

Pinehold Gardens Field Notes

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In This Box

- Butternut squash — *Great in soups and roasted with root veggies*
- Green beans — *Try sauteed with garlic*
- Broccoli — *The stems are good and sweet too*
- Red radish bunch — *A little crunch on your sandwich*
- Toscano kale — *Braise it with carrots and garlic*
- Russian kale — *Steam it with red pepper, cool and toss with dressing*
- Garlic — *With everything!*
- Red and yellow onion — *See garlic*
- Red bell peppers — *Stuff them with rice, and whatever suits your fancy, covered with tomato sauce*
- Tatsoi — *Try the greens like spinach in a salad, the stems like bok choy*

Next Week?

- Butternut squash
- Carrots
- Watermelon radish
- Pac Choi
- Head lettuce
- Spinach
- Russet and Satina potatoes from Igl Family farm.
- Onions
- Sweet potatoes

A DAY IN THE LIFE

Eight more days. Eight days until we don't have something that has to get done that day; until we don't have to worry about deer or insects eating the crops and having to harvest something before it bolts or gets too large; until we don't have a planting schedule that must be met; until we don't have to worry about the weather and too little rain or too much rain or is it going to frost or freeze; until our stress level decreases, rest comes easy.

We love our farm life. We love our CSA and its members. We take the commitment we make to our members very seriously and we will do whatever it takes and do our best at it. But for the past seven months there has been the dread of the unknown and the drain of being in constant motion. And for the past four years the weather has thrown us at least one curve ball each season. Every year we get better at recovering, changing plans and moving on but we still have a lot to learn. People tell us that we are resilient, but by November we are also very tired with sore bodies and worn synapses.

BYO Bag

Next week is the last delivery. (I'm sorry. Did I sound too cheerful?) Please bring your own bag so that you can transfer your vegetables from the box to your bag. We want to make

sure that we have as many boxes as possible to reuse next season. There will be a limited number of bags at each site in case you forget to bring one along.

THE WINTER FARMERS' MARKET

Last year was the first year for the Milwaukee County Winters Farmers' Market. We have know Deb Deacon, the market manager, for more than 10 years. So last August at Deb's request we made the commitment to sell at the market in November and December. We didn't have much to sell but we had a great time. The market was a success from day one.

It is located in the sunny warm lobby of the Tommy G Thompson Youth Center on the east side of 84th St. just south of the Petit Center and north of the fair grounds. You can enter at Gate 5. There is a parking lot that is free and a lot of great vendors selling cheese, apples, preserves, bakery, meat, and produce. The market is on Saturday mornings from 8 am until noon except for the Saturdays that follow a holiday. The website is www.mcwfm.org.

While we might not have lots of our signature crops of potatoes and carrots, we still have lots of crops in the field. Many of the August planted crops are still trying to grow so we hope to have a good selection of vegetables through December. For all of you with CSA Market share credit with us, you can use

your credit with us at this market until the end of December or whenever we run out of produce.

FIELD NOTES

Knock on wood. We have not had any rain on our worker share harvest Tuesday all season long. And the days have been mostly sunny and pleasant. I told them that last year at this time we were in a competition as to who had the most layers of clothing on. David probably won.

We are still irrigating, but are being more careful so that we don't overwater and expand the plant cell walls with water so that they burst when we have a frosty night. We have had four nights of frost so far and it looks like we might get a freeze later this week so we will be row covering more crops.

We have only planted a third of the 10,000 or so cloves of garlic that need to be planted before the weather turns nasty and rainy. So our to do list for the next few days is fairly short — plant garlic.

Another major time consuming task that needs to be done before the change of weather is to roll up miles of irrigation lines on spools so it can be reused next year.

The extremely dry weather has meant putting off some field work, such as plowing and planting cover crops. Too dry of conditions means we risk plowing up big chunks of soil that more nearly resemble concrete.

Recipes of the Week

BROCCOLI POTATO SOUP WITH GREENS, Annie Wegner

2 medium potatoes, chopped	2 cups smoked Gouda cheese, shredded
14 oz. chicken or vegetable stock	2 cups kale, washed & chopped into strips
3 cups bite-size pieces of broccoli	Black pepper
2 cups milk	Additional Gouda cheese, shredded
3 Tbsp all-purpose flour	(optional)

In a large saucepan, combine potatoes and broth. Bring to boiling, reduce heat. Simmer, covered, 8 minutes. Mash slightly. Add broccoli and milk; bring just to simmering. In a medium bowl, toss flour with cheese; gradually add to soup, stirring cheese until melted. Season to taste with pepper. Divide among shallow serving bowls and top with greens and additional cheese. Greens should wilt in hot soup, but you can also steam or saute them ahead of time. Serves 4

WINTER SQUASH, BROCCOLI, AND GREEN BEANS, Annie Wegner

2½ lbs. winter squash, peeled seeded and sliced	2 garlic cloves, minced
1 lb. green beans, trimmed	¼ cup minced sweet pepper
1 lb. broccoli, cut into florets, stems trimmed and sliced	2 tsp finely chopped fresh ginger
1 Tbsp vegetable or olive oil	Salt
	2 tsp soy sauce
	2 Tbsp pine nuts (or other nuts)

In separate saucepans of salted boiling water, blanch squash, beans, and broccoli until crisp-tender. Drain and set aside. Heat oil in a large skillet over high heat and stir-fry garlic, peppers, and ginger for 30 seconds. Add squash, beans, broccoli. Stir-fry for 2 minutes. Add salt to taste, soy sauce and nuts. Stir-fry for 3 minutes. Transfer to plates and serve immediately. Serves 4

RED RADISH SALAD, Annie Wegner

3 cups thinly sliced red radishes	2 Tbsp plain whole milk yogurt
½ cup torn radish greens	2 Tbsp mayonnaise
¼ cup sliced red onion	2 Tbsp chopped fresh dill or 1 tsp. dried dill
Salt	Freshly ground pepper, to taste

In a large bowl, liberally sprinkle the radishes, greens, and onions with salt. Let stand 20 minutes. Rinse thoroughly to remove salt; drain. In a small bowl, stir together yogurt, mayonnaise, and dill. Pour the dressing over the radishes, greens, and onions. Grind pepper on top, toss to combine. Serves 4

BULGUR WITH SQUASH, CARROTS, AND KALE, Annie Wegner

1 Tbsp vegetable or olive oil	1 cup sliced carrots
1 ½ cups chopped kale	1 cup diced butternut squash
¾ cup chopped onions	¾ cup bulgur wheat
1 ¾ cups water	¼ tsp salt, or to taste

In a 2-quart saucepan, heat oil over medium-high heat. Add kale and onions; cook, stirring, until vegetables are softened, about 3 minutes. Add water, carrots, and squash; bring to a boil. Add bulgur. Return to boil; reduce heat and simmer, covered, 20 minutes or until liquid is absorbed. Stir in salt. Serves 6-8

GREEN SMOOTHIE, Annie Wegner

Fresh tatsoi leaves	2 fresh or frozen bananas
Fruit juice	½ cup yogurt
½ cup frozen fruit	ice cubes

Fill blender with tatsoi leaves to the top, then mash down. Pour the juice to tatsoi level. Add fruit then yogurt. Blend until smooth. Add ice cubes if needs thickening. Serve cold. You can also substitute spinach or kale though kale should be pre-chopped and use less because of its stronger flavor. The tatsoi flavor won't be very prominent so this is another great way to get green-veggie-fearing kids to eat more.

While the chunks would likely break down with wet and cold winter weather, there is a chance that the winter will be dry and cold, creating the possibility of meeting those chunks head on next spring. That's something we would rather not do. So it's a waiting game, and it will also mean some cold days on a tractor.

BOX NOTES

All things are not created equal. While we try to make the boxes as uniform as possible, most vegetables do not grow and produce uniform sizes. We do our best to ensure everyone gets the same, but it's not always possible. A case in point this week is broccoli. Some heads are huge and some merely large.

We thank Neal Raduenz and member Jeff Collen for picking the 80 pounds of beans from our surprisingly prolific bean patch.

We are very happy with our winter squash harvest this year, especially the butternut squashes. They are a nice size and are not showing any sign of disease or damage that could cause them to deteriorate.

Butternut squashes are very versatile and are many people's favorite squash. While they can be baked like other winter squashes, they can also be peeled and then cubed for use in stews or combined with other vegetables and roasted.

The two kinds of kale — Russian and Toscano — are interchangeable in dishes. The Toscano holds its green color a little better and is slightly more succulent than the Russian. The Russian is great in soups.

Remember that the radish greens are edible. They make a pretty good pesto using sunflower seeds