

Pinehold Gardens Field Notes

Vol. 17 No. 16, Week 14

October 12, 2011

In This Box

- Bellstar or Green King broccoli
- Fairy squash
- Red Pontiac potatoes
- Copra onion
- Armenian garlic
- Ace bell peppers
- Winterbor kale
- Spinach for some dropsites
- Purple Top turnips
- Purple Top turnip greens

Next Week?

- Potatoes
- Winter squash
- Onion
- Radishes and turnips
- Asian greens
- Spinach for some dropsites
- Broccoli

A DAY IN THE LIFE

Yesterday was my 56th birthday. David's was two weeks ago. Our worker share crew decided that we all needed to go out to La Merenda for our birthdays. So we need, and the workers paid for us. We have been supplying La Merenda with vegetables and berries since they opened three years ago and work closely with the owner and chef Peter Sandroni. We feel very fortunate to have a worker share crew and a chef as friends now. It makes life so much better. And thank you everyone for the nice evening last night.

FIELD NOTES

We are making the most of

this beautiful weather. David has about 3 acres planted in cover crops of grasses, clovers, vetch, rye, field peas and oats. Some of the area in pasture mix will remain in a pasture for a couple of years so we can keep mowing it to hopefully eradicate thistle and so the roots can help build and loosen the soil.

BOX NOTES

We are sad to say that the tomato season has ended for the year. Since August 10, my dad alone, has picked about 4,500 tomatoes from 450 row feet of greenhouse space, an amazing 100 tomatoes per foot and an amazing amount of tomatoes to be picked by an 87 year old man. Words of wisdom. The answer is in plastic and if you don't use it you lose it.

The potato variety of the week is a red skinned, white fleshed all purpose potato. Unlike the early season Red Norland red skinned potatoes, this variety stores well.

The Copra onion, like the red onion delivered a couple of weeks ago, is classified as a hard storage onion, becoming sweeter when cooked.

The food police, David and I, hope that you enjoy the spinach raw in a salad. It is really sweet.

We plant four varieties of broccoli with different maturation dates so that we have a continuous supply of broccoli for the boxes for at least three weeks. They were transplanted right on schedule on July 15th and they are producing right on schedule,

actually a little ahead of schedule because of the warm weather we have been having.

Most everyone likes broccoli, but from a farmer's perspective it is an inefficient use of space. Kale, however, efficiently uses space. A kale plant takes up the same amount of space as a broccoli plant. From a broccoli plant you can harvest one head.

From a kale plant you can continually harvest for many months and new leaves will continue to develop. Harvest can last into the freezing weather of early winter. Kale is also nutritionally superior to broccoli and is listed as one of the top five super vegetables.

The large purple and white round object is a winter turnip that grew great in a field that had cover crop on it for three years. Who says organic yields are lower. It will store for many months in a sealed plastic bag in the frig. Just be sure to cut more of the green stems off. Turnips can be used in a gratin, mashed with potatoes or roasted with other vegetables.

The Fairy squash is a beautiful dark orange squash that is fluffy dry and perfect for taking on other flavors. Excellent in pies, soups, quick breads, risotto or baked as usual as a side dish, drizzled with butter and maple syrup. It will sweeten with age if left to cure longer at room temperature. For longer storage put it in a cool, dry basement.

GARLIC HELP NEEDED

This Saturday from 2 to 5 pm we would welcome help

planting garlic as we start to plant our 11,000 heads of garlic. The job requires cracking garlic — separating the garlic heads into cloves and planting garlic — planting individual cloves with the root end down, 3-inches deep. Even an hour of your time would be appreciated. Please RSVP if possible.

FARMERS MARKET

This Saturday is the last South Shore Market for the season. Our on-farm stand will continue to be open on Saturdays from 10 am - 4 pm through October. In November and December we will once again be at the Milwaukee County Winter Farmers Market in the Tommy Thompson Youth Center on the north side of State Fair Park on Saturday mornings from 8 am to noon the first three Saturdays of November and December. Remember if you purchased market dollars they can be used at all three markets.

LARGER QUANTITIES

A number of members have expressed interest in larger quantities of some items. Larger is a relative term as most of our market customers are only buying 1 pound of this or that or 1 squash or 1 bunch of kale or beets at a time. So if you are interested in more than one of something, please give us a heads up via email so we can bring it to the market or have it ready at the home market for you. Again this service is available only at the markets.

Winter Squash Risotto

2 lbs. winter squash, peeled and seeds removed (save for roasting, if desired)	1 onion, finely diced
1/3 cup olive oil, divided	1 1/2 cup arborio rice
1/2 cup butter (1 stick), divided	4 1/2 cup hot chicken or vegetable stock
1 garlic clove, minced	2/3 cup Parmesan cheese, freshly grated
	Salt and pepper

Dice squash into 2-inch pieces. Place on a large baking sheet, drizzle with 1/4 cup olive oil and season with salt and pepper. Mix well and roast in preheated 425 degree oven for 15 min., until soft and slightly browned. Melt 1/4 cup butter with remaining olive oil in heavy-based saucepan. Add garlic, onion and saute gently 5 min., until softened but not colored. Add rice and stir well to coat with oil/butter. Add hot stock, a large full laddle at a time, stirring until each addition is absorbed into rice. Continue adding stock in this way, cooking until rice is creamy, but grains still firm, about 20 min. Remove squash from oven, add to risotto with Parmesan and remaining butter. Season to taste with salt and pepper and stir gently. Cover pan and leave to rest for a few minutes before serving. Serves 4.

Curried Spinach and Apple Bisque

2 Tbsp. butter or oil	10 oz. fresh spinach, chopped
1 small onion, chopped	4 cups chicken or vegetable stock
1 celery stalk, chopped	3 Tbsp. raw rice
1/2 tsp. ground coriander	Salt and pepper
1 tsp. curry powder	Plain whole milk yogurt, for garnish (optional)
2 small apples, peeled, cored, and diced	

In a medium saucepan, heat the butter, saute onion, celery until soft, about 5 min. Stir in coriander, curry, and apple; cook for 5 minutes. Add spinach; stir and cook until wilted. Add stock and rice. Bring to a boil; reduce heat, partially cover, and simmer for 15 minutes. Puree in food processor or blender and season with salt and pepper. Garnish with a dollop of whole milk yogurt to serve. Serves 4.

Potato and Kale Soup

4 oz. kielbasa or similar spicy sausage	6 cups chicken or vegetable stock
1 Tbsp. extra-virgin olive oil	1/2 bunch kale (about 1/2 lb.)
1 small onion, chopped	Salt and freshly ground pepper, to taste
1 garlic clove, minced	Hot pepper sauce, to taste (optional)
1 lb. small red potatoes WITH skins, scrubbed and quartered	

Slice sausage thinly, then halve each slice. Put oil in a stockpot over medium heat. Add sausage. When meat is nicely browned and slightly crisped, remove with slotted spoon to dish lined with paper towels. Add onion and garlic to pot. Cook until onion wilts, about 5 minutes. Add potatoes and cook a few minutes, stirring. Add stock and bring to boil. Lower heat and simmer, covered, 20 minutes or until potatoes are soft. Mash coarsely in pot with potato masher or large fork. Meanwhile, roll kale and cut crosswise into thin strips. Put in colander and rinse thoroughly. Add to pot and stir well. Add salt and pepper. Cook until kale is just tender, add sausage and hot pepper sauce to taste and cook 5 minutes more. Taste and adjust seasonings. Serves 4 to 6.

Turnip Chips

2 large turnips (about 3/4 lbs.), well scrubbed	Pinch of smoked paprika
1 1/2 Tbsp. olive oil or clarified butter	Squeeze of lime
1/8 tsp. fine-grain sea salt	

Preheat oven to 425 degrees with a rack set in the middle of the oven. Using a mandoline or by hand, slice the turnips into uniform slices, none any thicker than 2 credit cards stacked. If you are slicing by hand, cut turnip in half and rest each half cut side down so they don't roll around; this makes for easier slicing. Toss slices in large bowl with oil, salt, and arrange in a single layer on baking sheet. Bake 12 minutes, check, then continue to bake until chips are deeply golden. Usually takes 5 to 15 minutes more, depending on thickness of slices. Remove from the oven, sprinkle with a light dusting of paprika and small spritz of lime juice, and toss gently. The chips will crisp a bit as they cool.