

# Pinehold Gardens Field Notes

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October 13, 2010

## In This Box

- Bolero carrots
- Tomatillos
- Hot peppers
- Cilantro
- Acorn, Carnival or Fairy squash
- Satina and French fingerling potatoes
- Purple Top turnips
- Onions
- Bright Lights Swiss chard or Winterbor kale
- Carmen sweet pepper

## Next Week?

- Butternut squash
- Broccoli
- Toscano and Russian Kale
- Sweet peppers
- Red radishes
- Tatsoi
- Garlic
- Onions

### A DAY IN THE LIFE

I love reading the Tuesday science section of the New York Times. Sometimes what I read doesn't make sense. I dropped out of college chemistry, and I believe my physics professor passed me because he knew I needed the class as a requirement for my Secondary Education math degree. And unlike David I'm not much of a reader. I do find myself reading cookbooks, seed catalogs, how-to, DIY articles in magazines and instruction manuals. I guess it's the litany of facts and explanations that I am attracted to.

The first thing I read is Jane Brody's column. The focus of the Oct. 4 column were reasons to "Eat Your Veggies." She pointed out that last month the national Centers for Disease Control and Prevention said that in 2009, just 26 percent of American adults ate three or more servings of vegetables a day, barely half of the goal that had been set a decade ago, despite including a tomato slice and a leaf of lettuce on a burger as a serving. Given the current recommendations of four to five servings daily in perspective, Americans' diet looks pretty pathetic.

As a CSA member you are not only eating your veggies, you are eating seasonally and locally, and the fall boxes include some of the most highest ranked vegetables as

far as nutrient content goes. So consider yourselves exceptional Americans, far ahead of the average.

### LAST CHANCE TO GET EXTRA GARLIC

We have some very tasty but very small heads of garlic left. Next week is the last delivery of garlic. If you would like some extra garlic for the winter please call or email us. As usual a bag with your name on it will be placed by the check off list at your pick-up site.

### EXTRA CELERY TOO

We also have some extra bunches of celery. We know some of you love our celery so just follow the above instructions for extra garlic to receive some next week.

### FIELD NOTES

We picked today's box in beautiful sunny near 70 degree weather. The ground was dry, bone dry, which made the harvesting and cleaning of carrots and turnips easier than usual. Last year it was in the low 40's. We had a killing freeze of 25 degrees the morning of Oct. 11 and the fields were muddy. We really needed this fall's weather to be sunny, warm and freeze-free so that our tardily planted fall crops would have a chance to mature. To help speed things up we could really use a little bit of rain as we have been irrigating all day, every day for the past couple of weeks.

A number of people have

made the comment that it has not been a good carrot year. We plant carrots in spring for a summer crop and then again in mid July for a fall harvest. On July 21 we planted our fall carrots. On July 22 we received 7 inches of rain, which not only caused most of our spring planted carrots to rot, all the carrot seed we had just planted for a fall crop washed away or got buried in mud. The fields didn't dry out until the first week of August then we replanted carrots.

One of the things that I seem to have to explain to just about everyone is that most crops take 60 to 70 days to mature. The exceptions are radishes and most leafy greens that can be harvested at their baby stage. This week marks the passage of 60 days so we finally have some smallish carrots to harvest.

We also took a risk and planted the beans that were in your box last week. We have never harvested beans in October because we usually get a frost in September. With frost expected last Sunday night our arthritic fingers fumbled through picking enough beans for the CSA delivery on Saturday and Sunday in temperatures not as pleasant as yesterday.

The fall greens field is our only unirrigated field. To have this dry in late September and October is very unusual. In fact we usually have too much rain. The plants look great because they were planted in a field

# Recipes of the Week

## OATMEAL CARROT CRANBERRY MUFFINS, Annie Wegner

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|------------------------------------|--|
| 1 cup old-fashioned oats, uncooked | ½ cup fresh or dried cranberries   |
| ½ cup milk                         | 8 oz. orange or pineapple juice  |
| 2 ½ cup all-purpose flour          | 2 eggs   |
| 1 cup firmly packed brown sugar    | ¼ cup vegetable oil or applesauce (may be chewier with just applesauce...you can also use 2 Tbsp each of oil and applesauce) |
| 1 Tbsp baking powder               | 1 tsp vanilla extract  |
| ½ tsp baking soda                  |  |
| ½ tsp ground cinnamon              |  |
| ¼ tsp salt                         |  |
| 1 ½ cup shredded carrots (about 3) |  |

Heat oven to 350 degrees. Grease muffin tin or use muffin liners. Combine oats and milk; mix well. Set aside. In a large bowl, combine flour, sugar, baking powder, baking soda, cinnamon, salt; mix well. If using fresh cranberries, toss them with the flour mixture to prevent them from sinking to the bottom of each muffin. Stir in carrots and dried cranberries (if not using fresh). Combine reserved oat mixture, juice, eggs, oil/applesauce, and vanilla; mix well. Add to dry ingredients; mix just until moistened. Pour into prepared pans and bake 20-25 minutes or until wooden pick inserted in center comes out clean and crust is golden brown. Cool 10 minutes; remove from pan. Cool completely. Makes 12-16

## WINTER SQUASH SPOON BREAD, Annie Wegner

- |                        |   |
|------------------------|---|
| 1 ¾ lbs. winter squash | 2 tsp baking powder                         |
| 3 cups milk, divided   | 1 tsp butter, melted                        |
| 2 cups cornmeal        | ½ tsp baking soda                           |
| ½ tsp salt             | 1 large egg, 2 large egg whites, room temp. |
| 3 Tbsp brown sugar     | Cooking spray or extra butter to grease pan |

Preheat oven to 375 degrees. Roast squash for 1 hour or until tender. Let cool. Peel, mash, and set aside. Combine 2 cups milk, cornmeal, and salt in a large saucepan; stir well with a whisk. Cook over medium heat 4 minutes or until thick, stirring constantly. Remove from heat; stir in squash and sugar. Combine squash mixture, remaining 1 cup milk, baking powder, butter, baking soda, and egg in a large bowl; stir well, set aside. Beat 2 egg whites rapidly in a bowl (at high speed if using a mixer) until stiff peaks form; gently fold into squash mixture. Spoon into an 11x7-inch greased baking dish. Bake for 50 minutes. Serves 6-8.

## KALE AND BEAN SALAD, Annie Wegner

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|--|--|
| 1 cup cooked white beans, liquid reserved                | 2 large garlic cloves, minced or pounded |
| Salt and ground pepper                                   | ½ cups chopped parsley                   |
| 2 large onions, finely diced                             | 1 Tbsp olive oil, plus extra to finish   |
| 2 bunches kale, leaves stripped from stems and slivered. |  |

Chop all vegetables. Warm 2 Tbsp of oil in heavy, wide skillet. Add onions and cook over medium-low heat until soft but not browned, about 12 minutes. Add kale, garlic, parsley, and salt. Cook with heat on low and pan covered until vegetables are soft and volume greatly reduced, about 30 minutes. Add beans, along with cup or two of beans' cooking liquid. Simmer until greens are completely tender, season with salt and pepper. Serve with, or over, garlic-rubbed toast, drizzled with olive oil. Serves 4

## CHILE-CARROT-TOMATILLO SOUP, Annie Wegner

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|--|--|
| 2 Tbsp butter                                  | 4 ½ cups vegetable stock   |
| 1 medium onion, chopped                        | 1 corn tortilla, broken into small pieces                                      |
| 1 red bell pepper, seeded and chopped          | 1 cup lime juice   |
| 1 hot pepper, chopped, seeds and veins removed | ½ cup to 1 cup heavy cream or half and half (depending on desired consistency) |
| 6 large carrots, chopped                       | Salt to taste  |
| 3 tomatillos, husks removed, chopped           | Cilantro to garnish  |

Melt the butter in a saucepan over medium heat and saute onions until transparent. Add peppers, carrots, and tomatillos and cook until soft. Add vegetable stock and corn tortilla. Bring to a boil then turn down heat and cook 8-10 minutes. Put mixture into a blender and blend until smooth, in batches, if needed. Return to heat and add lime juice, cream and salt to taste. Heat through. Garnish with fresh cilantro sprigs.

that had a clover cover crop on it for the past couple of years, which left the ground in great shape. The clover provided nitrogen, tap roots to break up the ground and organic matter. Everything is green and growing, but the broccoli and spinach are maturing rather slowly and they in particular would benefit from a bit of rain.

### BOX NOTES

We usually harvest tomatillos in August and include recipes for making salsa verde, probably the most traditional use for them. Of course you can still make salsa verde, but we are including a recipe that includes them in soup. If you would like to know more about tomatillos, I would recommend reading the Aug. 27 newsletter from Harmony Valley farm, a large CSA farm in Southwest Wisconsin.

The purple and white object in your box is a Purple Top turnip. It is a fall turnip with edible greens. Unlike the salad turnips that were in your box a couple of weeks ago, fall turnips have a stronger taste. They can be cooked and mashed with potatoes or included in a gratin. The Milwaukee Journal Sentinel had a nice piece by Karen Herzog in today's food section about root crops including turnips.

The yellow Satina potato is a drier potato that can be baked or mashed

The green Jalapeno is mild for a chili. The yellow Hungarian is hotter. The seeds and veins are what make chilis hotter, so remove them for less heat.

Some onions have stem and center rot from being under water in July. We try our best to ship good onions by checking the top of each one, but we can't see inside.