

In This Box

- Crazy carrots
- Broccoli
- Carola potatoes
- Cruncy Royale radishes
- Quick Start cabbage
- Watermelon and cantalope
- Collard greens or lacinato kale
- Parsley
- Carmen sweet pepper
- Estiva tomatoes

Next Week?

- Sweet corn
- Beets
- Potatoes
- Broccoli
- Tomatoes
- Kales
- Beans

A DAY IN THE LIFE

Fall is here. It was 30 degrees cooler yesterday than last week's harvest day. David is very sad. He is a summer boy and will now be permanently clad in long underwear until May. I like fall except I will miss leaves on trees. I will also miss a warm house. Our leaky bungalow with its plaster walls that act like a thermal mass and hold temperature well, will stay cold now. Add moisture from canning and blanching and freezing beans and it's like living in a damp cave.

FIELD NOTES

It appears that we will not have that mid-September frost that kills the beans, basil and peppers and other frost sensitive things. That saves us a lot of work covering crops with frost protecting row cover and the beet greens will still be beautiful next week.



STILL WILD AND CRAZY. After an abnormal summer and almost complete neglect, a fine but wild and crazy bunch of carrots were harvested for this week's box. Who says you shouldn't play with your food?

TOMATO & BASIL GLEANING

All the foliage and the mature tomatoes on the plants died from late blight, but the remaining tomatoes ripened. If you would like to come and pick 10 pounds of paste tomatoes to make sauce, you are welcome to come this Friday or Saturday from 9am to 6pm. We also have some past-prime basil plants.

HONEY

Our limited supply of honey is currently and most likely sold out. David will be checking the hive at the end of this week to see if the bees or us get to keep one more box of honey. Our bees get to eat their honey in the winter instead of sugar or corn syrup water.

WORKER SHARE



Margaret Kozlowski started working for Pinehold from the beginning. From fieldwork to delivery boxes on Wednesday,

she has done it all. But what she likes best is working the Winter Farmers Market.

BOX NOTES

The carrots were planted in a field where the soil is more compact making it difficult for carrots to grow straight tap roots.

We believe the broccoli is a little strange looking from the stress of temperature swings.

Recipes

by Annie Wegner Lefort

Lemon-Parmesan Broccoli

6 oz. broccoli florets and tender stems (about 2 1/2 c. raw)	1/4 t. grated lemon rind
1 T. extra-virgin olive oil	1/2 t. lemon juice
1 garlic clove, peeled and minced	1/8 t. kosher salt
	1 1/2 T. shaved fresh Parmesan

Remember you can use the stems as well as the florets. The less tender part of the stem can be peeled and then boiled with garlic, thyme, salt and pureed into a pesto, used in a dip or sauce.

Arrange broccoli in steamer. Steam, covered, 4 min. or until crisp-tender. Place broccoli in large bowl. Heat small skillet over medium-high heat. Add oil and garlic; cook 2 min. or until garlic is fragrant. Add oil mixture, rind, juice, and salt to broccoli; toss to coat. Sprinkle mixture with cheese. Serves 3.

Creamed Collard Greens

1 1/2 lbs. collard greens	1 clove garlic, peeled and minced
2 T. butter	1/2 c. whipping cream
1/2 large onion or one small to medium, chopped (about 1 c.)	1/4 t. salt
	1/8 t. ground black pepper

Small children who otherwise hate green vegetables have been known to devour creamed greens. In my opinion, it's better to have them eat it w/ lots of cream/butter than not to eat it at all.

Trim stems from collards; chop leaves (about 12 c. lightly packed). In Dutch oven cook greens in lightly salted boiling water for 20 min. Drain. Place greens in extra-large bowl of ice water. Allow to stand a few minutes to cool, stirring occasionally. Drain in colander, pressing out excess water. Arrange on tray or baking sheet lined w/ paper towels; pat dry and set aside. In a large skillet heat butter over medium heat. Add onion and garlic. Cook and stir about 5 min. or until tender. Add cream, salt, and pepper. Bring to boiling; reduce heat. Simmer uncovered, 2 min. or until slightly thickened. Add greens. Stir to combine; heat through. Makes 4, half cup servings.

Collard Greens with Yogurt-Garlic Sauce

3/4 c. plain yogurt	1 bell pepper, seeded and finely chopped
2 garlic cloves, peeled and minced	1 1/2 c. water
Salt	1 lb. collard greens, coarsely chopped (include tender stems)
1 1/2 T. extra-virgin olive oil or vegetable oil	Salt and freshly ground black pepper
1/2 small yellow onion, finely diced	Yogurt-Garlic Sauce
1/4 c. long grain rice	Paprika
1 medium tomato, coarsely chopped	

For sauce, whisk yogurt, garlic, and salt in small bowl until mixture is very smooth. Cover and refrigerate for at least 15 min. to allow flavors to blend. For salad, heat oil in large heavy saucepan over medium heat. Add onion and cook gently for about 2 min., or until onion is softened but not brown. Stir in rice, tomatoes, and green peppers. Pour in water and stock. Add collard greens and season with salt and pepper. Cover saucepan, lower heat, and cook gently about 20 min., or until greens are tender and all liquid has been absorbed. Transfer contents of saucepan to serving dish, cover, refrigerate. To serve, pour yogurt-garlic sauce over salad and sprinkle paprika over sauce. Serves 2-3.

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Carrot "Fries"

1 lb. carrots, peeled and cut into 2-inch long sticks	1/2 t. salt
1 1/4 t. brown sugar	1/8 t. pepper
1 1/2 T. olive oil	1/4 t. cinnamon

Preheat oven to 425F. Lightly spray baking sheet w/ nonstick spray. Cut each carrot lengthwise in half, and then cut each half in half again to get four lengthwise pieces from each carrot. Place carrot slices into a medium bowl. Add brown sugar, oil, salt, pepper, and cinnamon to bowl and stir until carrots are evenly coated. Serves 4.



Simple Braised Cabbage: In a skillet melt 1/4 c. butter over medium heat. Cut small head of cabbage in six wedges. Cook wedges until brown on one side (about 5 min.) Turn wedges, cover; cook 10 min. or until cabbage is browned and tender when pierced w/ a fork. Sprinkle w/ salt just before serving.

Spicy Cabbage Salad with Tomatoes, Radishes, and Celery

5-6 c. finely chopped green cabbage	Dressing:
1 c. diced tomatoes	2 T. apple cider vinegar
1/2 c. celery, sliced	1 t. fresh lime juice
1/2 c. chopped celery leaves (optional)	1/2 t. salt
4 large radishes, stem and root cut off and cut into half-moon slices	1/4-1/2 t. hot pepper sauce
1/4 c. thinly sliced onion	3 T. grapeseed oil (or other neutral-flavored oil)

Toss all salad ingredients in a large bowl. In a small bowl, mix together vinegar, fresh lime juice, salt, and hot sauce (start w/ less hot sauce...you can always add more to taste.) Whisk in oil, one T. at a time. Taste for seasoning and heat. Toss salad w/ desired amount of dressing. Salad can be made ahead and stored in fridge for a few hours. It's also delicious after being refrigerated overnight. Serves about 6.

Beans and Barley House Potato Salad: A favorite at Pinehold and easy to make. Cut up potatoes into cubes and steam. When cooked but still firm, place on cookie sheet and splash with vermouth. Let cool. Slice radishes, onions and a hard boiled eggs. Chop parsley. The dressing is mayo (1/2 cup) and about half teaspoon each of celery seed, dill, salt and a quarter teaspoon of pepper. This is from B&B's *Little Book of Beans cookbook*.

Collard Green, Pasta and Chickpea Soup

from the *Milwaukee Journal Sentinel* article featuring Sandy and other women farmers

1 T. extra-virgin olive oil	1 T. grated lemon zest
3 garlic cloves, thinly sliced	1 can (15 ounces) chickpeas, drained (or use dried beans, soak and cook before using)
2 thinly sliced green onions	1 T. chopped fresh oregano (or 1 1/2 t. dried)
A small bunch collard greens, stems removed and chopped separately from leaves	1 T. fresh lemon juice
4 c. vegetable broth or chicken stock	1/2 t. freshly ground black pepper
2 c. water	1/8 t. fine salt (or to taste)
3/4 c. uncooked orzo or other small pasta such as elbow macaroni	1/3 c. grated Parmesan cheese

Heat a large saucepan over high heat. Add oil to pan and swirl to coat. Add garlic, onions and collard stems and sauté 30 seconds, stirring constantly. Add broth and water and bring to a boil. Add orzo, lemon zest, chickpeas and chopped collard green leaves. Cover and cook 10 minutes or until pasta is done. Stir in oregano, lemon juice, black pepper and salt. Adjust seasoning. Serve with Parmesan. *From Scotch Hill Farm and is featured in the cookbook From Asparagus to Zucchini by FairShare CSA Coalition, 2004).*