

Pinehold Gardens Field Notes

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October 14, 2020

In This Week's Box

From the drift free fields

- Kale
- Beets
- German Butterball potatoes
- Purple Top turnips with greens
- Rapini
- Broccoli or spinach

From our hoophouse:

- The last of the ripe tomatoes

From Simon's Gardens

- Acorn squash

In Next Week's Box?

THE LAST BOX OF THE YEAR

- Igl Farms potatoes
- Pinehold assorted potatoes
- Assorted winter squashes
- Winter Radishes
- Carrots
- Sweet potatoes
- Brussels sprouts
- Collard greens
- Celery
- Garlic

HERBICIDE DRIFT UPDATE

No news this week, but I did not expect any. Luckily we are very busy trying to finish up the season so I only have time to think about the present.

A DAY IN THE LIFE

We celebrated my birthday on Sunday by driving to Dan Kuehlow's tree farm which is just north of Elkhart Lake to tag our Christmas tree. Dan is our Santa Claus and he turned 80 on September 15. Although he lost his wife of 60 years, Mrs. Claus, last fall, he decided to continue on with the business at his children's and grandchildren's urging. They thought otherwise he would turn into a couch potato. And talk about optimism, he planted 140 new trees this year and they take 15 years to



This week's and all other boxes previously were brought to you by your workers share community. (Top, standing left to right) Clark, Scott, Sandy, Nancy, Ilanna, Petunia and Becky. (Sitting left to right) Tracy, Carmen, Sandy, Jill, Christine and Carmen.

(Bottom left to right) Bridgette and Amy. (Bottom right) The Masked Washer, Dave. Not photographed but equally real: Ken, Pat and Sheldon

mature. His sister lived to be 100 and she was still gardening into her 90's. We have been buying trees from Dan for 33 years. The money from the sales go to his children's and grandchildren's first car and college funds. And really, they did look like Mr and Mrs Claus.

It was a nice break from traveling to Simon's Gardens to harvest crops.

As we wind down the season we are constantly discussing our plans for

next year. Information about our tentative decision will be shared next week.

BOX NOTES

The German Butterball potato has gold skin and gold flesh. It is a good potato to use for soups such as potato leek soup. You can also use it for roasting, mashing, pan-frying, and frying.

Rapini is an Italian green. I like using it sautéed on pizzas with Feta cheese. David likes adding it to soup at the last

These recipes and so many others this season have come from Jeff and Mary Siuta. Both retired teachers who shared cooking responsibilities while working and raising a



family, Jeff has become the primary cook and Mary the baker. Jeff and Mary love to explore the creative art and necessary science of cooking but also view it as a way to walk the talk of committed environmentalists and community builders. Preparing food well honors all those who made it possible, Jeff says. "Feeding others, feeds the soul."

Cider-Glazed Acorn

By Member Jeff Siuta

This is an easily-prepared, delicious way to enjoy acorn squash. In the cavity of each roasted squash half sits a sweet, delicious pool of cider, butter and maple syrup. As you take each forkful of flesh from the skin, dip it into the syrup.

Ingredients:

- 2 medium-size acorn squash, halved from top to bottom and seeded
- 1½ cups apple cider
- 3 tablespoons butter
- ¼ cup pure maple syrup or honey

Directions:

- Preheat oven to 375 degrees.
- Place the squash halves with the cut side down in a baking dish just large enough to hold them. Add about 1 inch of water to the dish. Roast for 30 minutes.
- Meanwhile, boil the cider in a small saucepan over high heat until it is reduced to about ½ cup. It will become thick and syrupy. Stir in the butter and maple syrup until the butter melts.
- Remove the squash from the baking dish and pour out any water that remains. Arrange the squash cut side up in the dish. Brush the cider sauce over the flesh. Pour the remaining syrup equally into the cavity of each squash half. If there is any syrup left over, reserve it for the table.
- Place the squash back in the oven and roast for another 15 minutes, until the squash is completely tender.

Serve hot, passing any extra syrup at the table. Makes 4 servings.

Mixed Green Frittata Sandwiches

From Member Jeff Siuta

This is a sandwich that works equally well for breakfast, lunch or dinner. For breakfast, pair with a dish of fresh fruit; for lunch or dinner, pair with a small, green salad.

Ingredients:

- 2 smallish (1½" diameter or so) spring bunching onions
- 1 medium jalapeño pepper (preferably, red)
- ½ cup chopped sweet pepper (a mixture of colors works well)
- ¼ cup of flat-leaf parsley (chopped)
- 3 tablespoons of olive oil
- 1 large turnip leaf (or 2-3 smaller ones)
- 1 large kale leaf (or 2-3 smaller ones)
- 2-3 beet leaves
- 2 eggs
- 3 tablespoons milk
- 2 Kaiser or large sourdough rolls, sliced
- Sea salt and freshly ground black pepper
- Shredded cheddar cheese
- Hot sauce (optional)

Directions

- Chop the onions and sweet peppers into ¼" dice. Mince the jalapeño into about 1/8" dice. Heat the oil in large curved bottom (French) skillet, then add onions and both types of peppers and sauté.
- Slice the leaves off the stem of the kale, beet and turnip greens. Slice all of the greens into 1/8" inch wide ribbons.
- When the onions have just begun to clarify, add the greens and parsley to the skillet, giving them a brief stir to incorporate them with the onions and peppers. Add pepper and a bit of sea salt, to taste. Pour about 3 tablespoons of water through the greens and cover the skillet (the added steam from the water will help to cook the greens). Cook at medium heat for 5-7 minutes and stir occasionally.
- Beat the eggs together with the milk in a small bowl. Form the greens in the skillet into a circle of approximately equal thickness. Pour the eggs evenly through the greens, tilting the skillet to distribute any extra evenly. Cover the skillet and let the eggs cook until almost set.
- When the bottom has browned sufficiently to hold the greens and eggs mixture together sufficiently, slide the frittata out of the pan onto a plate. Then invert the skillet over the plate and, being sure to keep the two aligned, flip both over, placing the frittata back into the skillet with the browned side up.

Roasted Fall Vegetables with Polenta

From Member Jeff Siuta

Ingredients:

4-5 cups of mixed fall vegetables, cut to size – they may include:

- 1 red onion, sliced top to bottom into 3/4-inch wedges
- 1-2 beets, peeled, sliced top to bottom into 1/2-inch wedges
- 1-2 small potatoes, unpeeled, cut into quarters or sixths
- 1-medium turnips, peeled, sliced top to bottom into 1/2-inch wedges
- 3-4 small carrots, scrubbed, cut lengthwise into quarters
- 1 small kohlrabi, peeled, sliced top to bottom into 1/2-inch wedges
- Winter squash (acorn, butternut, etc.), about a handful of 3/4-inch cubes
- 4-5 garlic cloves, peeled, left whole

Other ingredients:

- 2-3 tablespoons extra-virgin olive oil
- Kosher salt
- 1/2 teaspoon crushed red chili flakes
- 3-4 sprigs each fresh thyme and fresh rosemary
- 1 tablespoon balsamic vinegar
- 1 cup medium or coarse cornmeal (often sold as polenta)
- 4 cups water or vegetable stock
- 1-2 teaspoons salt
- 1/2 cup freshly grated Parmesan cheese
- 4 tablespoons butter

Directions:

- Preheat the oven to 425 degrees.
- Combine all of the prepared fall vegetables in a large bowl. Drizzle with the olive oil, 1/2 teaspoon of salt and the crushed red chili flakes, and toss gently to coat thoroughly.
- Turn out onto a large rimmed baking sheet. Tuck the sprigs of thyme and rosemary among the vegetables. Roast until beginning to soften and turn brown, 20-25 minutes.
- Remove the pan from the oven, remove and discard the herb stems, and stir in the balsamic vinegar.
- While the vegetables are roasting, bring 4 cups of water or stock to a boil in a heavy-duty sauce pan or small Dutch oven. Stir in 1 teaspoon salt. Gradually sprinkle the polenta into the pan while whisking at the same time. Turn the heat to a very low simmer, cover and continue to cook the polenta for 25 – 30 minutes, until it's thick, fluffy and begins to pull away from the sides of the pan. Stir occasionally so it doesn't stick to the bottom of the pan. When it's done remove from the heat and stir in the cheese, butter and additional salt to taste if needed.

Serve the warm polenta in bowls with the roasted vegetables and their juices over the top. Sprinkle with additional cheese, if you like. Makes 4 servings.

Beet Chips

From Member Jeff Siuta

Ingredients:

- 4 cups raw beets, sliced 1/16 to 1/8 inch thick
- 1 teaspoon olive oil
- 1/2 to 3/4 teaspoon salt
- 1/4 teaspoon ground coriander
- 1/8 teaspoon ground white pepper

Directions:

- Place the sliced beets in a large mixing bowl. Add the olive oil. Toss with your fingers to separate the slices and coat them lightly with the oil.
- Sprinkle about half of the salt, coriander and pepper into the bowl and toss well. Then sprinkle the remaining salt, coriander and pepper into the bowl and toss gently but thoroughly.
- Arrange the slices on trays or racks. Dehydrate in the oven at 145 degrees (or the lowest temperature that your oven will heat) or use a dehydrator at that temperature. Turn the slices occasionally if they are not drying evenly. Continue dehydrating until they are crisp and dry, about 4-6 hours.
- Store in an airtight container for up to one week.

Jeff's Notes:

- *The seasoning for these chips is open to a good deal of experimentation. Try different seasoning mixes, remembering that the inherent sweetness of the beets is emphasized in the dehydrating process.*
- *A favorite of mine is Penzey's Brady Street seasoning; it has a nice blend of salty and sweet.*

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minute.

If you find a white friend in your turnip, it is the cabbage root maggot, a destructive insect that feeds on the roots of brassicas including broccoli, cauliflower and cabbages and tunnels into turnips. Just cut away the tunneled area. Turnips, without the greens will easily store for six months in a plastic bag in the frig in case you want to save them to roast on a cold winter day along with other root vegetables.

FIELD NOTES

We have had quite a few beautiful warm sunny days this past week which helped our broccoli and rapini mature.

Now if we only had another few weeks of warm weather. We have a planting of beans with 1/2 inch long beans on them and two late plantings of carrots. But I think we are running out of luck and time as the next week's forecast looks rather cold, wet and dismal. We will still row cover things, hoping for the best.