

Pinehold Gardens *Field Notes*

Vol. 25, Week 17

October 30, 2019

In This Week's Box

(Only weekly members)

- Cabbage, red
- Turnips, Purple Top
- Rutabagas
- Peppers, sweet and hot
- Potatoes, Simons Gardens
- Kale, red and green mix
- Cauliflower, Simons Gardens

Next Weeks Box?

(Everyone gets a box)

- Brussels sprouts
- Potatoes
- Turnips
- Onion and garlic
- Winter squash
- Winter radishes
- Sweet potatoes?????

A DAY IN THE LIFE

After Saturday night's two inches of rain fell, which left our fields in an unprecedented state of being under water (except for the historic flooding rains on June 8-10, 2008), both David and I were ready to cry Uncle. We harvested the last of our root crops on Monday and Tuesday from fields whose low spots had six inches of standing water. We thank every worker share member and our employees for sticking it out with us this season through thick and mostly thin. It was obvious to me that I needed to write about and thank all of them who have put up with the mud, rain, and cold these past few weeks as well as understanding our diminishing lack of patience and our increasing sense of frustration. And with every box we packed I was grateful for the clean produce, the uniform bunches, the accurate counts and the care that they all provided to keep the reputation of Pinehold's quality produce going, despite the difficult weather and crop situations.

Our patience has grown short, we are

bone tired, but fortunately most of the workers have been with us for many years so they know us well and are part of the Pinehold family which means they understand the environment we are trying to work with. Thank you everyone!!!

FIELD NOTES

We usually use the great outdoors, i.e. our fields, as a fall storage location, eliminating the need for multiple energy sucking coolers to store our fall produce and we harvest crops as we need to deliver them. This year due to the extremely wet fall we have had to harvest most of our crops before they rot or die from the roots being submerged in water so our traditional "Thanksgiving" boxes are earlier this year.

BOX NOTES

Red cabbage— A versatile cabbage. Shred and use in salads and coleslaws. Channel Milwaukee's German heritage and make a sweet sour cabbage dish with fall apples. It should keep for months in a plastic bag or the hydrator drawer of your frig although the moisture contents of this year's crop might cause the outer leave to deteriorate.

Peppers — The ones not in a bag are sweet. The ones in a white paper bag or a plastic bag are mildly hot Anchos or Hungarians

Potatoes— Simon's Gardens all purpose Red Endeavor

Cauliflower—Simon's Gardens main selling avenue is through farmers markets. Their last farmers market was this past Sunday and Jordan Simon said that we could come and harvest whatever we wanted. Not wanting to see good food go to waste, we harvested cauliflower for you.

Rutabaga—Our only delivery of this fantastic fall root crop, which is sweeter than turnips. Roast, cook with pota-



The rutabagas didn't seem to mind too much the mud nor did the crew harvesting and washing them. A happy end to a season of wet, muddy harvests. Thank you Becky, Christine, Ali and Heather.

toes for a root vegetable mash. Typically found in grocery stores covered in wax to extend it's shelf life. Ours typically lasts for months, but this year, who knows?

HOW MANY MORE DELIVERIES?

This is week 17 of our 18 week CSA season. Due to the unsettled schedule at the beginning of the season as well as our small farm's growing and harvesting schedule, the Every Other Week members did not get to enjoy all the crops that Pinehold had to offer. To make up for those shortcomings all members will receive a box during the week of November 4th, which will be the last week of deliveries.

All that being said, we have come to realize that the Every Other Week option is not a good fit for our farm and we will not be offering it as a CSA option next year.

Food Tips: Rutabaga



The rutabaga, swede or neep — whatever you want to call it — a cross between a cabbage and a turnip, is actually a swollen root. Sometimes confused with purple top turnips because of its purple top, its shape and taste is quite different than the turnip and one slice will indicate a creamy colored flesh as opposed to the white flesh of the turnip.

The rutabaga is quite versatile. It can be roasted all on its own as a side dish tossed with salt and butter, turning sweet and soft as it cooks. It can be boiled with potatoes and mashed with turnip and garlic too if you dare. And it holds up well in soups and stews, sometimes paired with beef and pork stews. The root should be peeled as the skin is tougher than on the turnip. Cooking times are relatively short — shorter than carrots.

It comes from Northern Europe, Britain or the Scandinavian countries. It has a checkered history of both being a much sort after winter food but also a food of last resort, being the main ingredient in soup of water and rutabaga consumed during the lean times in World War I and II. During Halloween, people living in Ireland and England carved lanterns out of rutabagas, called turnips, to ward off evil spirits.

EASTERN EUROPEAN VEGETABLE STEW

FROM *MOOSEWOOD RESTAURANT DAILY SPECIAL*

Two casual restaurants not in Wisconsin we always wanted to visit are Greens in San Francisco and Moosewood in Ithaca, N.Y. We had the pleasure once of eating at the former, and perhaps in retirement, we will have the pleasure of doing so in the latter. Until then we use the Moosewood and Greens cookbooks a lot. Their style is simple, elegant and delicious.

2 Tbs vegetable or olive oil
2 cups chopped onions
3 garlic cloves, minced or pressed
1 cup peeled and diced potatoes
1 cup peeled and diced carrots
1 cup peeled and diced parsnips
2 cups peeled and diced turnips and/or rutabagas
2 cups peeled and diced beets
6 cups water
2 tsp. salt
2 bay leaves
1 Tbs. minced fresh thyme and/or dill (1 tsp dried)
1/4 cup cider vinegar
5 cups chopped greens
Salt and ground black pepper to taste

1/2 cup sour cream or plain nonfat yogurt (optional)

In a large soup pot, heat the oil and add the onions and garlic. Cover and sauté on medium heat for about 7 minutes, stirring frequently, until the onions are soft. Add the potatoes, carrots, parsnips, turnips or rutabagas, beets, water, salt, bay leaves and herbs. Cover and bring to a boil; then cook on medium-low heat for 15 minutes.

Add the vinegar and greens. Gently simmer, until the greens are tender. Add salt and pepper to taste. Find and discard the bay leaves.

Serve garnished with a dollop of sour cream or yogurt if you like.

