

### In This Box

- Carnival squash
- Romanesco
- Lacinato kale
- French Fingerling and Carola potatoes
- Ace sweet peppers
- Jalapeno peppers
- Turnip medley
- Yellow onion

### Next Week?

- Butternut squash
- Rutabagas
- Carrots
- Satina potatoes
- Onions
- Carmen peppers
- Celery

### A DAY IN THE LIFE

Rummages and hamburgers vs. local, delicious food. Market day last Saturday there were many rummage sales down our block. I would estimate at least 100 cars slowed down to see if we were a rummage sale and not one stopped. Later that night we stopped at Bavette, one of our restaurant accounts, to have a sandwich. While the bar next door was packed, none wandered over to Bavette. The owner Karen Bell, puts together a simple menu with wonderful chutneys and pestos adding interesting flavors to the grass-based meat sandwiches, and many local products.

I know there are many factors that in-

volve people's choices on how to spend their time and money, but the lack of real interest in local food certainly doesn't reflect the buzz.

So thank you CSA members for "stopping by" Pinehold Gardens. And if you get a chance, give Bavette a try for lunch.

### FIELD NOTES

A frost is expected tonight and freezing temperatures on the weekend. We still have many root crops to harvest but the lack of enough helping hands and cooler space has left us with much to do. We will be row covering the celery and beets tonight for frost protection.

### BOX NOTES

The potatoes are two of our favorite varieties and their best use is steamed or roasted. Delivered with their dirt on them in a paper bag they will store in a cool, dry place a long time but enjoy them now fresh.

All the squashes that we are delivering should store for many months stored on a counter or in the basement. If you see a soft spot developing, bake it and freeze the flesh in a freezer bag for winter soups and quick breads.

Peppers and onions are the basis of a simple fajita. Or chop up the



*The work of vegetable farmers in October casts its shadow on the next year when garlic planting begins. With the "seeds" or cloves planted this month, the crop isn't harvested until next July. What happens in between will have a lot to do with the success of that harvest. But that doesn't preclude making all the necessary preparations for a good harvest, such as making raised beds. See more photos in A Thousand Words.*

peppers and freeze. No blanching is necessary.

Romanesco, chopped up into its tiny Christmas trees holds up well and tastes great in curries and pasta dishes.

### SEASON END DATE

Our CSA season is 17 weeks long this year, with the last week being the last Wednesday in October, the 30th.

### WORKER-SHARE PROFILE

For the last 7 years, picking food at Pinehold Gardens has taken me back to my grandfather's farm as a child where I played in the corn and soybean fields and chased the cats. I love digging the potatoes and pulling garlic out of the earth and

sitting or kneeling in the dirt to grab beans, cucumbers or tomatoes off the vine. All of this keeps me grounded and centered. And brings a smile to my face. I have become extremely conscious of what I'm eating, enjoying the flavors



and textures and finding creative ways to use the foods that we

picked. As part of a team, I have made many new friendships while working together and sharing ideas on how to use the foods that will fill up our boxes the next day. It's been a great experience for me.

# Recipes

by Annie Wegner Lefort

## Romanesco Salad

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|--|--|
| 1 head Romanesco, cut into bite-size pieces  | 1/2 c. celery                                  |
| 1/4 lb. bacon, cooked and diced<br>(cook extra crispy as it will soften<br>once mixed into the salad)      | 1/2 c. sour cream (or plain whole milk yogurt) |
| 1 small yellow or red onion, chopped<br>(red onion will add more color to<br>this otherwise "white" salad) | 1/4 c. mayonnaise                              |
|  | 1/4 c. honey (or sugar)                        |
|  | 2-3 T. shredded/grated Parmesan cheese         |
|  | 2-3 T. raisins                                 |

Toss together romanesco, bacon, onion, and celery. Combine sour cream, mayonnaise, and honey or sugar. Add to veggies and toss gently. Add raisins and Parmesan and toss gently. (I start with tossing the salad in just half the dressing to start as you can always add more depending on your desire for creaminess; you could cut the dressing part in half altogether.) Serves 3 to 4.



**Winter Roots:** With the cooler weather taking hold, the season of winter vegetables, such as sweet root crops, becomes a mainstay of menus. These **Golden Globe and Purple Top turnips** that are in today's box can be simply served glazed, cooked in a pan with butter and white wine or apple cider, cooking the sliced turnips until tender and a syrupy juice is left in the pan. They pair well with butter and cream in a gratin, topped with bread crumbs and Parmesan cheese. Or pureed and added to a risotto.

## Lemon-Pickled Turnips or Rutabaga

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|--|--|
| 8 c. (2 1/2 lbs.) sliced turnips or rutabaga, greens removed | 3 1/4 c. water                           |
| 1 T. plus 1/2 t. kosher salt                                 | 1 3/4 c. champagne or white wine vinegar |
| 3 lemons, zested and juiced                                  | 1/2 c. plus 1 t. sugar                   |
|  | 4 t. coriander seeds                     |

*If you only want to make refrigerator pickles, simply add the brine to the jars of turnips or rutabagas, cover with lids, and let cool before putting in fridge, skipping the canning steps below.*

Trim off root ends and tops of turnips or rutabagas and peel. Halve and slice about 1/4-inch thick. Mix turnips/ruta. in a large colander with salt. Set aside to drain for 1 hour.

Grate lemon zest into small pot. Halve lemons and squeeze juice over zest. Pour in water, vinegar, and sugar. In a dry saute pan (or, even better, cast iron!!!), toast coriander seeds until fragrant. Coarsely crush seeds (you can use the bottom of one of the canning jars if you want) and add to pot.

Sterilize canning jars and heat water in a canning kettle fitted with a rack. Pack the jars with turnips, using about 8 oz. per jar. Meanwhile, bring lids to a light simmer in a pan, but do not let boil.

Bring brine to boil. Temper jars by placing them into a shallow pan/dish and pouring hot water into the dish about 1/2-inch up the sides of the jars. Ladle brine into each jar leaving 1/2-inch headspace from rim of jar. Remove air bubbles, wipe rims, and place lid on each jar. Screw on bands until snug, but not tight. Place jars in pot with rack, submerge and add any additional water needed to cover jars by about 1 inch. Place lid on top. When water comes to a boil, process jars for 15 minutes (start timer when water reaches boil.) Turn off heat and leave jars in water for a few minutes. Remove jars from water and let cool completely at room temperature. Label and date and store in a cool dark place.

## More Recipes

### Potato and Greens Torta

1 1/2 lbs. potatoes	2 oz. (about 1/2 c.)
Salt	shredded fontina cheese
1 T. grapeseed oil	2 oz. (about 1/2 c.)
4 garlic cloves, minced	fresh grated Asiago cheese, divided
1/4-1/2 t. crushed red pepper	2 large eggs, lightly beaten
8 c. combination of greens (chard, collards, kale), chopped	Dash hot pepper sauce (optional)
1/2 c. milk	Freshly ground black pepper

Preheat oven to 375F. In a large saucepan, add potatoes and enough water to cover. Season heavily w/ salt. Bring to a boil, reduce heat to simmer and cook until tender, about 15 minutes. Drain and allow to cool slightly. Peel potatoes and press potatoes through a ricer or pulse in a food processor with skins on and put in large bowl.

In large skillet, heat oil over medium. Add garlic and crushed red pepper, cook about 1-2 min. Stir in greens in batches, tossing until wilted then add more greens until all are incorporated. Cook 2-4 minutes. Remove from heat and allow to cool slightly. Into the bowl with potatoes, add greens, milk, fontina, eggs, and hot sauce (if using). Season generously with salt and pepper. Stir mixture until well combined. Lightly coat 9" pie plate with cooking spray, oil, or butter. Add breadcrumbs and shake to coat bottom and sides. Add potato mixture into pie plate, smoothing top. Bake 25 min. or until fairly firm (torta will continue to cook slightly when removed from oven, but it shouldn't be especially jiggy when you take it out.) Remove from oven and scatter top w/ Asiago. Set aside and let stand for at least 10 minutes before serving.

### Sesame Roasted Turnips

1 T. sesame oil	1/2 t. salt
1 T. honey (or brown sugar)	1/4 t. dried red pepper flakes
4 turnips (3 in. diameter), peeled and cut into wedges	1 T. sesame seeds
	3 T. dry breadcrumbs

Preheat oven to 400F. Place sesame oil and honey/sugar in baking dish. Add turnips, salt, pepper flakes then toss to coat turnips. Roast uncovered for 20 min., stirring twice. Sprinkle on sesame seeds and roast 10 min. more. Serve warm, chilled, or at room temp.

## Food Bits

### Turnips

We are here to say give turnips a chance. Much disliked, turnips can actually have a wonderful sweet rootiness that can add interest to soups and gratins. Roasted and served with a little butter and salt, turnips make a good side dish but can really shine sliced thinly in a creamy gratin, especially paired with thinly sliced potatoes and onions. **Store:** Keep in a plastic bag in the frig or peeled in container with water. **Preparing:** Wash and trim the stem and root ends. Unpeeled turnips have a stronger, earthier taste. **Use:** Gratins, soups, roasted vegetable medley, add to mash potatoes.

## A Thousands Words

It's garlic planting time and all plants do best with a proper seed bed. (Clockwise) Dry chicken bedding is spread thinly on the field. Then beds are marked and subsoiled. Finally, raised beds are made. Next: Planting.

