

Pinehold Gardens Field Notes

Vol. 18 No. 14 Week 12

September 26, 2012

In This Box

- Carnival squash
- French Fingerling potatoes
- Collard greens
- Swiss chard
- Carmen peppers
- Paste tomatoes
- Onions & garlic
- Purple Top turnips and greens

Next Week?

- Carrots
- Potatoes
- Toscano kale
- Butternut squash
- Beets
- Peppers

A DAY IN THE LIFE

We will get our car back tomorrow so we will be back to a 37 m.p.g. vehicle instead of the 17 m.p.g. truck. A good thing, too, since I've been travelling about town more than usual picking up dad and visiting mom.

Mom's hip is healing well, but the unfamiliar environment and a possible urinary track infection is taking a toll on her mind and recovery progress. I am heeding the advice of many and trying to be vigilant and stay on top of things. It's a challenge.

Mom and dad appreciate the cards and words of support that they have been receiving.

FIELD NOTES

Our farm fields are located in a low lying area that is susceptible to frosts. This

past week we had two frosty nights as well as a freeze Sunday night. Location means everything: 29 degrees in the field, 32.1 degrees by our house, 39 degrees at Mitchell Field. The predicted unusually cold nights made for a lot of work in a hurry as we harvested thousands of squash and crates full of paste tomatoes and tomatillos. We are sore but happy that those crops are so plentiful in this difficult growing season. Row cover protected the arugula, peppers, chard and some of the remaining paste tomatoes. We've learned over the years which crops tolerate frosts and even temperatures down to 25 degrees, and there are more of them than you would think.

The weather yesterday was reminiscent of a summer day. Some members of our crew noted that it was strange to see the dead and sad looking flowers, basil, potato and tomato vines on such a beautiful day.

David will be spending a good part of the rest of this week removing drip tape from the squash and melon fields, a tedious process. We start planting next year's garlic in three weeks and will be planting the garlic where our winter squash was planted. It's one of our most weed free fields and it is closer to our irrigation source in case we have another dry winter and have to irrigate the garlic in the spring. A large portion of the garlic heads we harvested this year were very small so while we are stuck in these unusual weather patterns we have to start thinking about doing things differently,

including irrigating garlic, something we had never before considered as necessary.

GARLIC & HONEY

Some of you have requested extra garlic or ordered honey via email these past few weeks. To be honest I have not read all the emails, so please put in another request if I have missed something. Thank you.

BOX NOTES

The Carnival winter squash is a multicolored Sweet dumping type, sweeter and fuller flavored than an acorn squash (the squash in last week's box). One of Annie's favorite recipes calls for a peeled squash. Next week's butternut will be an easier squash to peel, but you can also peel the Carnival or cook it like you would an Acorn squash. It will store for a very long time, into spring. We store our squashes in the basement which is around 50-60 degrees and dry.

The French Fingerling potato variety is classified a fingerling potato, but unlike most fingerlings, the French can get quite large. It's more of a waxy textured potato good for potato salad, roasting or a soup or stew where you want chunks of potatoes. It is not good for mashing.

We included a small bunch of Collard Greens and paste tomatoes and repeated Tammy Peacy's recipe for Collard Green Dip from our Fall Festival as when that recipe was originally in the newsletter Collards were not included in your box.

Although the Swiss Chard was covered with row cover,

it still didn't like the cold weather, so it might not be as crisp as usual, but now it is sweeter and more tender.

The yellow and red onions are both stronger onions. The garlic is also two of our stronger varieties: Italian Red and/or Bavarian Purple, both of which can be hot eaten raw but are sweet and pungent when cooked.

Speaking of hot, the Poblano pepper that was in the plastic bag last week is not as hot as we thought. We believe we sampled a very hot pepper, the Beaver Dam, instead of an Ancho.

The unrecognizable bunch of greens in your box are Turnip greens. They will not store long so give them a try as they are an excellent source of vitamins A, C and B complex, and the minerals potassium, magnesium, and calcium.

The turnip bulb will store for months in a plastic bag in the frig. There is no need to peel it, but the damaged parts (caused by the Cabbage Root Maggot, an insect that is usually only a problem in Spring) should be removed. However, peeling the turnip will give a milder taste.

A 101 Fact Sheet on Turnips has been provided by Tammy Peacy. Thank you Tammy.

Turnips 101

The 7th century B.C. poet Sappho used “turnip” as a term of endearment. Pliny the Elder stated that the turnip’s utility “surpasses that of any other plant.” In Iran turnips are boiled with salt and used as a household remedy for fever.

Here’s the dirt on turnips: Very low in Saturated Fat and Cholesterol. It is also a good source of Vitamin B6, Calcium, Phosphorus and Manganese, and a very good source of Dietary Fiber, Vitamin C and Potassium. (Source: USDA)

So, now that you’ve got them, what do you do with them?

- Turnips wiped clean and covered store refrigerated or in a root cellar for two to four months with the greens removed. Store the greens covered in the refrigerator for up several days. To freeze turnips, prepare as for cooking, blanch two minutes, cool and place into freezer bags or containers. Turnips can be kept frozen for nine months or in a deep freeze for one year.
- To prepare turnips for cooking, start with clean turnips. You may peel or leave the skin intact. Slice, dice, shred, etc. as the recipe requires. Turnips can be boiled, broiled, baked, stir fried or eaten raw.
- To prepare turnip greens for cooking, remove tough stems, wash and shake off excess water. Chop leaves and add to soups, stir fry, other veggie dishes and casseroles.
- Sprinkle chopped, raw turnip greens onto tacos, pizzas and omelets
- Slice turnip root thinly, parboil, layer with béchamel, top with breadcrumbs and cheese and baked at 400 until turnips are tender for turnip gratin.
- Add pureed turnips to mashed potatoes.
- Turnip greens can be used similarly to beet greens, kale and collards.

Yellow Split Pea Soup with Autumn Squash and Kale

2 T. olive oil	Salt and ground pepper
2-3 oz. bacon or pancetta, minced	1/2 lb. peeled winter squash, 1/2-inch dice
1 large onion, minced	1/2 lb. paste tomatoes, seeded and diced
4 cloves garlic, minced	1/3 lb. kale or swiss chard, ribs removed, chopped or sliced into ribbons
2 c. dried yellow split peas	
1 fresh rosemary sprig, 4 inches long	
4 c. chicken or vegetable broth, plus more if needed for thinning	

Heat oil in large pot over moderate heat. Add pancetta or bacon and saute until it renders some of its fat, about 3 min. Add onion and garlic, and saute until soft and sweet, about 10 min. Add split peas, rosemary, 4 c. broth, 4 c. water. Bring to simmer, cover and adjust heat to maintain simmer. Cook until split peas are completely soft, 45 min. to 1 hr. Taste often and remove rosemary sprig when rosemary flavor is strong enough. (Should be subtle.) Season soup with salt and pepper. Stir in squash, tomatoes, and kale; cover and cook until squash and kale are tender, about 20 min. If soup is a little thick, thin with broth. Taste and adjust seasoning before serving. Serves 6.

Potato Gratin with Red Peppers

1 1/2 lbs. fingerling potatoes, sliced in thirds, lengthwise	1 medium onion, sliced thinly
2 t. olive oil	2 cloves garlic, minced
2 Carmen red peppers, seeded and sliced thinly	1/4 c. freshly grated Parmesan cheese
	Freshly ground pepper

Preheat oven to 350F. Place sliced potatoes in a steamer basket and steam 10 min. or until soft. Heat oil in skillet. Add pepper, onion, garlic and saute a few min. Layer steamed potatoes and vegetables in casserole dish. Cover and bake 25-35 min. Uncover casserole and top with Parmesan and pepper. Turn oven up to 400F and bake until top is brown, approx. 10 min. Serves 4 to 6.

Turnips with Swiss Chard

1 t. olive oil	Chard, washed, stemmed and roughly chopped
1 T. slivered garlic	1 t. lemon zest
1 lb. turnips (green reserved), peeled and halved, and very thinly sliced	3 T. lemon juice
1 lb. combo of turnip greens and Swiss	Salt and freshly ground pepper

In a large heavy skillet, heat oil over medium. Add garlic and saute, stirring, until starts to brown. Remove with slotted spoon. Add turnips to pan and saute 5 min., stirring, until just cooked and begin to brown. Turn heat to medium-high and return garlic to skillet. Stir in greens and zest and saute 1-2 min. Turn heat off, cover, and steam 5 min. Season with lemon juice, salt and pepper to taste. Serve immediately. Serves 4.

Collard Green Sauce

from *Tammy Peacy, Pinehold member*

2-3 lbs collard greens, stem removed	3-5 cloves of garlic
4-6 plum tomatoes, seeded	2 cups water or stock
1 small bell pepper	1 T. salt
1 Jalapeno, roasted, peeled, seeded	1/2 T. lime juice
1 medium onion	1/2 T. cumin

Roughly chop first six ingredients and throw into a pot big enough to hold everything. Add water or stock. (If using stock, adjust salt if needed.) Bring water to boil, then reduce to simmer. Stir in Salt, Lime Juice, and Cumin. Cover and cook until everything is soft, or about 30-45 minutes. Or put everything into crock pot on low for the day. Puree with emersion blender or food processor. Makes 4 cups of sauce. Use as a condiment, add to chili, soups, dips, and sauces. Replace Jalapeno, Lime Juice and Cumin with different peppers and spices to compliment a variety of dishes. Substitute kale or other greens for all or some of the collards.