

Pinehold Gardens Field Notes

Vol. 17 No. 12, Week 11

September 21, 2011

In This Box

- Invento cabbage
- Cherry Royale radishes
- Tokyo Cross turnips
- Bright Lights Swiss chard
- Ace, Carmen, Jalapeno, Hungarian peppers
- Red Gold potatoes
- Bridger onion
- Estiva and Big Beef tomatoes
- Lacinato kale
- Heirloom tomatoes — remaining dropsites

Next Week?

- Broccoli
- Potatoes
- Winter squash
- Onion
- Garlic
- Russian kale
- Tomatoes

A DAY IN THE LIFE

As the CSA season winds down we say goodbye to a few of our worker shares who started sharing their Tuesday mornings with us mid-May and have put in their time. The rest of the crew is with us for the long haul through October and the possibility of cold, damp harvest days. So far this year we have had gorgeous weather every Tuesday with the added bonus of very few mosquitoes making for very pleasant working conditions.

We have a diverse crew this year including teachers, several self employed business owners, former teacher and for now a stay at home mom, singer, chef, restaurant manager, actress, theatre stage

manager, school psychologist, long time Brewers Sports Service Manager, former law enforcement officer, students, university lecturer, and us of course, the elders of the crew.

I couldn't possibly mention the topics of discussion that have been covered over the past four months, but it sure has been interesting and the workershares' four-hour shift flies by. Many friendships have been formed.

Did I mention that they work hard harvesting, bunching, washing and weighing most everything that is packed into your box 20 hours later? Yesterday they picked and bunched 1,771 stems of chard and kale, 805 radishes and turnips, 161 cabbages, 966 peppers and started the harvest of the thousands of winter squashes.

And of course we can't forget allium preparer and box assembler mom and tomato picker and garlic organizer dad.

FIELD NOTES

We woke up last Thursday morning to a white frost covering the much of the field. We had placed row cover over the chard and part of the basil but should have covered the other delicate crops such as sweet potatoes which sustained the most damage. If a frost or freeze kills the sweet potato vines they have to be dug immediately but luckily that was not the case. The next evening we spent hours covering many crops with floating row cover expecting lower temperatures and

guess what? Not even a frost.

The squash harvest is looking very good, but not as great as the beautiful, bountiful 2010 crop. We do expect them to be sweeter though because of the dry summer. Squash can only withstand a few frosts, so we are hoping to finish harvesting this week as you never know when the weather will surprise us again.

We finished harvesting the winter onions this past week and they are drying and curing in our greenhouse.

BOX NOTES

Lacinato kale is also known as Tuscano or dinosaur kale. It is many people's favorite kale as it sautees quickly.

The potato variety this week is Red Gold, a variety that we delivered earlier in the season. It is a variety that is not meant to be stored into the winter with more of a waxy potato salad/soup/stew texture.

The peppers are the long frying peppers, traditional bell, green or red Jalapeno (which has a wonderful pepper flavor with almost no heat if you remove the seeds and interior ribs) and the hotter yellow Hungarian.

Seed for Hakurei, our favorite salad turnip variety is not available this year. Instead we grew Tokyo Cross, a similar turnip, with beautiful edible greens. Hakurei fans might notice a difference in flavor and texture, but its still a great little turnip for eating raw or stir frying.

Invento cabbage is a dense slaw or soup cabbage. In a few weeks we will be deliv-

ering a savoy cabbage with large tender leaves that are more suited for cabbage rolls. To store cabbage, remove the loose outer leaves and put it in a sealed plastic bag in the frig. It will last for months.

We finally had enough Swiss chard to harvest from our second planting. The first one succumbed to the beet-leaf fungal disease.

Tomatillos were to have been in this box, but they did not set much fruit early on during the hot dry months. Fruit did set in August, but they are not mature. It is a race against a freeze now.

PRESERVING THE FARM

Our friend, Kirsten Jurcek, along with her mother, Winnona Brattset, have fought hard for local food and small farm producers. As activists and farmers living just outside of Fort Atkinson they have put their words into action by taking the monumentally important step of saving Brattset Farm as productive farmland by putting it into a conservation easement. Suffice it to say that this is an expensive legal move; one that we have looked into. To help them cover their cost they are holding a fundraising day on the farm October 15, from 10 a.m. to 3 p.m. The day includes horse drawn farm tours, an autumn harvest lunch and farm demonstrations. The cost is \$35. Reservations are suggested. Visit www.preservationcelebration.com or email Kirsten at kjurcek1@centurytel.net.

Kale and Mushroom Soup

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| 2 Tbsp. butter | 3 1/2 cups vegetable stock |
| 1 Tbsp. olive oil | A few stems kale, rinsed, destemmed, and chopped |
| 1 onion, finely chopped | 1/4 tsp. ground nutmeg, or to taste |
| 12 oz. mushrooms, chopped | Salt and pepper to taste |
| 2 garlic cloves, crushed | Croutons, to serve (optional) |
| 2-inch piece of fresh ginger, peeled and grated | |

Melt the butter with the oil in a large saucepan. Add the onion and saute for 5 min. Add the mushrooms and garlic and saute 3 min. Stir in the ginger and stock. Bring to a boil, then reduce heat, cover, and simmer gently for 10 min. Add swiss chard and nutmeg and simmer gently for 2 min. Season to taste with salt and pepper and serve scattered with croutons (if desired.) Serves 4.

Swiss Chard and Egg Muffins with Mustard Hollandaise

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| Few stems swiss chard, destemmed, rinsed, chopped | 3 Tbsp. butter, diced |
| 1/4 tsp. ground nutmeg | 4 English muffins, split |
| 1 Tbsp. lemon juice | 1 Tbsp. vinegar |
| 2 egg yolks | 4 eggs |
| 1 Tbsp. coarse grain mustard | |

Place chard and nutmeg in a saucepan and add 1 T. water. Set aside while making the sauce. Place lemon juice, egg yolks, and mustard in a heatproof bowl over a pan of gently simmering water. Add piece of butter and whisk into sauce. Continue whisking in butter, a piece at a time, until the sauce is thickened and smooth. This takes about 5 min. If the sauce becomes too thick, whisk in a T. of hot water. Keep the sauce warm over the simmering water until ready to use. Toast muffins and keep warm. Place vinegar in a saucepan with plenty of hot water, bring to a boil and poach the eggs (crack into the water and let cook until desired doneness). Cover the swiss chard pan with a lid and cook for about 1 min. until swiss chard has wilted. Transfer muffins to serving plates, pile them up with chard, then the poached eggs, and finally the sauce. Serve immediately. Serves 4.

Sauteed Turnips and Radishes with Greens and Raisins

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| 2 Tbsp. grapeseed oil | A few stems swiss chard or kale, coarsely chopped |
| 1 clove minced garlic | Ground nutmeg |
| 3 small radishes and 3 small turnips, quartered | Salt and pepper |
| 1/2 cup raisins | |
| 3 Tbsp. lemon juice | |

In a saute pan, heat the oil with garlic. Add turnips, radishes, raisins and cook about 1 min. Add lemon juice; cover and cook for 3 more min. Stir in greens and cook until wilted. Sprinkle with nutmeg, salt and pepper to taste. Serves 6.

Caraway Cabbage with Potatoes and Sausage

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| 4 Tbsp. butter or oil | 1/2 cup beef, chicken, or vegetable stock |
| 1 medium onion, thinly sliced | 2 Tbsp. red wine vinegar |
| 1 medium head green cabbage, coarsely shredded | 1 lb. Polish sausage or bratwurst |
| 1 lb. potatoes, scrubbed and sliced | 2 Tbsp. hot-sweet mustard |
| 2 Tbsp. caraway seed | Salt and pepper, to taste |

In a large skillet, heat the butter. Add the onion and cabbage and cook until wilted. Add the potato, caraway, stock, and vinegar. Bring to a boil; cover, reduce heat, and simmer for 12 min. Add sausage and cook, uncovered, for another 6 min. Stir in mustard and season with salt and pepper. Serves 8.

Roasted Pepper and Tomato Soup

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| 1 lb. mixed peppers, roasted over an open flame (on gas stovetop) or in the oven in foil | 2 cup chicken or vegetable stock |
| 2 tomatoes, roasted at 400F in foil for 20 min. | 1 cup heavy cream |
| 1 tsp. fresh thyme or 1/2 t. dried thyme | Salt and pepper |

Seed the peppers and tomatoes and puree them. (Pass through a food mill to make extra smooth, if desired.) In a medium saucepan, simmer the mixture with thyme and stock for 15 min. Add cream and cook 5 min. more. Season with salt and pepper. Serve hot or cold. Serves 4 to 6.