

## In This Box

- Acorn squash
- Romanesco
- Carrots
- Red Pontiac potato
- Carmen sweet red peppers
- Leeks
- Winterbor kale

## Next Week?

- Carnival squash
- Turnip medley
- Collard greens
- Potato medley
- Onions
- Peppers

## A DAY IN THE LIFE

Who is the farmer? Back in August Anna Thomas Bates wrote an article entitled “Ladies of the Land” for the Milwaukee Journal Sentinel. Anna and I had a long discussion during the interview. Although I am listed as the Managing Member for Pinehold Gardens LLC, David and I are equal farm partners. Anna’s article includes the facts that the 2007 census tallied 306,200 women as “primary operators” of a farm and if secondary operators are factored in, the U.S. has about 1 million female farmers — 30% of all farmers. I suggested that female managed farms probably share de facto ownership with another partner but the legal organizational

structure with female as primary operators might just be for tax or other financial reasons. That’s the reality.

Then three weeks later an Associated Press reporter, a young woman, wrote about the Beaver Dam pepper Slow Food celebration. The article had the following quotes. “... David Kozlowski, who grows the pepper on *his* farm south of Milwaukee.” Later I was mentioned as his wife. Maybe that is AP style or maybe it still needs to be pointed out that women do farm and are an integral part of the farm landscape, especially CSA farms.

## FIELD NOTES

We received 1.6 inches of rain, a little too much for harvesting potatoes and carrots for this week’s delivery, but a fine amount for the Brussel sprouts and fall crops still growing for the Winter Farmers Market

This week we will be harvesting all of our remaining potatoes as they all had blight and even though the tops have been mowed down, the blight is still on the stems and will travel down to the tubers and cause them to rot. Late Blight is what caused the Irish potato famine. We will also not be able to save any of our potatoes to use as seed



*NO FROST YET.* With a fall such as this one with no early frost, the flowers still being sought by the bees tend to be vegetable flowers such as tomatillos, beans, broccoli and these sunchokes.

stock for next year.

## BOX NOTES

The Red Pontiac potato is one of our favorite varieties. It is an old fashioned all purpose variety which means it can be mashed, boiled or roasted. It has fallen out of favor and is rarely grown anymore because it has deep set eyes, which would make it harder to clean and process in an industrial food environment. It also has the tendency to grow very large tubers. If you receive a large potato and you cut it open and find a hole in the middle with light brown edges, that is hollow heart. It is not a disease, just a result of rapid growth. Just cut out that section. And remember to store your potatoes in a cool place in the paper

bag to prevent them from turning green.

Speaking of large, the summer carrot variety grew rather large and many have growth cracks. They are tasty, especially roasted and in carrot ginger soup. They will store in the plastic bag for months.

Unfortunately the leeks did not receive the weeding or watering they should have and the harvest was small and sparse.

Winterbor kale is usually used chopped up in soups. Store in a plastic bag.

The pepper is a sweet Italian frying type.

## MISSING BOXES

Please remember to bring back your box back each week. We are short quite a few boxes.

# Recipes

by Annie Wegner Lefort

## Dilled Carrot Spears *from Pickled by Lucy Norris*

4 cloves garlic, peeled and left whole	2 ½ c. distilled white vinegar
4 (1- to 2-inch long) hot red chili peppers	¼c. canning/pickling salt
4 sprigs fresh dill	2 ½ c. water
2 lbs. carrots, peeled and cut into spears	

Sterilize jars and lids according to manufacturer's directions. Into each pint-sized jar, place 1 clove garlic, 1 chili, 1 sprig dill, then pack the carrot spears vertically into the jars.

Combine the vinegar, salt, and water in a saucepan and bring to a boil over medium-high heat. Pour the hot brine over the carrots, leaving at least ¼-inch headspace. Remove the air bubbles, then screw on the lids. Process the jars in a boiling hot water bath for 10 min. to seal.

Allow jars to cool, then store in a cool, dark place for at least 3 weeks before tasting. Refrigerate after opening, for up to 6 months. Makes 4 pints.

## Millet and Squash Savory Porridge

2 c. millet	winter squash), peeled, seeded,
6-8 c. water	sliced, and cut into small chunks
1 c. Acorn squash (or other sweet	1/2 t. sea salt

Wash millet in cold water and place in a small stock pot. Add fresh cooking water and seasoning (little bit of salt). Bring to a boil, lower flame, and add cut-up squash. Cover and let simmer 25-30 min. Garnish with chopped scallions, parsley, toasted sesame seeds, or other condiments. Serves 2 to 3.



**Roasting Vegetables:** Our favorite way to serve vegetables is to roast them and that includes the **romanesco** that is in today's box. To roast, simply cut up the romanesco (or broccoli, carrots, squash, etc.) into forkable size pieces. Drizzle with olive oil and salt, and spread out on a cookie sheet or roast pan, then roast at 400 degrees until tender and just slightly browned. Serve warm as a side or use on a salad with other roasted vegetables and a hearty green of your choice with a mustard vinegarette.

## Romanesco in Cheese Custard

2 c. cooked romanesco (boiled or steamed)	1 1/2 c. milk or light cream
¼ c. grated Cheddar cheese	¾ t. salt
3 eggs	¼ t. black pepper

Preheat oven to 350F. Butter a 1 ½-quart baking dish, put chopped Romanesco in, and sprinkle w/ cheese. Beat eggs lightly in a bowl and stir in milk, salt, and pepper. Stir into Romanesco-cheese mixture. Put baking dish in shallow pan and till pan w/ enough hot water to come halfway up sides of dish. Bake 45-60 min., until custard is set. Serves 6.

## More Recipes

### Colcannon

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|---|---|
| 2 lbs. all-purpose potatoes, peeled and quartered | 1 t. salt (or to taste)   |
| 1 1/2 lbs. green cabbage, quartered and cored     | Black pepper  |
| 4 T. (1/2 stick) butter                           | 6 scallions (or most tender white part of leeks), thinly sliced |
| 1 c. light cream or milk                          |   |

Put potatoes in large saucepan and add cold water just to cover. Bring to boil and boil gently 15-20 min., until tender when pierced w/ fork. Halfway through cooking, add cabbage quarters. When potatoes are tender, drain well. Remove cabbage, slice into thin strips, and set aside. Return potatoes to pot. Add butter, 1/2 c. cream, salt, pepper to pot w/ potatoes and mash w/ potato masher, fork, or electric mixer, smoothing out all lumps. Add remaining 1/2 c. cream, blending until you have a thick puree. Add shredded cabbage and mix until well blended. Taste and correct the seasoning. Return pot to low heat, stirring frequently until hot. Serve in heated serving bowl garnished w/ scallions/leeks. Serves 6.

### Peanut-Squash Stew

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|---|--|
| 1 c. brown rice   | 2 1/2 c. tomato puree  |
| 2 T. vegetable oil  | 1/2 c. smooth peanut butter  |
| 4 leeks, white and light green parts only, washed well, finely sliced | 1 medium acorn squash, peeled, seeded, and cut into 1-inch-thick crescents |
| 1 T. grated fresh ginger  | 2 T. brown sugar   |
| 1/2 c. green bell pepper, chopped                                     | 2 c. cooked black-eyed peas  |
| 3 c. garlic, finely chopped   | 2 T. chopped roasted peanuts   |
| 2 t. kosher salt  |  |
| 1 t. ground cumin   |  |
| 4 c. vegetable broth  |  |

Prepare rice according to package instructions. Heat oil in skillet over medium heat. Add onions and cook about 15 min. Add ginger, peppers, garlic, salt, and cumin. Cook 5 min. more, stirring occasionally. Add broth, tomato puree, peanut butter, squash, and sugar. Cook over medium heat, covered, until squash is tender, about 30 min. Add black-eyed peas and heat through. Serve over rice and sprinkle with peanuts. Serves 4 to 6.

## Food Bits

### Winter Squash



Winter squash is the classic fruit of fall and winter. The varied sizes and shapes reflect also varied tastes and

textures. We grow Carnival, Butternut, Fairy and Acorn for the CSA. Acorn and Carnival are similar in taste and texture, with the Carnival being a tad dryer. The Butternut is moister than both and the Fairy is fairly dry. Butternut has the mildest flavor.

**Store:** Store in a cool dry place. Most should last for months. **Preparing:** Squashes can be cooked whole in the oven if the skin is punctured with a fork or knife or cut in half and roasted after removing the seeds. Butternuts and Fairies can be peeled, cubed and baked in the oven or used in soups and stews.

### Romanesco

More similar to cauliflower than broccoli, romanesco is nutritious and striking looking, and makes a great side dish or addition to soups and stews.

**Store:** Like it's cousins, keep romanesco in a closed bag in the refrigerator. It will keep for a week or two. It can also be blanched and frozen. **Preparing:** Wash then cut up the romanesco in forkable pieces. The stems are as good if not better than the flowery heads. **Cooking:** If steaming or sautéing, cook the stems first a few minutes before adding the flowers. Roasting is best in our opinion.