

Pinehold Gardens Field Notes

Vol. 18 No. 9, Week 10

September 12, 2012

In This Box

- Lovelock lettuce
- Crunch Royale radish
- Mariana paste tomatoes
- Field grown slicing tomato
- White Russian kale
- Shallot
- Gladstone onion
- Carola potatoes
- Peppers:
Carmen, bell, hot
- Eggplant: final rotation sites

Next Week?

- Tomatillo salsa bag
- Kale bouquet
- Carnival squash
- Tomatillo salsa bag
- Carrots
- Peppers
- Collards

A DAY IN THE LIFE

Things are looking up. We were offered more money that we expected for our totaled car. Does anyone know of someone selling a car? Honda or Toyota 4 door manual preferred. Or is anyone good at fixing lots of dents cheaply?

Mom survived the bureaucracy of hospital care and was moved to rehab yesterday. The poor woman wasn't given food for 4 of the 7 days she was there. Reasons: operation, second operation to redo first one, heart scan ordered without our permission, planned second heart scan since the first one failed. There's other problems, but no food? No IV? No Ensure when she can't swallow from the scanning

tube? Isn't food medicine?

Dad survived the trauma of the misinformation that he continued to receive because of the all too frequent nurse changes and on call doctors.

The individuals were all nice, friendly, knowledgeable and efficient but the jigsaw puzzle of advice and information was never put together. The classic left-hand-right-hand disconnect.

I want to thank everyone for their kind thoughts, Meridith and Christine for the gifts of food for dad and Paula for the use of her van.

For all of you who have gotten to know mom over the years, I am sure she would appreciate any words of encouragement that you might want to send her way so here's her address. Virginia Raduenz, Golden Living/Heritage Square, 5404 W. Loomis, Room 302B, Milwaukee? 53129.

FIELD NOTES

Yippee. Fall planting is done, except for all the cover crops. Now all we need is two months of a warm fall like last year.

The Big Beef and Pink Beauty slicing tomatoes that were planted out in the field the first week of June finally ripened. If we had not invested in hoop houses we would not have been enjoying tomatoes since the beginning of July. I always kid, the answer is in plastic which is an ironic phrase for an organic farmer to use.

The squash crops looks good. Not bountiful as that crop probably suffered the same July blossom drop as

everything else (except the heat loving peppers). The fruits are large and nice looking so expect squash in most of the remaining boxes.

The Carola potatoes did not do well in the drought. Yield was 25 percent of the Red Norland rows. That's why you grow multiple varieties. You just never know.

Tammy Peacy continues her contribution to our newsletter with a Kale 101 fact sheet on page 2.

TOMATO UPICK

I think most everyone has picked tomatoes by now. There are probably some left if some people want to glean the patch.

BOX NOTES

Here's some pepper info. The Carmen frying pepper is long and pointy. Some people think it is a hot pepper because it is pointy. It is not. The green Jalapeno pepper and the yellow or orange Hungarian are mild hot peppers. I purposely bought mild varieties when I purchased seeds. If you want more heat, leave the seeds in the Hungarian.

Mariana is a new variety of paste tomato for us. The tomatoes are large and lovely, and dense. They're not as sweet or acidic as the slicers probably because of the 49 degree nights and too much rain, so I will reserve judgement on them. It's supposed to cool off after today. Perfect weather for making a roasted tomato sauce in the oven and that should sweeten the paste tomatoes up.

The brown onion looking

bulb is a shallot. It's stronger than an onion, so one is all you should need to prepare the recipe that Peter Sandroni of La Merenda demonstrated at last year's farm festival and included on the recipe page.

Tomatillo salsa bag moved to next week. The cilantro will be ready to harvest then.

Short newsletter this week since my time is more limited. Thanks again everyone!

Sandy

Intro to Kale 101

by Tammy Peacy,

The kale in this week's box differs very little from the kale cultivated 2,000 years ago. Before the Middle Ages, kale was the most widely eaten green in Europe. Its cousin the cabbage then claimed the number one spot. "Kail" was a term used for dinner or soup in Scotland in the nineteenth century and kitchens featured a kail pot for cooking.

Reasons to eat kale: It's low in Saturated Fat, and very low in Cholesterol. It is also a good source of Dietary Fiber, Protein, Thiamin, Riboflavin, Folate, Iron, Magnesium and Phosphorus, and a very good source of Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Calcium, Potassium, Copper and Manganese. (Source: USDA).

So, what can you do with it?

- You can eat the whole leaf, stems and all. To prepare large leaves for cooking, wash thoroughly to remove dirt and grit. Give it a good shake and call it dry. Remove stems (chop as you like and cook a few minutes longer than the leaves). Roll kale leaves up like a cigar. Slice across the 'cigar,' making kale ribbons. Thin ribbons will cook faster than thick ribbons.
- Store kale leaves, covered, for up to a week in the refrigerator. Kale can be prepped as above, blanched and then frozen. Freeze in one cup portions for adding directly to stews and soups.
- Kale leaves with the bitter stem removed can be used raw in salads. Slice into thin ribbons, chop and sprinkle on top of the salad. Add raw kale to smoothies for a nutrition boost.
- Kale can be steamed, blanched, boiled, braised, stir-fried, or sautéed. It only takes about 5-10 minutes to get tender. Add cooked kale to burritos, rice dishes, pasta sauces, curries and lasagna.
- Kale can be dried and stored for later use. Crumble in soups, scrambled eggs and quiche, casseroles and side dishes.

Kale Face and Body Mask

1/2 pound kale, stems removed, cooked

1/8 cup extra virgin olive oil

1/8 cup heavy cream

Puree ingredients until smooth. Apply to skin. Leave on for up to ten minutes. Remove with warm water, followed by cold water. Can be refrigerated for one week. (Adapted from TLC.com)

Tammy Peacy, a new Pinehold Member, is a strong proponent of good, fresh food. She is also a champion of knowing what one eats and where it comes from. An erstwhile restaurateur, Tammy also knows something about what to do with fresh food. Now working on a cookbook while working at Pinehold, Tammy would like to share her knowledge and love of food with the whole Pinehold community.

Potato Kale Soup

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| 4 T. olive oil | 1 1/4 t. salt |
| 2 medium onions, chopped | 6 medium potatoes diced into 3/4-inch cubes |
| 10 cloves garlic, chopped | 3 c. coarsely chopped kale |
| 1/2 T. red chile flakes or to taste | Salt and pepper, to taste |

Heat oil in soup pot; add onions, garlic, chile flakes, and salt, and saute until onions are translucent. Add potatoes and enough water to cover by 4 inches. Bring to boil and cook, covered, until potatoes are about half done. Add kale and cook, uncovered, until potatoes are tender, 10-15 min. Puree soup in blender or food processor. Season with pepper to taste.

Tomato/Tomato Paste Salsa

Recipe from *UW-Extension Wisconsin Safe Food Preservation Series*

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| 3/4 qt. tomatoes, chopped | 3/4 c. celery, chopped |
| 1 c. green peppers, chopped (about 1 large, whole) | 1 clove garlic, minced |
| 1/4 c. fresh hot peppers, seeded and chopped | 6 oz. tomato paste |
| 1/4 c. long green chile (or other hot pepper), seeded and chopped | 1/2 c. bottled lemon juice |
| 3/4 c. onions, chopped | 3/4 t. salt |
| | 1/4 c. sugar |
| | 3/4 t. ground cumin |

Combine all ingredients in a large saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer 30 min., stirring occasionally. Ladle hot salsa into clean, hot pint jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims and cap with properly pre-treated lids. Process in boiling water canner for 15 min. Remove from canner and let jars rest. After a few hours, check to see if jars have sealed. Let cool completely before labeling and storing. Yields 2 to 3 pints.

Roasted Potatoes, Kale and Shallots By Peter Sandroni, La Merenda Restaurant

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| 1 lb. potatoes, cut up and roasted | 1 lb. kale, stems removed and torn into pieces |
| 2 T. olive oil | Salt and pepper to taste |
| 1-2 shallots, sliced thinly | |

Preheat oven to 350 degrees. If using larger potatoes, cut into 1 inch cubes, otherwise roast whole. Roast potatoes in oven for 20-30 minutes, or until cooked through enough to pierce easily with a knife, do not over cook, and set aside to cool. Heat up a large pot over medium heat on range top. Add oil and shallots and cook until soft. Add kale and cook just starting to wilt. Add potatoes and cook until heated through. Season with salt and pepper. Serve as is as a side or with your favorite fish, chicken or pork dish.