

# Pinehold Gardens *Field Notes*

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## THE LAST BOX OF THE YEAR

- Igl Farms potatoes
- Butternut winter squash, ours and Simons
- Winter Radishes
- Carrots
- Sweet potatoes
- Cabbage, ours and Simons
- Brussels sprouts
- Collard greens
- Celery
- Garlic

## HERBICIDE DRIFT UPDATE

Our attorney finally heard from the insurance adjuster that is representing our neighbor's insurance policy. Their policy does include some coverage for drift, but unfortunately it covers less than a third of our claim, and most likely they will not want to pay us the full amount of that coverage. After we finalize an amount from the insurance company we will have to negotiate a reasonable settlement directly with our neighbors and ask them what is their plan to come up with the money. We were hoping that it would not have to go this route and hopefully we will not have to go one step further and start a personal lawsuit against them. We will continue to fight to recoup as much of your losses as possible.

## A DAY IN THE LIFE

We can only say thank you to everyone.....our CSA and Market Share members, farm stand customers, workers, and friends. We thank you for your support, patience, kind words, cards, emails, prepared meals, desserts, gifts, birthday cakes, friendship, a listening ear, a distanced hug.

We could not have continued on to try to make the best out of this season

without all of you. You mean more to us than words can say.

## NEXT YEAR'S PLANS?

At this time we have not made any final decision about our plans for next year so we have not included our usual CSA sign up form in the box. Whatever they are, Pinehold will exist in a diminished form as we have neither the land nor the energy to keep up the pace of the past few years of a large CSA, restaurant sales and a farm stand. Also it is hard to move forward until there is closure on the damages claim.

We do know that over the winter we will be catching up on a lot of put-off projects and, yes, finally deep cleaning the house.

## BOX NOTES

A few of our late season crops thrived including a huge surprise to us, sweet potatoes. They have been cured and will store for months in a cool place.

The Brussels sprouts, did not thrive, and produced mainly small sprouts. The reason for this we are only guessing at but probably the wet August and the field they were planted in had something to do with it.

The winter radishes are beautiful. They are a variety of the more familiar white Daikon radish. They will store for months in a plastic bag in the frig.

Here are some notes from Tipi Produce's newsletter. Slice thinly and



And finally, the last of the Pinehold family that helps in bringing the boxes to you are (left to right) Christi, and husband wife team, Jeff and Rita. Their cheerful help on a very busy Wednesday morning has been always welcomed and an incalculable wealth to us. As has Amy's help (not shown) with the market on Saturdays, pitching in to do whatever has to be done.

add to salads, cook lightly in mixed vegetable medleys or cut into matchsticks and add to pasta salads. For many Korean radish recipes, visit the Maanchi website, [www.maangchi.com/ingredient/korean-radish](http://www.maangchi.com/ingredient/korean-radish)

This celery is best used for cooking. It is easily frozen without blanching. Chop the stems for soups and stews, save the leaves for stock.

And we could not end a CSA season without delivering potatoes from our farmer friends in Antigo, Brian, Brad and Tom Igl of Igl Farms. We have been including their potatoes for at least a dozen years. They are a 70 acre island of organic potatoes in a sea of conventional ones. There are two varieties, a Russet baking potato and a Satina, yellow, all purpose one similar to a Yukon Gold.

## FIELD NOTES

Despite being covered by row cover the young green beans froze. Everything else was fine.

## Curried Squash Soup

By Member Jeff Siuta

### Ingredients:

- 2 tablespoons unsalted butter
- 1 medium sweet onion, diced
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, peeled and minced
- 1 tablespoon curry powder
- ½ teaspoon salt
- 4 cups vegetable or chicken broth
- 2-pound squash, peeled, seeded and cut into ½-inch cubes
- 2 large ripe pears or apples, peeled, cored and cut in 1-inch pieces
- ½ cup heavy cream
- Sour cream and cilantro, chives or parsley for serving

### Directions:

In a large saucepan or soup pot, sauté the onion in the butter over medium until the onion begins to become transparent.

Add the garlic, ginger, curry powder and salt. Sauté for another 2-3 minutes until it becomes more fragrant.

Add the stock, squash, and pears or apples. Bring to a simmer. Cover and cook until the squash is very soft (the time will vary based on the type and firmness of the squash).

Remove the soup from the heat and puree the contents with a hand blender or in a regular blender (if using a regular blender, puree in smaller batches to minimize burning yourself).

Return pureed soup to pot. Stir in the heavy cream.

Serve with a swirl of sour cream and a sprinkle of chopped cilantro, chives or parsley.

### Jeff's Notes:

*This soup can be made without the pears or apples. However, each adds its own accent to the flavor of the soup.*

*While I often like to leave pureed soups a bit chunky for a bit of texture, this is one that I like to puree to silky smoothness. I think that it really brings out the nuance of the pears or apples.*

*Consider garnishing this with toasted, salted pumpkin seeds.*



## Mixed Green Frittata Sandwiches

From Member Jeff Siuta

*Editor: We're repeating this recipe from last week not only because it's good but we left off part of the recipe.*

### 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 1/4 inch dice. Mince the jalapeño into about 1/8 inch 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.

Put the skillet back on the stove at medium heat. Sprinkle cheese liberally on the browned surface of the frittata, cover, and let cook for about 3 minutes or until the cheese has just begun to melt.

Slide the frittata out of the skillet and onto a flat plate. Cut the frittata into quarters and layer two quarters onto the bottom half of each roll. Season with additional sea salt and pepper, to taste, and a few shakes of hot sauce, if desired, then flip the top of the roll onto the sandwich. Makes 2 generous servings.

## Veg Carpaccio with Horseradish Dressing

From Member Pat Heim, published in the Journal Sentinel

### Horseradish Dressing Ingredients:

- ¼ cup whole milk yogurt
- 1/3 cup walnut oil
- 2 tablespoons fresh grated or jarred horseradish, or more to taste
- Juice of 1 ½ lemons
- ¼ tsp sugar
- 2 tablespoons cold water, if needed
- Salt and freshly ground black pepper

### Other ingredients:

- 4 radishes, or part of the winter radishes
- 4 carrots
- 1 cucumber, if seasonally available
- ½ large kohlrabi, peeled
- Juice of ½ lemon
- 2 tablespoons olive oil
- Handful of microgreens or sprouts

### Directions:

In a bowl, whisk the dressing ingredients together seasoning with salt and pepper to taste

With a mandolin or vegetable peeler, slice vegetables very thinly and combine in a bowl.

Add lemon juice and olive oil to bowl and toss. Season with salt and pepper to taste. Arrange vegetables on a serving platter or individual plates. Spoon dressing over the salad and scatter the microgreens or sprouts. Serve immediately.

## Parmesan Herbed Sweet Potato Fries

By Member Jeff Siuta

### Ingredients:

- 2 medium-large sweet potatoes, peeled and cut into sticks ¼ to ½ inch thick
- ½ cup almond flour
- ¼ cup Parmigiano-Reggiano cheese, grated
- 1 teaspoon sea salt
- ½ teaspoon dried oregano
- ½ teaspoon garlic powder
- ½ teaspoon sweet paprika (or substitute smoked paprika)
- Pinch of red pepper flakes
- 2 large eggs, beaten
- 3 tablespoons fresh parsley, chopped, for garnish
- Olive oil or avocado oil cooking spray

### Directions:

Preheat oven to 425 degrees. Line a baking sheet with foil and coat with cooking spray or just use parchment paper. Stir almond flour, cheese, salt, oregano, garlic powder, paprika and pepper flakes together in a shallow bowl. Place beaten eggs in a second shallow bowl.

Working in batches, dip sweet potato sticks into eggs, shaking lightly to remove excess. Then roll them in the herbed cheese mixture to coat all sides. Arrange breaded sweet potato sticks on prepared baking sheet. Bake until golden and crisp, 25-30 minutes, turning once halfway. Garnish with parsley.

## White Beans and Greens Soup

From Member Pat Heim

### Ingredients:

- 1 tablespoon olive oil
- 1 large onion chopped
- 2 large garlic cloves, minced
- 1 bunch dark, leafy greens such as collard greens, kale or Swiss chard, stemmed and roughly chopped
- 1 15.5 ounce can white beans
- 6 cups chicken stock (Pat uses less)
- Salt, plenty of pepper, and grated Parmesan

### Directions:

Heat 1 tablespoon olive oil in a large pot over medium heat, and sauté onion and garlic until soft and translucent.

Stir in greens and cook, uncovered, until wilted.

Add chicken stock, white beans, and raise the heat to bring soup to a gentle boil. Reduce heat and let simmer 5 minutes

Add salt, lots of freshly ground black pepper, and serve topped with grated Parmesan.

## Spiced Sweet Potato Salad

By Member Jeff Siuta

### Ingredients:

- 2 sweet potatoes, peeled, cut into ¾ inch cubes
- ½ pound Brussels sprouts, trimmed, halved if large
- 4 tablespoons olive oil, divided
- 1 teaspoon chili powder
- 1 teaspoon salt, divided
- 2 tablespoons lime juice
- 2 teaspoons honey
- ¼ teaspoon pepper
- 6 cups mixed salad greens
- 2 tablespoons pumpkin seeds (pepitas), toasted
- ¼ cup crumbled feta cheese

### Directions:

Preheat oven to 400 degrees. Place sweet potatoes and Brussels sprouts in a mixing bowl and drizzle with 2 tablespoons of the olive oil. Sprinkle with chili powder and ½ teaspoon of the salt, and toss to combine. Arrange on a large, rimmed baking sheet. Roast until browned, about 30 minutes, stirring gently about halfway through. Remove from oven and let cool.

While the vegetables are roasting, make the dressing. In a small bowl, whisk the remaining 2 tablespoons of olive oil, lime juice, honey, remaining ½ teaspoon of salt and pepper.

Place the mixed greens in a large bowl. Top with the cooled roasted sweet potatoes and Brussels sprouts, pumpkin seeds and feta cheese. Drizzle the dressing over the top and toss gently to combine. Serves 4.

### Jeff's Notes:

*If you prefer a bit more spice, substitute ancho or chipotle chili powder for the more common variety. And I like to use freshly squeezed lime juice for the dressing, as well as adding about half a teaspoon of the lime's zest. You may wish to add a bit more honey if you prefer a sweeter dressing.*



## Roasted Sweet Potato and Black Bean Grain Bowl With Lime Dressing

By Member Jeff Siuta

### Ingredients:

#### For the Quinoa:

- 1 cup red quinoa, rinsed in a fine-mesh strainer under cold water
- 2 cups arugula
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon freshly squeezed lime juice (about ¼ of a lime)
- ½ teaspoon sea salt

#### For the Sweet Potatoes:

- 1 large sweet potato, scrubbed, unpeeled, cut into ½-inch dice (about 2 cups)
- 2 teaspoons extra-virgin olive oil
- ¼ teaspoon sea salt

#### For the Black Beans and Corn:

- 15-ounce can black beans, drained and rinsed
- 1 cup corn, fresh or frozen and thawed
- 1 tablespoon finely chopped red onion
- 2 teaspoons extra-virgin olive oil
- ¼ teaspoon ground cumin
- ¼ teaspoon sea salt

#### For the Lime-Cilantro Dressing:

- ¼ cup extra-virgin olive oil
- ¼ cup cilantro leaves
- 2 tablespoons freshly squeezed lime juice (from about 1 lime)
- ¼ teaspoon sea salt
- ¼ teaspoon chipotle chili powder
- 1 avocado, pitted and sliced thinly for garnish

### Directions:

Preheat oven to 375 degrees. Line a baking sheet with parchment paper. Place sweet potatoes in a bowl, drizzle with olive and salt, then toss to coat. Place on lined baking sheet and roast until tender and browned, about 20 minutes.

While sweet potatoes are roasting, place 2 cups of water and the quinoa in a large pot, and bring to a boil. Reduce the heat, cover, and simmer until all of the water evaporates, about 15 minutes. Remove from heat and keep covered for another 5 minutes. In a medium bowl, combine the quinoa, arugula, oil, lime juice and salt.

In a medium bowl, combine the beans, corn, onion, oil, cumin and salt. Toss until thoroughly combined.

For the dressing, combine the oil, cilantro, lime juice, salt and chipotle chili powder in a blender; process until smooth.

Assemble the salad in 4 individual bowls by arranging the sweet potatoes, quinoa corn-bean mixture and avocado slices, then drizzling with the lime dressing. Serve any leftover dressing on the side.

### Jeff's Notes:

While this recipe has a lot of ingredients, it does all come together rather quickly. Be sure to prep all of the ingredients beforehand.

## Slow Cooker Root Vegetable Tagine

From Member Jeff Siuta

A tagine is a traditional Moroccan dish, often featuring dried fruit and warm spices. It's also the name of the type of clay cooking vessel with a domed lid used to cook it. If you don't happen to own a tagine, a slow cooker will produce a perfectly fine version of this tagine recipe

### Ingredients:

- 1 pound butternut (or other) squash, peeled, seeded and cut into ¾-inch cubes
- 1 pound parsnips, peeled, and cut into ½-inch cubes
- 2 medium onions, coarsely chopped
- 1 pound carrots, peeled, and cut into ¼ to ½-inch slices
- 6 dried apricots, chopped
- 4 pitted prunes, chopped
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- ½ teaspoon ground ginger
- ½ teaspoon ground cinnamon
- ¼ teaspoon cayenne pepper (or to taste)
- 2 cups vegetable broth
- 3 tablespoons fresh parsley, chopped
- 3 tablespoons fresh cilantro, chopped

### Directions:

In a slow cooker, toss together the parsnips, squash, onions, carrots, apricots, prunes and garbanzos (if using).

Season with turmeric, cumin, ginger, cinnamon and cayenne pepper. Pour in the vegetable stock.

Cover and cook on low for 9 hours.

Serve in a bowl, garnished with parsley and cilantro.

Makes 8 servings.

### Jeff's Notes:

This recipe is open to a lot of substitution. Consider subbing turnips for the parsnips. Add golden or white beets (red beets aren't a good choice – the whole dish will end up reddish purple). Substitute raisins for the prunes. Be creative and adventurous.

The great thing about making this in a slow cooker is that your kitchen – maybe your entire house – will smell delicious for most of the day.

