

# Pinehold Gardens Field Notes

Vol. 16 No. 15

October 27, 2010

## In This Box

- Butternut squash — *A good squash for soups and stews*
- Pac Choi — *Mild Oriental cabbage-like veggie. Try in salads*
- Broccoli — *Stems are tasty.*
- Watermelon radish — *The cold weather has sweetened them*
- Carrots — *Ditto*
- Winter Spinach — *Best raw in spinach salad*
- Sweet Potatoes — *Some may be rough looking but the flesh is delicious*
- Romaine or bibb lettuce — *Fall's Spring treat*
- Hakurei turnips — *Crunchy and sweet*
- Purple Top Turnips — *A centerpiece to roasted vegetables*
- Gold Rush potatoes — *A better baker than an Idaho from the Igls of Antigo*
- Satina potatoes — *Tom, Brad and Brian Igle introduced us to this all purpose variety*

## Next Week?

See you at the Milwaukee County Winter Farmers Market. Check the website for updates. [www.mcwf.org](http://www.mcwf.org)

## A DAY IN THE LIFE

Today is a fitting book end to the CSA season. The season began just ahead of a storm that dropped 7 inches of rain and blew out with high winds, a nearby tornado, the loss of power and nearly 2 inches of rain. In between the season was treated to some gorgeous weather. It was also a season where we made new friends and learned a lot in our continuing education course called farming at Pinehold Gardens.

Our last worker share harvest day was yesterday and it sounds like most of them want to return for another summer of Veggie Camp. We will be looking to add some worker shares next season so if you or someone you know is interested, please contact us via email. It is a four-hour commitment on Tuesdays from 9 a.m. to 1 p.m. every week for 16 weeks. Workers earn a share in exchange for their work.

There will be two worker shifts: one starting early May that involves planting, weeding and once the CSA season begins, harvesting, and the other shift starts mid-July and it involves harvesting, washing, bunching and weighing everything for the CSA delivery. We work in hot, cold, wet, and mosquitoey weather. There is a lot of bending over and a fair amount of lifting and carrying heavy crates of vegetables. And finally it is a job. We count on our worker

shares to be here every week.

The work can be less than intellectually stimulating, but that doesn't mean worker shares leave their minds at home. One might be surprised by the level of intelligent conversation that can be borne of tedious, backbreaking work on a sunny, warm day.

## BYO Bag

If you are reading this before you pick up your box remember to bring a bag along to transfer the contents of the box to your bag. Also remember to bring any boxes you might have hiding in your garage.

## SIGN UP FOR NEXT YEAR

We would love it if you were able to make the commitment for next season this fall. We spend many tens of thousands of dollars on taxes, our mortgage, liability and vehicle insurance, very expensive individual health insurance, and seeds and equipment before we even start planting a crop in April. CSAs are one of the main reasons small, family-owned farms exist, especially with the decline of private banks where one used to be able to go to for an operating loan or a line of credit.

Our 16-week season next year starts mid-July and ends late October. Our shareprice per week remains the same as this year.

We operate on a calendar-cash method of accounting so any checks that are received

this year with a November or December date will not be cashed until January 3. We also have the two payment option with an initial payment now and a July 1 postdated check for the other half of the amount. With a phone call other payment arrangements can be made.

## FIELD NOTES

We had a killing freeze last Thursday night. While it ended the growing season for some vegetables it enhanced the flavor of others. The vegetables that can take a freeze and recover nicely if the temperature during the day rises above freezing are spinach, broccoli, kale and Pac Choi. This Thursday evening looks brutal with a low of 28 and wind gusts of 30 mph. Actually the most damaging part of freezing weather is the desecating dry winter winds. Cold frames or hoopouses enable you to harvest far into the winter months if you have planned ahead and planted your cold hardy crops in August. After two years of weather-related delays we finally have a completed hoopouse, that is if the \$600 worth of plastic survives these windy days.

We have about 6,000 of our 10,000 plus heads of garlic planted. We still have miles of drip tape to wind up and fields to plow up now that the rain has softened the ground a bit. We also have the task of erecting small hoopouses over some of the not so hardy fall crops of

# Recipes of the Week

## RADISH AND BROCCOLI SLAW, Annie Wegner

Stems from 1 large bunch about 1½ lbs. broccoli, peeled	1 Tbsp sesame oil
4 radishes (or hakurei salad turnips), trimmed	1 Tbsp vegetable stock
2 medium carrots, trimmed and peeled	2 Tbsp rice wine or other mild vinegar
2 Tbsp soy sauce	1 Tbsp grated ginger root
	1 clove garlic, smashed but left whole
	1 Tbsp toasted sesame seeds

Using grater attachment of a food processor or the large holes of a hand-held box grater, grate broccoli stems, radishes, and carrots. Put the vegetables in a mixing bowl. Mix remaining ingredients in a small bowl or cup and pour over vegetables. Allow to marinate at least 30 minutes. Remove garlic before serving. Serves 4

## PAC CHOI WITH WINTER SQUASH, Annie Wegner

1½ Tbsp vegetable oil	3 Tbsp mirin (rice wine) or dry sherry
¾ cup sliced onions	1 Tbsp soy sauce
½ cup julienned (matchstick) carrots	3 cups cooked winter squash (peel, ½-inch dice, and steam)
2 cloves garlic, minced	
4 cups coarsely chopped pac choi	

In a wok, or large skillet, heat oil over high heat. Add onions, carrots, and garlic; cook, stirring, until onions are transparent, about 2 minutes. Add pac choi; cook, stirring, until wilted, about 2 minutes. Add mirin and soy sauce. Add squash; cook, stirring, until heated through. Serves 6-8

## SWEET POTATO MUFFINS, Annie Wegner

1½ cup granulated sugar	2 tsp baking powder
1¼ cup mashed sweet potatoes	1 ¼ tsp ground cinnamon
1 stick butter, room temperature	¼ tsp ground nutmeg
2 large eggs	¼ tsp salt
1 cup milk	½ cup raisins
1½ cups all-purpose flour	¼ cup chopped nuts

Preheat oven to 400 degrees. In a bowl, combine 1 ¼ cups sugar, the potatoes, and the butter. Mix until smooth, then add eggs and milk, and mix. In another bowl, mix flour, baking powder, 1 tsp cinnamon, nutmeg, and salt. Add dry mixture to batter, stirring just until blended. Fold in raisins and nuts, then spoon batter into well-greased muffin tin. Combine remaining sugar and cinnamon and sprinkle over the batter. Bake 25-30 minutes or until toothpick inserted in center comes out clean. Makes 2 dozen (Note: These can also be made in a loaf pan--increase the baking time to 45-60 minutes.)

## CREAMED TURNIPS, Annie Wegner

1½ lbs turnips (hakurei salad turnips or purple top--must peel purple top, but not necessary with hakurei)	2 Tbsp milk
2 Tbsp finely chopped fresh chives (optional)	1 tsp sugar
	¼ tsp salt
	Dash pepper

Quarter turnips. In a medium-size saucepan, cover the turnips with water. Bring to a boil, over high heat. Lower the heat and simmer, covered, for 30-35 minutes or until very tender (salad turnips likely won't take as long--check after 20 minutes.) Drain. In a medium-size bowl, with an electric mixer on low, beat the turnips until almost smooth. Add chives (if using), milk, sugar, salt, and pepper. Beat until light and fluffy. Serve hot. Serves 3

chard and head lettuce that we hope to sell at the Winter market. We also need to mulch and cover carrots that we will continue to harvest into January. Harvesting continues on Fridays for the winter market until the ground starts to get crunchy and we make one mad last dash to harvest and store what we can in the cooler.

Then there is a building project that has been put off for years, the reroofing of an old chicken coop for our Pig Peaches. She says she was here way before the chickens and they have a warm insulated coop that even has heat during the really cold nights. All she has is an old water tank that we call her Pigloo and some bales of straw to keep her warm and dry. And at the age of 10 she says that she is old now and needs better winter quarters. We hope for Peaches' sake to get to her new home before too long.

### BOX NOTES

There is nothing like spinach after a freeze and thaw. It's even better in March. The leaves turn thick, the taste is sweet. It tastes nothing like spinach from California. Please try eating it raw in a salad.

Sweet potatoes grew crazily again this year. Some grew so large and fast they have growth cracks. But don't let a homely cover influence your taste buds. Roasted the flesh is as sweet as sugar.

The head lettuce finally grew to a small, but nice head. If only lettuce grew as fast and well in the fall as Pac Choi we would be wading knee deep in lettuce.

We would have liked to have shipped more carrots this week, but they are just not sizing up so we left some in the field to harvest

## More Recipes of the Week

### COUSCOUS WITH GOLDEN FRUITS AND VEGETABLES, Annie Wegner

- |                       |                                |
|-----------------------|--------------------------------|
| 2 tsp vegetable oil   | ¾ cup chopped butternut squash |
| ½ cup chopped onions  | ¾ cup couscous                 |
| 1 tsp curry powder    | ½ cup chopped dried apricots   |
| ½ tsp ground cinnamon | ¼ cup golden raisins           |
| 1½ cups water         | ½ cup chopped pecans           |
| ½ cup chopped carrots | ½ tsp salt, or to taste        |

In a 2-quart. saucepan, heat oil over medium-high heat. Add onions; cook, stirring, until transparent, about 2 minutes. Stir in curry and cinnamon until absorbed. Add water, bring to boil. Add carrots and squash; simmer, covered, 7 minutes or until vegetables are tender. Add couscous, apricots, raisins. Cover and simmer 2 minutes. Remove from heat and let stand, covered 3 minutes longer. Add pecans and salt; toss to combine. Serves 6-8

### ROASTED WINTER VEGETABLES WITH HERBS, Annie Wegner

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|--|---|
| 6 medium potatoes, washed but unpeeled       | ¼ cup fresh sage, parsley, or thyme, torn or coarsely chopped (can use one type of herb of combination) |
| 3 small turnips, peeled                      | 2 tsp kosher salt   |
| 3 medium carrots, peeled                     | ½ tsp ground black pepper   |
| 1½ lbs. butternut squash, peeled and seeded  | Oil or butter to grease the baking pan  |
| 2 medium onions, peeled and cut into eighths |   |
| ¼ cup chicken or vegetable stock             |   |

Preheat oven to 400 degrees. Cut potatoes, turnips, and squash into 1¼- to 1½-inch square chunks. Cut carrots into 1 1/2-inch lengths. Mix stock with half of herbs, half of salt and pepper. In a large mixing bowl, pour mixture over vegetables and toss. Put all cubed vegetables plus onions in a large greased roasting pan. Roast 15 minutes. Add stock and cook 30-35 minutes longer, stirring a few times, until nicely browned and easily pierced with a fork. Toss with remaining herbs, salt and pepper.

### PAC CHOI AND ROMAINE WITH BLUE CHEESE DRESSING, Annie Wegner

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|---|-------------------------------|
| 4 cups. bite-size pieces romaine (or butterhead lettuce)                              | ¼ cup sliced red onions       |
| 2 cups bite-size pieces pac choy  | 3 Tbsp buttermilk             |
| 1 lb. potatoes, washed but not peeled and cut into ½-inch cubes and boiled or steamed | 3 Tbsp blue cheese            |
|   | 1 Tbsp mayonnaise             |
|   | Ground black pepper, to taste |

In a large bowl, toss together the lettuce, pac choy, onions, and potatoes. In a small bowl, combine buttermilk, cheese, and mayo, using fork to mash cheese. Pour the dressing over the salad, top with ground pepper, toss to combine. Serves 4-6

### BUTTERNUT SQUASH CREPES, Annie Wegner

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|------------------------------|---|
| 1 large egg                  | 3 Tbsp mashed roasted winter squash   |
| 3 egg whites                 | 1 tsp pumpkin pie spices or a combination of nutmeg, cinnamon, cloves, ginger, and allspice |
| 1 cup all-purpose flour      | 1 Tbsp flaxseed oil   |
| 1 cup whole milk, room temp. | Additional honey for garnish  |
| 1 Tbsp honey                 |   |
| ½ tsp salt                   |   |

Mix all ingredients in a food processor or blender. The result is usable immediately. Cook in a hot non-stick skillet or crepe pan until the top is dry, then flip. Cook other side a minute or so. Spread filling (see below) on crepe and roll up or fold over. Drizzle with honey before serving. Makes 6-8 crepes

### WINTER SQUASH CREAM CHEESE FILLING, Annie Wegner

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|------------------------------------|-------------|
| 8 oz. cream cheese, room temp.     | 1 tsp honey |
| ¼ cup mashed roasted winter squash |             |

This is great for stuffing the above crepes or just for spreading on a bagel or muffin. Mix all ingredients in a food processor or by hand and use or store. Makes about 1¼ cups.

in a few weeks for the winter market. A coupon for use at the winter market is enclosed. We have also enclosed a coupon for our beet loving members as 75 percent of our fall planting never germinated so there were not enough to deliver.

The potatoes are organic from our friends, the Igls, in Antigo.

### THANK YOU'S ALL AROUND

A successful small business or farm like ours is an increasingly rare institution in this age of get big. All of us, businesses, theater companies, radio stations and farms alike, wouldn't survive, couldn't survive, without the support and patronage of their customers. For us, it's our CSA members who are the financial lifeblood of this small organization. We will continue to do what we can to make our farm as sustainable as we can so long as we can and so long as we see the kind of support we have seen these past 16 years. Thank you.

Small farms like ours also wouldn't be possible without the special help we get from worker shares and others who have worked so hard to make your shares every week the best they can be. In particular, we owe a big thanks and hug to our recipe maven and friend, Annie Wegner LeFort. Members have raved about your recipes; some have become family favorites. Thank you, Annie, from all of us.