

Pinehold Gardens *Field Notes*

Vol. 25, Week 13

October 2, 2019

In This Week's Box

(Only weekly members)

- Beets with greens
- Broccoli
- Paste tomatoes with hot peppers
- Sweet peppers
- Kale
- Leeks
- Spaghetti squash

Next Weeks Box?

(Everyone gets a box)

- Carrots
- Cabbage, green
- Jester winter squash
- Peppers
- Turnips, Purple Top

A DAY IN THE LIFE

Needless to say we are really tired of rain and all the things that go with it: boots, the swarming hard biting flood mosquitoes that hatched this week-end, muddy harvest crates and storage totes, muddy packing shed, dirty wet clothes, lack of sun. I am sure you are tired of it too. Muddy dogs, sitting through football games in the rain, camping in the rain, wanting to sleep all day (we wish we could).

And we so do miss the old familiar fall. We used to get a frost the last week of September (we don't miss that part) and then starting with David's birthday at the end of September and ending with mine two weeks later we would have beautiful Indian Summer weather, dry and cool, and the tree colors would peak on my birthday.

But it does seem to be a pretty good monarch year. I counted 23 flying over the freeway in the miles from the high rise to Ryan Road the other morning. I might be the only distracted-by-but-terflies driver. And our zinnia patch is being visited by dozens a day so David wants to plant an acre of zinnias.

FIELD NOTES

As I sit here typing this on Monday evening I keep checking radar to see how long our luck will hold out with the bulk of the storms staying just north of us. We lucked out at the end of last week with the storms staying in northern Illinois with the area around the city of Ottawa, a city that seems to attract storms like our cat Cooper attracts fleas, receiving 9 to 11 inches of rain. September ended with a total of 7 inches of rain in Milwaukee, 4 inches above normal.

The ground is saturated from September's rains so the 0.6 inches that fell at 1pm on Tuesday, just as our CSA harvest crew was finishing their shift, left standing water in the fields.

We hedged our bets thinking we might get a lot of rain and picked next week's carrots and cabbages as the carrots might rot and the cabbages might split.

BOX NOTES

Broccoli — This is the last delivery of broccoli. Any dark colored areas on the head are caused by rain water sitting on it for too long.

Peppers — The red and yellow ones loose in the box are sweet Italian fryers. The ones in the bag with the tomatoes are hot, mild Hungarians (the longer one) and Jalapeños. Just like all sweet peppers, hot peppers will also turn orange or red when ripe, including Jalapeños.

Leeks — Sad to say they were only weeded once so the weeds won and outgrew the leeks.



This is becoming an all too familiar image. It is said that everybody talks about the weather but nobody does anything about it. Well it is high time we do. Climate change is real and we all should make every effort to mitigate our global warming footprint, including demanding our government becomes part of the climate change solution rather than the problem.

Spaghetti squash — Cut in half, scoop out the seeds and bake like any winter squash. Remove the flesh with a fork.

TOMATO UPICK

We were glad to see so many of our members come out for the upick. We picked almost all of the ripe ones for this week's box, but please email us if you would still like to pick and we will try and accommodate you.

PUMPKIN UPICK

Our family event. Pot luck chili, squash bowling, cider, apples. The pumpkins are still ripening but we are planning on Sunday afternoon, October 20.

Food Tips: Kale



We are told by a chef friend that kale is no longer all the rage around restaurant and home kitchens. More is the shame. Whether it's its versatility,

or its nutritional make up, kale in its several forms is and should continue to be a real meal winner.

The kale in your box is often referred to as curly kale. The kale pictured above is often called dinosaur kale. There is red and green leaf kale as well, sometimes called Russian kales. And yes, it is often referred to as a super food, which has made it a darling of the juicing crowd.

But we are here to say kale is just plain a good food. Try it raw in a salad. First cut or tear it into bite size pieces and then mix it with a vinaigrette dressing, leaving the vinegar in the dressing to "cook" or soften the leaves. Then add any number and kind of roasted vegetables and toss. Kale such as a curly works really well in soups and stews. Try a fall minestrone substituting kale and other fall vegetables for the familiar summer ones. Braise it with leeks, tomatoes and salmon.

To freeze: chop it, blanch it, let it cool, spin it dry and place in freezer bags.

KALE PIE

from *How to Cook Everything* by Mark Bittman

2 tablespoons butter, plus more as needed
About 8 large kale leaves, rinsed well and thinly sliced
1 onion, sliced
Salt and pepper
1/4 cup chopped mixed fresh herbs (like parsley, thyme, chervil, and/or chives)
6 eggs
1 cup whole-milk yogurt or sour cream
3 tablespoons mayonnaise
1 1/4 cups all-purpose flour
1/2 teaspoon baking powder

Heat the oven to 375°F. Melt the butter in a large skillet, preferably nonstick, over medium heat. After a minute, add the kale and onion. Sprinkle with salt and pepper and cook, stirring occasionally, until the leaves are quite tender, about 10 minutes; do not brown. Remove from the heat, add the herbs, then taste and adjust the seasoning.

Meanwhile, hard-boil 3 of the eggs; shell and coarsely chop them. Add to the cooked kale and let cool while you make the batter.

Whisk together the yogurt, mayonnaise, and the remaining 3 eggs in a large bowl until smooth. Add the flour and baking powder and mix until completely incorporated. Lightly butter a 12 × 9-inch or comparable ceramic or glass baking dish. Spread half the batter over the bottom, then top with the kale filling; spread the remaining batter over the kale, using your fingers or a rubber spatula to make sure there are no gaps in the top layer.

Bake for 45 minutes, until the crust is shiny and golden brown. Let the pie cool for at least 15 minutes before slicing it into as many squares or rectangles as you like. Serve warm or at room temperature.

