

Pinehold Gardens *Field Notes*

Vol. 25, Week 14

October 9, 2019

In This Week's Box (everyone gets a box)

- Carrots
- Cabbage, green
- Winter squash, Jester, Simons Gardens, naturally grown
- Peppers, sweet, Carmen & bell
- Turnips, Purple Top
- Onion & garlic
- Lettuce
- Potatoes, Prairie Red, Igl Farms, certified organic



Yes, it's good mud, but I wouldn't want to eat it. A lot of labor went into this box.

Next Weeks Box? (only weekly members)

- Winter squash, acorn
- Carrots
- Celery
- Peppers
- Fennel

A DAY IN THE LIFE

We are in the middle of our birthday weeks. We will both be 64, a year away from Medicare health coverage and two years away from our "full retirement" Social Security age. Good grief. How did we get this old? It used to be that we felt the same age of everyone that was working here at the farm. Then one of our employees said, "You know, at your age you can audit classes at UWM." And we began to understand that our employee's parents were younger than us.

So we have had to start thinking about our retirement or at least our slow down plan. The weather, unfortunately, is helping us make those choices. We see ourselves becoming more home bodies and concentrating on our on-farm stand.

My niece, Amanda, whose favorite day of the week is Thursday when she is working at the farm, wants to farm. And she wants to farm at Pinehold. I have not been very encouraging, but David has been.

FIELD NOTES

While we did not receive the brunt of last week's storms, including heavy rains that covered some of our farmer's friends fields to our north with a foot of water while tornadoes were to our south, we did receive an additional four plus inches of rain. So in the last two months we have received 9 to 10 inches of rain, way above average, way too much rain. Our fields still have standing water in them or are boot-sucking muddy. The crew harvested clumps of mud today that were actually turnips, risking losing their boots. So far we have only lost some carrots, potatoes, beans, radishes and the side shoot crop of broccoli.

Another inch or so of rain is expected at the end of this week and then colder weather and maybe a frost is predicted. It is now a mad rush to harvest all frost sensitive crops....peppers, paste tomatoes, fennel and celery, and if we run out of time we will try to cover them with row cover but brisk winds are also predicted so it will become almost impossible to hold down row cover.

Our late planted, late blooming zinnias are still a haven for bees and butterflies and our souls. Those we will do our best to protect from freezing.

BOX NOTES

Jester winter squash— Store at room temperature. Cook like most winter squashes. Cut in half lengthwise, remove seeds, place cavity side down in a casserole dish, add a little water and bake at 350 degrees until fork tender.

Peppers — All are sweet.....bells and Italian frying Carmens. See next page.

Cabbage— We have stored cabbages for six months. The outside leaves will turn yellow and maybe will mold, but inside you will have a very usable cabbage. Even cut, the unused portion will keep for at least a month. Store in the frig in a plastic bag

The last BLT - The tomato and the lettuce might not look pretty due to water stress and insect damage, but it will be eight months before farm fresh tomatoes are available again. The lettuce is sweet with a lot of crunch.

Summer turns to fall - After you enjoy your last BLT or fresh lettuce and tomato salad and the weather changes, roast chopped carrots, turnips, potatoes, onions and garlic tossed with olive oil and salt in a baking dish at 350 until fork tender.

PUMPKIN UPICK

Our family event. Pot luck chili, squash bowling, cider, apples. Sunday afternoon, October 20th, noon - 4pm.

Food Tips: Sweet Peppers



Sweet pepper is the best name for a ripe pepper. With the exception of the shape, it bears almost no resemblance to an unripe pepper. Don't get us wrong; there are uses for an unripe pepper — the green color certainly looks nice. But this fruit really comes into its own when fully ripe. That could mean red, yellow, or orange.

So to take advantage of the sweet flavor of the ripe red pepper consider the following treatments. Try slicing it into strips and sautéing it a pan with oil and onions for sandwich on a crusty roll and topped with fresh mozzarella. Or cut the pepper in half or thirds, clean out the seeds and stem, toss with oil and grill until the skin starts to char. Then eat as is on the fore-mentioned sandwich or better yet puree in a blender or food processor for red pepper sauce.

Don't forget peppers are easily frozen: simply clean, cut into pieces and freeze on a cookie sheet, then store in freezer bags for use in the winter in soups and chilis.

ROASTED RED PEPPER CHICKEN CHILI

adapted from the website *A Spicy Perspective*

- 2 lbs. boneless skinless chicken breast (We use 1 lb.)
- 1 large onion, peeled and chopped
- 1 large red pepper, seeded and chopped
- 1 chopped celery
- 4 garlic cloves, minced
- 2 Tbs. olive oil
- 3 cups roasted red peppers and juice or more
- 30 oz. red kidney beans, drained
- 3 Tbs. chili powder
- 1 1/2 Tbs. ground cumin
- 2 1/2 tsp. salt
- 2 cups chicken broth

Grill or roast in the oven enough red peppers to make 3 cups chopped.

Preheat a large skillet over medium heat. Add oil, chopped onions, raw peppers, celery, and garlic. Sauté for 3 to 5 minutes.

Pour sautéed veggies and beans into a slow cooker. Place chicken breast on the top and then sprinkle the chili powder, cumin and salt on the top.

Puree the grill peppers in a blender or food processor until smooth and pour into the slow cooker. Cover and turn on low for 6 to 8 hours or high for 3 to 4 hours.

When the chicken is cooked through, remove with tongs and shred the chicken with a fork. Stir the shredded chicken back into the slow cooker. Serve warm.

This chicken is flavorful but not hot spicy. For that add some cayenne pepper or hot sauce.

