

In This Box

- Sweet Corn
- Broccoli
- Red Norland potatoes
- Calibra onion
- Fennel
- Watermelon or cantalope
- Russian or Lacinato kale
- Ace sweet pepper
- Yellow Romano beans
- The last Estiva tomato

Next Week?

- Acorn squash
- Red beets
- Green savoy cabbage
- Broccoli
- Yellow wax beans
- Kales
- Edamame?

A DAY IN THE LIFE

The CSA is a tremendously important part of Pinehold Gardens providing 80 percent of our gross household income. What this means is that we care about what our CSA members think and we do our best to satisfy the requests we receive in our annual year-end survey. The survey results generally indicate that people want more of the basics, carrots, beans, potatoes, cucumbers and tomatoes which we feel we have succeeded at this year. There are also quite a few requests for less greens which we interpret as Swiss Chard and kale. We continue to deliver kale as most people eventually learn to love this superfood. We also always have requests for sweet corn, and it's in your box today.

FIELD NOTES

The crops are now in full fall mode. The basil has faded like the leaves on the trees. All the vining crops are done for



We'd like to thank our friends Andrea Toussaint who hand painted our new sign and Charles Lohman who made the cedar frame for it. We have existed hidden in plain site in Oak Creek for too long.

the season: zucchini, summer squash, cucumbers, pickles and melons. We have been harvesting our winter squash and it looks like a pretty sparse one compared to the past three years as the mildew that was brought on by the cold nights knocked the plants down early.

ORGANIC APPLES

David will be making his annual trip to Turkey Ridge Orchard in Gays Mills to purchase apples and cider. Email us if you are interested in ordering.

BOX NOTES

After a five year absence and mostly unsuccessful attempts on our part to grow sweet corn, David was out harvesting the sweet corn in you box at the crack of dawn this morning. The seed of our first planting rotted in the wet soils of June, so this corn was planted

on July 5th, therefore the late maturity. Remember we do not use any pesticides so there will be **corn EARWORMS in the tips of each ear of corn**. Just say gross and cut the tips off. Refrigerate and eat ASAP.

Each variety of broccoli continues to exhibit a strange growth pattern of forming loose heads with leggy stems. The stems are just as tasty as the flower buds and are very tender. We believe the young plants were stressed by me forgetting to water them before we left the farm for the day on July 4th. Or it could be the very cool nights when they were young plants.

The onion is a storage onion variety and is more pungent and strong flavored right after harvested. Do not refrigerate and use for cooking.

The Romano beans are very mature. Freeze and save for use in a winter minestrone soup.

Recipes

by Annie Wegner Lefort

Creamy Broccoli and White Bean Soup

1 head broccoli (1 lb.) cut into florets, stems thinly sliced
2 T. extra-virgin olive oil
1 yellow onion, diced
2 garlic cloves, thinly sliced

One 15-ounce can cannellini beans, drained
2 1/2 c. vegetable stock
Kosher salt and freshly ground black pepper
1 T. pine nuts, toasted
1/2 oz. shaved Parmesan, for serving

Steam broccoli florets and stems until tender and bright green, about 3 min. Let cool slightly. Reserve 1/2 c. florets for garnish. Heat oil in a medium pot over medium heat. Saute onion and garlic until translucent, about 6 min. Add beans and stock and bring mixture to a simmer. Remove from heat and add broccoli; puree in batches in a blender until (or leave some chunky to give the soup more texture). Garnish w/ toasted pine nuts, and shaved Parmesan. Serves 4.

Kale, Fennel, and Apple Salad

Adapted from HonestlyYum.com

1 bunch kale
1 large fennel bulb
1 crisp tart apple
1 1/2 c. walnuts

about 1/4 c. grated Parmesan
Dressing:
1/2 small shallot, minced
1/3 c. extra-virgin olive oil

For Salad: Remove stems from kale and julienne into thin strips. Cut bulb from fennel and slice thinly across. Also chop a few fennel fronds for garnish. Core, halve, and thinly slice apple.

For Dressing: With a fork smash shallots into oil. Whisk in vinegar. Season w/ salt and pepper. Toss salad in dressing, garnish w/ nuts, cheese and chopped fennel fronds.



Sweet Red Peppers: A green pepper is an immature pepper and if left to mature, sweet peppers will turn red, brown, yellow or orange depending on the variety. To preserve the flavor of the ripe pepper, remove the seeds and stem, toss them in oil, and roast them on the grill or in the oven until the skin is charred and the flesh soft. Then either remove the skin or leave it on and “sauce” it a blender. Use on pizza or as a pasta sauce in the winter. The smell will remind you of warmer days

Late Summer/Early Fall Corn Chowder

2 T. olive oil
2 T. unsalted butter
1 large onion, cut into 1/4-inch dice
3 T. all-purpose flour
5 c. vegetable broth
2 c. diced (1/4-inch) potatoes
4 c. fresh corn kernels
1/2 c. diced (1/4-inch) red bell pepper

1/2 c. diced (1/4-inch) green bell pepper
Salt, to taste
1/4 t. freshly ground black pepper
1 c. half-and-half
2 ripe plum tomatoes, seeded and cut into 1/4-inch dice, for garnish
1/2 c. thinly slivered fresh basil leaves, for garnish (optional)

Place oil and butter in soup pot over low heat. Add diced onion and wilt about 10 min. Sprinkle flour over onion; cook, stirring, for additional 3-5 min. Add broth and potatoes; bring to boil. Reduce heat to medium and cook, partially covered, for 10 min. or until potatoes are tender, stirring occasionally. Add corn, bell peppers, salt, pepper and half-and-half; cook over low heat for 8 min., stirring occasionally. Ladle 2 c. soup into each bowl. Before serving place 1 T. diced tomatoes in center of each and top generously with slivered basil (if using). Serve immediately.