for 5 days to a week before using.

This was served at our dinner on top of a beet salad.



WITH A LOVE FOR LOCAL FOOD AND SPANISH FLAVOR chef Greg Leon (left) of Amilinda restaurant treated Amanda, David and Sandy to a beautiful dinner recently. Greg was born and raised in Venezuela, moving to San Francisco and then Milwaukee where he met his husband Orry Leon. The creative menu changes each week and emphasizes usually three deceptively simple and delicious meat and seafood entrees and and features a generous portion of Pinehold produce. Vegetarian entrees are available upon request. They currently serve dinners Saturday evenings at The National at 839 W. National Ave. and reservations are needed.

Broccoli Rabe Pizza Bread

from Pinehold member Margaret Kozlowski

1 bunch broccoli rabe, coarsely chopped	2 cups fresh ricotta 1/2 grated
1/4 cup plus 2 Tbsp. of olive oil	Romano cheese 1/2 cup Parmesan
1 chili pepper finely chopped or red pepper flakes	3 Tbsp. chopped thyme 1 ciabatta loaf
4 cloves of garlic, chopped	2 1/2 cups shredded mozzarella or provolone

Preheat oven to 400 degrees. Bring a pot of water to boil and add salt. Add broccoli rabe and boil until tender, about 8 minutes. Heat a large skillet with 1/4 cup of oil. Add the chile and garlic and sautee for 1 minute. Add the broccoli rabe and toss for 2 to 3 minutes. Remove from heat.

In a bowl combine the ricotta, romano, Parmesan, thyme, and remaining 2 Tbsp. of olive oil. Spread mixture on the bread and top with the broccoli rabe. Bake until melted and bubbly, about 10 minutes. Serve.