

Pinehold Gardens Field Notes

Vol. 18 No. 13 Week 11

September 19, 2012

In This Box

- Acorn squash
- Tomatillos
- Winterbor kale
- Merida carrots
- Field grown slicing tomato
- Hakurei turnips
- Copra onion
- Cilantro
- Peppers: Bell, Poblano, Hungarian, Mellow Star

Next Week?

- French Fingerling potatoes
- Toscano kale
- Carnival squash
- Beets
- Carmen peppers
- Collards or chard
- Purple Top turnips
- Paste tomatoes

A DAY IN THE LIFE

If bad luck, unfortunate incidences, bumps in the road or whatever you want to call them come in threes, then we are complete. Dad had an ocular stroke last Wednesday morning in one eye leaving him with only blurry peripheral vision in that eye. His other eye has cataracts that will need to be taken care of soon. The most frustrating part for him is that he can't drive to go visit mom. Here's his address if anyone would like to send him a note:

Neal Raduenz, 456 E Van Beck Ave, Milwaukee, 53207

Although it is difficult for Mom to be in rehab, as I am sure it is with most anyone, she is doing better every day.

All but the large parts of the willow tree is cut up, our car is getting the important parts repaired, and my boss at Next Act is able to go home next week after 6 weeks in the hospital and 2 weeks in rehab for speech therapy. I would think, knock on wood, that we are returning to a semblance of our former lives where our main concerns were the drought and weeds. All of this kind of puts things in a different perspective.

FIELD NOTES

It's that time of year. The week before David's birthday. The week we always get that one frost before Indian Summer, which last year lasted into December.

The day before a frost is a frustrating day. Which crops do you decide to put row cover on which protects the plants from frost? What do you pick that can't be covered? How many times do you smell the basil for the last time or look at the row of beautiful zinnias that has greeted us since the beginning of July as we walked into the field?

We covered our 300 foot bed of green beans that is full of flowers and 1 inch long beans. They were planted rather late in the season for beans, but we were and are still hopeful that we will be harvesting beans in two weeks. David pounded in stakes, strung twine between them and then David, Marie and Tracy, our late shift Tuesday worker shares, laid row cover on the twine in the dark after the wind had died down to create a 200 foot

by 20 foot canopy to protect the peppers. We picked the all the ripe slicing tomatoes and covered the last ripening variety of paste tomatoes that will be in your box next week.

The fall crops of kale and broccoli love this weather. The broccoli is starting to form heads and should be ready in a few weeks.

The temperature by the house hit a low of 34.7 degrees this morning so our low lying fields where the cold air settles, not only got a frost, but some areas were cold enough to freeze.

HONEY

We have some honey for sale this year. It will be for sale at the farm during pick up times, at the farm stand on Saturday mornings and by preorder at the Greenfield site. Our bees live happy lives here and they produce great tasting honey. We would like to thank Tracy Borczik who helped David with decapping, spinning and bottling. She was a fast learner and a great help to us. The cost is \$4.50 per half pint and \$9.00 per pint. The honey is not available for Market Dollars sales.

BOX NOTES

Winterbor kale is the more recognizable kale as it was often used as a garnish on a plate or buffet table. The frilly and thicker leaves make it a great choice for adding to soups and this is a great week for making soup.

Acorn squash is the only winter squash that does not get better with age or by being cured in a warm environment.

The classic way to prepare most winter squashes is to cut them in half lengthwise and place upside down in a casserole or other oven proof pan with a bit of water in the pan. Bake at 350 degrees until you can poke a fork into it.

Known as a poblano when green and an ancho when dried, it is a hot pepper. It is in the plastic bag. It supposed to be a medium hot pepper, but the red one David ate yesterday was really hot. There is also a hot Hungarian chili in the box.

We love salsa verde and patiently wait for the tomatillos to ripen. Like tomatoes, store them out of the plastic bag at room temperature. Our favorite way to make salsa verde is to grill the dehusked tomatillos, poblano pepper, and slices of onion until soft. Blend together in a food processor, adding poblano to taste, along with salt and cilantro. Some people add lime juice and/or garlic.

The small wrinkly red pepper is a sweet pepper called Mellow Star. I was a victim of dreams of a stir fry bag of mixed vegetables while reading seed catalogs on a cold January day and decided to try growing this pepper. It is very prolific and interesting looking, but I won't grow it again. It is popular in Japan where it is used in tempura and should be very good in stir fries.

Speaking of stir frying, the white Hakurei turnip is great in stir fries. The greens are edible, just like any turnip green.

The Copra onion is a stronger onion that gets sweeter in storage.

Stir-fried Tofu (or Meat) with Kale and Red Peppers

If you don't eat tofu, you could certainly make this without it or substitute chicken or pork. In the case of meat, drop them into the pan first as you would the tofu and let them begin to cook on the outside, then add the veggies.

1 bunch kale (about 10 oz.), stemmed, washed,
roughly torn and blanched for 1 min.
14 oz. firm tofu, sliced into about
1/4-inch thick rectangles
1 T. soy sauce
1 T. rice wine or dry sherr
1/4 c. chicken or vegetable stock
1 t. cornstarch
1/4 t. each salt and pepper

1/4 t. sugar
1 T. high-heat cooking oil (peanut, grapeseed, etc.)
1 T. minced garlic
1 T. minced ginger
1 frying pepper, seeded and minced (can
substitute a medium-hot pepper if you wish)
1 red bell pepper, cut into 2-inch long julienne
2 t. sesame oil

Lay slices of tofu on paper towels to dry. In small bowl, combine soy sauce, rice wine, stock, cornstarch. In second bowl, combine salt, pepper, sugar. Preheat wok or large (12-inch) skillet until a drop of water evaporates w/in a second or two when added to the pan. Add oil and swirl to coat inside of pan, then add tofu. Stir-fry until it begins to color, 1-2 min., then add garlic, ginger, and frying pepper. Continue cooking until fragrant, about 15 seconds more. Add red bell pepper and stir-fry an additional min., then add kale, salt, pepper, sugar. Toss everything together well, then add soy sauce mixture and sesame oil. Cook additional 30 seconds until sauce just thickens and coats ingredients. Remove from heat and serve with rice, noodles, or another kind of grain. Serves 4.

Moroccan-style Stuffed Acorn Squash

1 acorn squash
1 T. dark brown sugar
1 1/2 t. butter, melted
1 T. olive oil
2 cloves garlic
1 celery stalk

1 carrot
1/2 c. garbanzo beans
14 c. raisins
1 T. ground cumin
Salt and pepper
1/2 c. chicken or vegetable broth
1/2 c. uncooked couscous

Preheat oven to 350F. Cut acorn squash along equator and scrape out seeds. Place cut squash inside facing down on lined baking sheet and bake 30 min. or until tender. Dissolve brown sugar in melted butter and once acorn squash is done, brush on inside of squash. While squash is cooking, dice celery, carrots, garlic. Heat oil over medium heat in large saute pan with 2-3 inch sides. Add celery, carrot, garlic and saute about 5 min. Add garbanzo beans, raisins, cumin, and season with salt and pepper. Cook another 5-10 min. until vegetables are tender. Add broth and couscous to saute pan and stir. Make sure it's simmering then cover 5-10 min., depending on couscous package instructions (if available). Once couscous has finished cooking, stuff acorn squash with mixture and enjoy. Serves 2.

Tomatillo and Tomato Salad

1 c. chopped tomatoes
1 1/2 lbs. tomatillos, husked, rinsed
and cut into 1/2-inch wedges
1 large hot or mild pepper, seeded and finely chopped
(can use a bell or frying pepper as a milder substitute)
2 t. freshly grated ginger

2 t. finely chopped garlic
3 T. olive oil
3 T. lemon juice
Salt and freshly ground pepper
1/3 c. coarsely chopped cilantro

Combine all ingredients but cilantro and season to your taste. Let stand for 15 min. or up to 4 hrs. Just before serving, add cilantro. Serves 8.

Quick Pickled Salad Turnips

Adapted from Linda Ziedrich's The Joy of Pickling

1 lb. small hakurei turnips (~1-2" in diameter), trimmed at top and bottom
2 t. pickling salt
1 1/2 c. water

1 T. seeded and minced hot or sweet pepper
3 T. vinegar
1 1/2 c. rice vinegar or white wine vinegar (5% acidity minimum)

Score each turnip several times at top and bottom. Put turnips into a bowl. Stir salt into water until salt dissolves and pour this brine over turnips. Let stand 30 min. to 1 hr. Drain turnips well, return them to bowl with minced pepper, and toss well. Combine sugar and vinegar, stirring until sugar dissolves. Pour liquid over turnips. Cover bowl and refrigerate turnips for 2 days, after which they will be ready to eat. Well covered and refrigerated, they will keep for several months.