

# Pinehold Gardens *Field Notes*

Vol. 25, Week 16

October 23, 2019

## In This Week's Box (Everyone gets a box)

- Carrots
- Onion, red
- Winter squash, Butternut from Simons Gardens
- Peppers, sweet, Cornito
- Kale, green curly
- Beets, red, with greens
- Potatoes, ours and Igl Farms

## Next Weeks Box?

### (Only weekly members)

- Cabbage, red
- Turnips & Rutabaga
- Peppers, sweet and hot
- Potatoes?
- Kale
- Winter radishes

## A DAY IN THE LIFE

Some of the plates have finally stopped spinning. To date myself, there was a performer on the Ed Sullivan Show who used to spin plates on the top of tall flexible sticks. He kept adding plates on sticks until it seemed to me that he couldn't possibly add any more. That is what the Spring into Summer season is like around here. Things, like the spinning plates, keep getting added until we loose track of or more likely don't have time to do what all needs to get done.

But now, as the season is winding down, the plates that have stopped spinning are Drexel Town Square Farmers Market, our on farm events, school group tours and of course planting and weeding.

While we truly appreciate the support of the city and the wonderful Farm Market Manager, the Drexel Town Square market continues to be a stressful drain on our time and energy. Farmers Markets are unpredictable, and we much prefer to just run our cozy on-farm stand on Saturday

mornings, have the support of our wonderful CSA members, and work with some great chefs. So the Drexel Market might become a plate that stops spinning earlier rather than later.

Yippee!!! Finally, after 24 years, we accomplished our goal of holding all four of our planned CSA member events, the three Upicks (strawberry, tomatoes and pumpkins) and our Peoples Sunday Supper.

We also hosted our two regular school groups, the MATC Cuisine students and the North Country Day School from Winnetka, IL where one of our former worker shares teaches. We also welcomed the local day care, Early Childhood Education Center. The Center has been a CSA member for many years and the owner Ted works tirelessly to educate children about food and trying new foods.

And worker share and friend, Ken Knetzger, gave a tour to his students from Marquette.

## FIELD NOTES

After a very late start to the season, we needed an extended fall, i.e a frost and freeze free one, and we got one as we have only had a very spotty frost so far. That extended the growing season for the peppers, brussels sprouts, turnips, rutabagas and cabbages so that the peppers could ripen and the other crops could mature. Unfortunately we did not need the wet fall, which caused about a 30 to 40 percent crop loss of carrots, winter radishes, cabbages, cauliflower, collard greens, Brussels sprouts and potatoes.

## BOX NOTES

**Butternut winter squash**— A versatile squash. Cube and use in soups, stews, currys and chili. Cube and roast tossed with olive oil and salt as a side dish. Bake like you would any other



White House bound it is not, but Pinehold Gardens House it is — the week before Christmas it is anyway. We took a precious day off on a rainy Monday to go to Kiel, Wis., and pick out our diminutive symbol of Christmas. We've been going to the same place for more than 30 years and have gotten to know the owner, Dan Kuehlow, well. It is more than going for a tree. It is tradition now.

winter squash.

**Peppers** — All are sweet. This week's variety are Cornitoes a mid sized Italian frying pepper bred by Johnnys Selected Seeds.

**Potatoes**— A mix of Igl Farms Red Prairie and our Norlands, Reds and Butterballs. Best use is roasted.

**Carrots**—Tasty but might not store for long, although we tried our very best to sort out ones that had any sign of rot. This is the LAST carrot delivery of the season due to the wet weather.

## HOW MANY MORE DELIVERIES?

This is week 16 of our 18 week CSA season. Due to the unsettled schedule at the beginning of the season, all members will receive a box during the week of November 4th, which will be the last week.

## Food Tips: Roasting Vegetables



We use all the methods to cook our vegetables: sautéing, steaming and roasting. Roasting many times produces the best tasting vegetables. Roasted cauliflower and broccoli we use in curry. Roasted beets, carrots, potatoes, squash and cauliflower and broccoli all work well in a salad. The accompanying recipe on this page is a good example, but one could easily add other vegetables to that salad. Roasted tomatoes, peppers and tomatillos make a wonderful sauce for pizza or pasta. And who has not found roasted garlic a great spread for a crispy baguette. We roast cabbage as a delicious side.

Roasting is relatively easy but timing is everything here. Clearly beets and potatoes will take longer to roast than broccoli so they either have to be roasted separately or the more quickly cooking veggies need to be removed.

To roast cut the vegetables into the size you would prefer to eat; they will cook faster that way. Coat them in olive oil and sprinkle them with salt. We roast in a fairly hot oven, around 400 degrees. The time allowed really depends on the vegetables. We suggest watching them. When the edges begin to brown or the flesh softens to be easily pierced with a fork, they are probably done.

## SALAD WITH ROASTED BUTTERNUT

from Outpost Natural Food's

1 lb. butternut squash, peeled and diced in 3/4 in. cubes  
1/2 cup plus 2 Tbs. extra virgin olive oil  
1 Tbs maple syrup  
Salt and freshly ground pepper  
3 Tbs. dried cranberries  
4 slices thick-cut bacon  
3/4 cup apple cider  
2 Tbs. cider vinegar  
2 Tbs. minced shallots  
2 tsp. Dijon mustard  
4 cups greens  
1/2 cup walnuts, toasted  
3/4 cup Parmesan

Preheat oven to 400 degrees. Toss cubed squash in 2 Tbs. of oil and maple syrup. Sprinkle with salt and pepper. Roast squash on a sheet pan with bacon slices for 20 to 25 min., tossing squash halfway through and flipping bacon slices. (The bacon can be omitted for a still delicious salad.)

While the squash and bacon are roasting, combine apple cider, cider vinegar and minced shallots in a sauce pan and bring to a boil. Cook for 6 to 8 min., until the cider is reduced to about 1/4 cup. Remove from the heat and whisk in mustard, 1/2 cup olive oil, 1 tsp. salt and 1 tsp. of pepper. Keep warm.

When squash and bacon are roasted, chop the bacon and set aside. Mix the squash with the bacon fat on the sheet pan for extra flavor.

Toss greens with the vinaigrette and sprinkle with toasted walnuts. Top with squash and dried cranberries, chopped bacon and Parmesan cheese.

