

Pinehold Gardens Field Notes

Vol. 17 No. 16, Week 15

October 19, 2011

In This Box

- Broccoli
- Butternut squash
- Swiss chard
- Copra and Red Bull onions
- Assorted peppers
- Lacinato kale
- Purple Top and Tokyo Cross turnips
- Red radishes
- Yukina Savoy
- Spinach for some

Next Week?

- Potato medley
- Long Pie squash
- Carrots
- Onions, garlic, shallots
- Watermelon radishes
- Rutabaga
- Purple Top turnips
- Brussels sprouts
- Celeriac
- Russian kale
- Spinach for some

A DAY IN THE LIFE

This year we made the decision that once the harvest season began we would not be open for any tours. Being in Milwaukee County we get many requests ranging from a high school student's senior class project to college environmental studies classes to Daisy, Brownie or Scout troops, church groups, people that home school and people wanting to just stop by. We did make an exception this past Monday for the MATC's Specialty Food Program's culinary students. Since more than a third of all meals are eaten outside the home, we need to ex-

pose young chefs to as much seasonal food as possible. This is our fourth year selling to the Cuisine restaurant and the second group of students that have been to the farm.

FIELD NOTES

We need to move fast and finish garlic planting and some field clean up before the weather takes a nasty turn for the worse. The long range Accuweather forecast is predicting below freezing temperatures at night starting the middle of next week. Wasn't it just 81 degrees?

Garlic planting is moving briskly along thanks to the help of members, family and David's machine like planting skill.

A huge task that needs to be done before it gets too muddy, is the rolling up miles of drip tape onto reels so it can be reused next year. The tape is expensive and it is plastic so while many farmers throw it away each year, we try to get at least two years worth of use.

David also has to assemble our second greenhouse over our winter carrots.

BOX NOTES

Everything in the box this week should be familiar to you except for the butternut squash. It is a firm squash that also is the easiest to peel of the winter squashes and therefore works well in stews or chili when you want a cube of squash to hold together.

I'm sure everyone would prefer that is was a great carrot year instead of a great

turnip year, but we promise a nice bunch of yummy, although small, carrots will be in your box next week.

The radishes were harvested from a bed that was planted just over a month ago. They are beauties with delicate leaves. A chef turned on a light bulb in our cooking repertoire when he said any leafy green could be used for making pesto. Two of the best combinations that we have tried so far are spinach and walnuts and radish leaves and sunflower seeds.

We made a delicious simple stir fry Monday night using most of the contents of this week's box including the Yukina Savoy, radishes, Tokyo Cross turnips (the white ones, which to me look like water chestnuts), red pepper, broccoli, onion, stock, and a bit of roasted sesame oil and soy sauce added near the end.

PEOPLES MARKET DAY UPDATE

We are halfway to our goal of 80 members pledging to contribute to the fund to sponsor a Winter Farmers Market "People's Market Day," but more than half way towards the goal of \$325. Thank you.

The purpose of the People's Market Day is to raise the \$325 rental fee that the State Fair charges for the rental of the lobby space of the Tommy Thompson Youth Center for one Saturday morning. Each vendor still pays a stall fee of \$35 per week which covers the market manager's salary, marketing, insurance and the other associated costs of

running a market. We hope to raise the rental funds anonymously in order to host at least one market free from the largess of self-interested parties. This is the third year for the market and the first year that it is operating on its own and not under the umbrella group of the Apple Growers Association. It is a market with a good following and great potential.

If you are contributing, please mail us a check. If you pick up at the farm or at Leonard's house in Greenfield you can leave the check here or with Leonard. The check should be made out to Pinehold Gardens, and we will forward the money to the Winter Market.

GARLIC HELP IS STILL NEEDED

This Saturday from 9 to Noon we would welcome help finishing planting garlic and mulching garlic. Mulching is a tedious task that requires dragging tarps full of leaves to cover the beds with 6 inches of leaves. Please RSVP as plans might change if we get the heavy rain that they are predicting for tonight.

NEXT WEEK IS THE LAST DELIVERY

Next week, October 26, is the 16th and last delivery of the season. We ask that you bring a bag to transfer the box contents into it so that the boxes can be left at the dropsite. Also remember to bring any extra boxes that you might have.

Warming Asian Turnip Soup

1/2 large onion, sliced
5 Tbsp. olive oil
2 cloves garlic, minced
3 cup turnips, peeled and diced
1/2 tsp. ground pepper
2 star anise
3 Tbsp. soy sauce
4 cups chicken or vegetable stock

Salt
1 lb. firm tofu, drained and diced
2 cups mushrooms, loosely packed and diced
1 Tbsp. fresh ginger, minced
Sesame oil for serving
Chile flakes for serving (optional)
Rice vinegar or apple cider vinegar for serving
Fresh cilantro leaves for serving (optional)

Heat soup pot over medium-high heat and add 2 T. oil. Add onions, garlic, and saute for 1 min. Add turnips, pepper, star anise, and 2 T. soy sauce and cook, stirring, for 1 min. Pour in stock and bring to boil. Decrease heat and simmer, covered, until turnip is tender, about 20 min. Taste and season with salt. Heat saute pan over medium and add remaining 3 T. olive oil. Add the tofu and spread it evenly across pan. Fry for 2 min., undisturbed. Season with salt. Flip tofu and cook 1 min. more. Add mushrooms, ginger, and remaining T. soy sauce and cook for 2 min., then remove from heat. To serve, ladle into bowls, add 1/2 c. tofu mixture to each bowl. Garnish with few drops sesame oil, chile flakes to taste, a dash of vinegar, and a generous amount cilantro is desired. Serves 4.

Kale and Tatsoi in Cashew Curry Sauce

1/4 cup cashew butter
1 Tbsp. curry paste
1 Tbsp. soy sauce

3/4 cup water
2 Tbsp. grapeseed oil
3-4 cup chopped kale and tatsoi (or other greens)

Blend cashew butter, curry paste, soy sauce, and water in a blender until creamy. Heat a large skillet over medium-high heat. Add oil and heat. Add greens and saute until wilted. Combine sauce with greens in pan and toss until blended. Serve warm. Serves 4.

Creamed Feta with Radishes, Onions, Mint and Olives

1/2 lb. feta cheese
1 1/2 Tbsp. olive oil
1/2 small clove garlic, thinly sliced
1 bunch radishes, trimmed
1 medium yellow or red onion, sliced thinly

2 dozen kalamata olives
Lettuce, mixed greens, or sprouts
Fresh mint, or dill
Pita Bread

Put feta in food processor with olive oil and garlic and blend until smooth and creamy. Transfer to a serving bowl or plate or spoon onto middle of a large platter and surround with all other ingredients. Serves 2 to 4.

Broccoli and Roasted Peppers

2 cloves garlic, minced
1 tsp. olive oil
1 cup roasted peppers

2 large servings broccoli spears, lightly steamed
2 Tbsp. or more vegetable or chicken stock
Salt and pepper, to taste

Saute garlic in oil over low heat until garlic turns light golden. Stir in roasted peppers and cook briefly. Add broccoli and more liquid to heat the broccoli and keep it moist. Start with 2 T., but add more if necessary. Cover the vegetables and cook, stirring every few minutes, until broccoli is hot and desired texture. Season with salt and pepper and serve. Serves 2.

Winter Squash Maple Walnut Muffins

2 eggs
1/3 cup maple syrup
2 Tbsp butter (melted) or olive oil
1/2 cup applesauce
1 tsp vanilla extract
1 cup grated raw winter squash (peel and seed squash before shredding)

1/2 cup raisins, plumped in water for about 10-15 min.
1/2 cup sunflower seeds or chopped walnuts
1 3/4 cups sifted whole wheat flour
1/4 cup wheat germ
2 tsp. baking powder
1 tsp. cinnamon
1/8 tsp. ground nutmeg

Preheat oven to 375 F. Grease or line muffin tin and set aside. In a large bowl or food processor, blend together the eggs, maple syrup, melted butter or olive oil, applesauce, vanilla, squash, raisins, and walnuts or sunflower seeds. In another bowl, stir together the wheat flour, wheat germ, baking powder, cinnamon, and nutmeg. Combine wet and dry ingredients and mix only enough to combine ingredients. Spoon mixture into prepared muffin tin. Sprinkle a few nuts or seeds on each muffin. Bake 20-25 min. or until golden brown and a cake tester comes out clean. Makes 12 muffins.