

Pinehold Gardens *Field Notes*

Vol. 24, Week 12

September 26, 2018

In This Week's Box

- Beans, green, Jade
- Watermelon, red, Mini Love
- Cantaloupe, Sugar Cube
- Broccoli, Imperial & Diplomat
- Onion, Expression
- Turnips, salad, Hakurei
- Sweet peppers, Carmen frying
- Kale, Madely
- Potatoes, Norland & Peter Wilcox

In Nxt Week's Box?

- Winter squash, Jester
- Celery
- Green beans
- Collard greens or kale
- Peppers
- Onion
- Green tomatoes

A DAY IN THE LIFE

This past weekend was a nutzo busy flurry of activity. Our employee and friend, Heather's wedding was on Friday afternoon and evening. On Saturday we hosted Sneak Peek Oak Creek along with Doors Open Milwaukee as this year Oak Creek was a spotlight neighborhood. We met lots of neighbors and wonderful people who either did not know we existed or knew about us and were curious, but had never stopped by.

And of course there is the continual monitoring of mom and dad's care because of high staff turnover at the assisted living facility and with hospice care. Such is the state of health and end of life care.

FIELD NOTES

Mosquitoes.....need I say more. Hooded sweatshirts, bee keepers hoods, mesh head nets, testing every variety of non Deet repellent..... The Floodwater

mosquitoes are aggressive and vicious and can bite through three layers of clothing as well as jeans. They can fly 5 to 10 miles in search of our blood so I really do not think that people fogging their back yards with pesticides that also kill beneficial insects in the ground is worth it.

Some of the fall crops have rebounded including the Carmen peppers, a green cabbage and some kale.

Keeping in the tradition of the CSA model where there might be a bounty of one thing one year and not the next, this is by far our best canteloupe and watermelon year ever.

And this warm, so far frost free fall, has provided for a late bountiful harvest of beautiful green beans.

David has started to disc in the weeds and unharvested dead crops in the fields that will not be used next year. Next year's fields are in cover crops of oats, peas, clover and buckwheat that he will disc in after a frost. Cover crops add organic matter and nutrients to the soil which improves the soil structure and provides an

healthy environment for soil microbes. The peas also add nitrogen and the buckwheat provides a late season pollen and nectar source for honeybees and other native bees.

BOX NOTES

We are calling this box the End of Summer box or the Farmer Salad box.



Our favorite Milwaukee theater company, Next Act Theatre, came to Pinehold to film a trailer for their next production, *Outside Mullingar*, which opens this Friday. Deborah Staples joins an all-star cast with husband David Ceasarini, James Pickering and Carrie Hitchcock.

End of Summer as it is the last delivery of canteloupes, watermelons and tomatoes. Farmer Salad because Chef Jack Kaestner, formerly the Executive Chef of the Oconomowoc Lake Club and now an instructor for the MATC culinary program was the leader in the Milwaukee area for changing people's concept of a "salad". The Lake Club's menu just listed Farmer Salad and its ingredients changed seasonally and could include anything from a traditional lettuce, tomato and cucumber salad to a less traditional one of kale, potatoes, turnips, and roasted winter squash slices. So we encourage you to experiment using the kale as a base and add whatever you want from the box. (See Food Tips on the last page.)

This is our first successful crop of Hakurei turnips in a very long time. Cabbage root maggots love them so we usually end up with an unharvested crop. This year we planted them late and immediately covered them with a protective barrier of row cover. The greens are tender and yummy. Add them to your salad.



A sort of early 20th Century look is all the rage at Pinehold as mosquitoes force us to push the fashion envelope. Here Nancy Yuenkel uses the veil approach.

Food Facts: Green Beans

by Jackie Jones, MS, RDN

The nutritional benefits of green beans are hard to argue with. These delicious and crunchy beans are low in calories (only 31 calories per cup!), low in fat and contain no cholesterol. The fiber content is very high, and they also provide some of your daily protein requirements. Green beans are a great source of vitamin C as well as vitamins A, B-6, calcium, iron, and magnesium. For the best source of nutrients, choose fresh or frozen green beans for cooking. If using canned green beans, rinsing the beans prior to use will help to decrease the sodium content.



Easy Garden Green Beans

- 1 lb. green beans, trimmed
- 3 Tbs. olive oil
- 1/4 tsp. of garlic powder
- 1 pinch salt
- 1 pinch ground black pepper
- 2 Tbs. white wine vinegar
- 3 Tbs. grated Parmesan cheese

Steam green beans to your desired degree of tenderness, or about 5 minutes. While beans cook, mix remaining ingredients in a large bowl. Once the beans are done, transfer them to the bowl with the other ingredients. Toss to coat. Let stand for 10 minutes.

CARROT AND LENTIL SOUP WITH CHICKEN BY PINEHOLD MEMBER SHELDYNE HIMIE

Rogan Josh from Penzey's is a hand-crafted blend of Hungarian paprika, garlic, ginger, coriander, cumin, turmeric, cayenne, Saigon cinnamon, cardamom, cloves, caraway, black pepper, mace, charrnushka and Turkish bay leaves. This blend is slightly spicy and is a great help in making a superb Rogan Josh (red lamb stew).



- 2 Tbs. olive oil
- 4 cup chopped carrots
- 1/2 tsp. minced garlic
- 4 cups chicken stock
- 1 cup onion, chopped
- 1/2 cup red lentils
- 2 cups chopped tomatoes
- 2 cups chopped chicken
- 1 tsp. Rogan Josh
- 1/2 cup coconut flakes
- Salt to taste

Heat olive oil and add carrots. Saute for about 10 minutes. Add garlic and 2 cups of chicken stock. Cover and let simmer for 15 minutes. Add red lentils and remaining chicken stock. Cover and simmer for 20 minutes. Add tomatoes, chicken, Rogan Josh and coconut flakes. Cover and simmer for 10-15 minutes. Add salt to taste. Simmer for 5 minutes and serve.



BROCCOLI CHEESE SOUP

from Pinehold member and friend Rita Collen

- 1/4 cup butter or olive oil
- 1/2 medium onion, chopped
- 1 cup chopped carrots
- 1/4 cup flour
- 2 cups half and half or whole milk (or undiluted skim evaporated milk to reduce fat and calories)
- 4 cups chicken stock
- 1 to 1 1/2 lbs. broccoli, roughly chopped
- 1/4 tsp. nutmeg
- 12 oz. grated cheddar cheese
- Salt and pepper to taste

Saute onions and carrots until onions are translucent. Add the flour and stir to make a roux. Cook until bubbly then cook one minute more. Stir in the stock until well incorporated and the roux is free of clumps. Add broccoli and simmer uncovered for 20 minutes or the broccoli is tender. Add half and half and nutmeg. Simmer up to 10 minutes. Do not let boil. Puree until the desired texture is achieved. Return to the pot, warm and add the cheese. Stir until melted and combined. Season with salt and pepper.

SAUTEED GREEN BEANS WITH BACON

- 2 slices bacon, cooked and diced/ crumbled, reserving the bacon fat
- 1 small clove garlic, chopped
- 1/2 onion, sliced
- 1/2 lb. green beans, trimmed and cooked until tender, drained
- 2 fresh sage leaves or 1/2 tsp. dried sage
- Salt and pepper

In a large skillet, heat the bacon fat and add the garlic, onions, and beans. Cook, stirring, about 3 min. Add the sage and season with salt and pepper. Serves 2

FOOD TIPS: FARMER SALAD

We learned of this delicious way to create unusual seasonal salads from our friend Jack Kaestner, former executive chef of the Oconomowoc Lake Club and now instructor in MATC's culinary school.

The idea is to cut up and cook most any vegetable in season and make a salad of it. This answered Jack's challenge of providing a salad for the club members during the seasons when tomato, cucumbers and lettuce weren't available. The farmer salad can be hardy enough to make a meal or precede the main course.

Use a hardy green, such as kale or radicchio as the base then add roasted potatoes, steamed green beans, roasted broccoli, sautéed red peppers — almost any vegetable will work. And then toss with a hardy vinaigrette.

The real surprise for us was using roasted squash with the skins on for the salad. Jack taught us to use squashes with thinner skins such as Jesters or Delicatas, but Acorn will work as well. Slice the squash into thin half moons after removing the seeds, and cut into bite size pieces or leave as half moons. Toss the squash with oil and salt and roast in a hot oven, 425 degrees, for until the squash is done and just barely browned.

The nutty, sweet squash seems to pair well with the dressing and adds another layer of color and texture to the other ingredients.

