

# Pinehold Gardens Field Notes

Vol. 17 No. 18, Week 16

October 26, 2011

## In This Box

- Long Pie squash
- Watermelon radishes
- Celeriac
- Rutabaga
- Brussels sprouts
- Purple Top turnip
- Satina potatoes
- Adirondack Red potatoes
- Copra & Red Bull onions
- Shallots & garlic
- Bell pepper
- Lacinato & Russian kale
- Broccoli

## UpComing

- Milwaukee County Winter Farmers Market
- Saturday, Nov 5
- 8 am - Noon
- Tommy Thompson Youth Center
- State Fair Park, Gate 5

## A DAY IN THE LIFE

We were sad to say goodbye to our worker share members. It is a great crew and we hope all of them are able to return next year.

We are also sad to see the CSA season end. This is the first year since 2006 that we have not had a disastrous rain event (rain totalling 6 inches or more in a day), that destroyed crops and many hours of hard work. We are very pleased with this year's crops and hope you have been too.

With the end of the CSA season, we bid farewell to our two busiest days of the week, the Tuesday harvest day and Wednesday packing and deliv-

ery day. We still have a lot to do before the snow flies, but now we have a little more time and we are minus the stress of two days of deadlines.

## FIELD NOTES

We had a killing frost last week, which is rather late for us. Our friends in Blue Mounds had a freeze of 28 degrees on Sept. 19, their earliest freeze in their 16 years of farming. We row covered the red radishes, Swiss chard and peppers to keep them in good shape for the last couple of boxes and the winter farmers market. Things store a lot better in the field than in our cooler as long as the daytime temperature rises above freezing. The last peppers are being harvested this week as we are expecting a freeze this weekend. Everything else should be fine and we will begin harvesting all of the remaining root crops for winter sales next week.

We have had more rain in the last six days than we had during the entire month of July. Our crew along with some volunteers, harvested, spray washed and hand scrubbed thousands of muddy roots the past few days. We moved our washing stations into the fields to leave the mud in the field rather than by the packing shed.

## CONVENTIONAL WISDOM

"The FDA expects 24 million shipments of FDA-regulated goods to pass through the nation's ports of entry this year, up from 6 million a decade ago. In 2010, FDA in-

spectors physically examined 2.1 percent of all food-related imports." Reported by Brad Racino, News 21, and printed in the October 24, 2011 Milwaukee Journal Sentinel.

## BOX NOTES

This box screams Fall and roasted vegetables. Everything except for the Long Pie squash could be cut up, tossed with some olive oil and salt and pepper and roasted. It is the dish that has been our contribution to our family's Christmas dinners for many years.

We started the season with carrots planted in our warm greenhouse during the very cold spring month of May and ended the season with a sweet, delicious bunch of fall carrots that were planted in the hot summer days of August. The heat and drought of July was bad timing for germinating carrots so these carrots were planted a few weeks later than ideal, therefore their petite size.

The Satina potatoes are from Igl Farms, our friends in Antigo. When we attended Brian's wedding we found out that they are the largest certified organic potato grower in the Midwest. They grow 62 acres of potatoes. Their neighbors' farms are 500 and 1,000 acres.

The Watermelon radishes are winter radishes and can only be grown for fall harvest. Sliced open they look like a watermelon. Save one for your Christmas crudité's platter.

Rutabaga looks a lot like a turnip, but it is much sweeter. In a grocery store

they are usually found covered in wax to keep them from dehydrating.

The rooty tan and green thing is celeriac or celery root. While related to celery it is grown for its root. Celeriac is very popular in Europe, where our common celery is rarely grown.

This is our best Brussels sprouts crop ever. I think Brussels sprouts get a bad reputation because they are mainly grown in California which never experiences the cool nights and frosts necessary to make the sprouts sweet and tender. Also people have a tendency to overcook them. To prepare, remove the outer few leaves, cut an X in the stem end so that the interior cooks evenly and steam or roast them until tender, but not mushy.

The Long Pie squash, also known as the Nantucket Pie Pumpkin, migrated in 1832 on a whaling ship. Wait for it to turn bright orange before using it to make a delicious pie or sweet bread.

## PEOPLE'S MARKET DAY

We are nearing our goal of 80, or half of our members pledging to contribute to the fund to sponsor a Winter Farmers Market "People's Market Day." As all good fund raisers say "There is still time to show your support and make a pledge." Thank you.

We have asked that the Saturday before Thanksgiving, Nov. 19, be reserved as the People's Market Day.

We thank you for supporting local food.

## Sweet Apple Walnut Kale

1 bunch kale, washed and stems removed, torn into bite-size pieces  
2-3 Tbsp. butter  
1/2 apple, very thinly sliced  
1/2 cup walnuts, coarsely chopped

1 Tbsp. brown sugar  
2-3 Tbsp. apple juice or cider  
1 Tbsp. tamari or soy sauce  
2 tsp. cider vinegar

Melt butter in a large skillet over medium-low heat. Add apple and walnuts, saute for a few minutes. Sprinkle brown sugar over apple and walnuts and stir to evenly coat. When apple is softened, add kale leaves and saute over medium heat until leaves turn bright green. In small bowl, combine juice and tamari. Pour into skillet. Cover tightly. Cook until leaves are tender, 5-7 min. Taste to check for doneness: greens should be tasty, not bitter; still green, not gray. Dress with vinegar before serving. Serves 4.

## Carrot Ginger Dressing

2 cup peeled, shredded carrots  
2 inches fresh peeled ginger (about 2 tsp. grated)  
2 small shallots  
1/2 cup rice vinegar

2 Tbsp. honey  
1 tsp. salt  
1 cup olive oil

Puree carrot, ginger, and shallot in food processor. Add rice vinegar, honey, and salt. Blend very well. Add oil in two batches. Blend refrigerate. (Alternatively, if you don't have a food processor, add everything for oil to blender and mix. Gradually add oil and blend.) Makes 2 cups.

## Tarragon Roast Potatoes

4 large Satinas potatoes, chopped into 1/2-inch pieces  
2 tsp. dried tarragon  
1 shallot, minced fine

1/3 cup olive oil  
Ground pepper  
1 Tbsp. balsamic vinegar

Preheat oven to 400F. In a large baking pan, toss all ingredients except balsamic vinegar. Cook about 40 min., turning potatoes once or twice. After about 40 min., potatoes should have "puffed." Turn heat down to 375F and cook another 20-30 min. Potatoes are done when tender on inside, but be careful when testing for doneness, b/c they are very hot. Drizzle with balsamic vinegar to serve. Serves 6 to 8.

## Sunflower Lentil Loaf

1/2 cup plus 2 Tbsp. toasted sunflower seeds  
1 medium onion, diced  
2 cloves garlic, minced  
1/2 celeriac, peeled and shredded  
1/4 cup olive oil  
5 fresh sage leaves, minced fine (or 2 t. dried)  
3 cup well-drained, cooked lentils

3 cup cooked brown rice  
1/4 cup bread crumbs or cornflake crumbs  
2 Tbsp. flour  
1/4 cup milk  
2 Tbsp. rice vinegar  
1/2 tsp. salt  
1/4 tsp. pepper

Preheat oven to 350F. Saute onion, garlic, and shredded celeriac in olive oil over medium heat until soft and onion is translucent. Add sage and cook another minute or so. Remove pan from heat. Combine onion mixture with remaining ingredients, saving 2 T. sunflower seeds to top the loaf. Put into large oiled loaf pan. Top with remaining seeds, cover with foil and cook 20 min. covered. Remove foil and cook 30 min. more. When done, allow to cool completely before cutting to serve.

## Winter Squash with Maple Syrup

1 large winter squash  
2 Tbsp. olive oil

2 Tbsp. maple syrup  
Sprinkle of cinnamon

Peel squash, cut in half, and remove seeds. Cut into 1-inch chunks. Boil or steam until tender when pricked with a fork. Transfer to serving bowl, drizzle with olive oil and maple syrup, and sprinkle with cinnamon to taste. Mash or leave in chunks, whichever you prefer. (Alternatively, toss the chunked squash with oil and syrup and roast at 400F until tender. Sprinkle with spices to serve.) Serves 4.

## Roast Pork Loin with Turnips and Potatoes

*Potatoes can be stored for a good length of time if unwashed and kept cool (but not refrigerated) and in a dark place. Turnips will keep a long time in your fridge's crisper drawer. This is a dish that you could save to prepare for a special, holiday meal.*

3 1/2 lb. boned and rolled single pork loin (about 8-10 inches long)	2 Tbsp. olive oil
4 cloves garlic, slivered	Salt and freshly ground black pepper
10-12 sage leaves, cut lengthwise	2 tsp. butter, softened
2 lbs. combination of turnips (trimmed and peeled) and potatoes, quartered (small potatoes can just be cut in half)	1/2 cup red wine, for deglazing
	1/2 cup chicken stock
	4-5 sage sprigs, for garnish

Preheat oven to 500F. With point of paring knife, make 1/4-inch slit toward center of meat and insert garlic sliver and a strip of sage. Repeat at regular intervals, making rows all around roast. Place in heavy roasting pan (not glass dish!) large enough to hold meat and turnips/potatoes in a single layer.

Toss turnips/potatoes with oil and pour over roast, turning meat so that it's coated with oil. Arrange turnips/potatoes with cut sides down if possible. Sprinkle salt and pepper over all. Roast 15 min. Turn turnips over, baste meat with pan juices and roast for 15 min. more. Unstick roast from pan and smear top with butter and turn turnips/potatoes again. Roast until internal temp. reaches 145F, about 10 min. more. Meat might be slightly pink, but this is as it should be.

Remove roast to deep serving platter and surround with turnips/potatoes. Snip off butcher string. Let rest while preparing sauce. Place roasting pan on stove top over medium high heat. Add wine and bring to boil, stirring up residue in pan. Add stock and remaining chopped sage. Cook until reduced by half, then straining into sauce boat or bowl. Taste for seasoning and add more salt to taste or pinch of sugar, if needed. Garnish platter with sprigs of sage. Serves 6 to 8.

## Broccoli, Rutabaga, and Blue Cheese Soup

1 onion, chopped	2 Tbsp. oil
1 lb. broccoli florets and tender stalks, chopped	8 cups stock or water
1 large rutabaga, peeled and diced small	3 oz. blue cheese, broken into small pieces
1 cup carrots, peeled and chopped	Salt and ground pepper
1 medium potato, chopped	Sliced almonds, toasted, to garnish (optional)
2 Tbsp. butter	

Put all vegetables into a large saucepan, together with butter and oil plus about 3 T. stock or water. Heat ingredients until sizzling and stir well. Cover and cook gently for 15 min., shaking pan occasionally, until all vegetables soften. Add rest of stock and water, season and bring to boil, then cover and simmer gently for 25-30 min. Puree in batches in a blender. Bring back to gently simmer and stir in cheese until it melts. Don't let boil of cheese could become stringy. Season to taste and garnish with almonds. Serves 6.

## Watermelon Radish Sandwiches

2 watermelon radishes	2 Tbsp. cream cheese
1/2 fresh lemon	2 tsp. butter, room temp.
1/2 tsp. sea salt	2-3 crusty rolls

Slice radishes as thinly as possible. Squeeze lemon juice and toss with radishes and salt, set aside. Whip cream cheese and butter together. Lightly toast rolls and spread both sides with butter/cream cheese spread. Line bottom of rolls with "marinated" radishes. Cover with top of roll and cut in half before serving, if desired. Serves 2 to 3.