

# Pinehold Gardens Field Notes

Vol. 17 No. 14, Week 12

September 28, 2011

## In This Box

- Gypsy broccoli
- Red Bull onion
- Tokyo Cross turnips
- Yukina Savoy
- Carmen peppers
- Sweet Reba  
Acorn squash
- Music garlic
- Estiva and Big  
Beef tomatoes
- Paste tomatoes
- Red and white  
Russian kale

## Next Week?

- Broccoli
- Potatoes
- Winter squash
- Onion
- Red beets
- Savoy cabbage
- The last tomatoes?

### A DAY IN THE LIFE

Not much to say today. Pooped from carrying around an extra load of mud on my shoes. We can't complain though. Almost, without exception, we have had beautiful weather on Tuesdays, our main harvest day for the CSA.

Our days are pretty much filled with the things that have to get done before the ground freezes and it gets too cold to work outside. We did get a nice break this past Sunday thanks to the generosity of our members Mark and Sue Schaus who gave us their Brewers tickets.

### FIELD NOTES

We have, of course, received too much rain the past four days and it comes at the

wrong time. Just under 2.5 inches of rain has fallen since Saturday morning. In contrast we only received 6 inches of rain during the combined months of June, July and August. The immediate consequences of this untimely rain is the splitting of tomatoes and cabbages. Winter squash could take on too much water and cause rotting in the seed cavity as well. Our fall and winter potatoes and sweet potatoes have not yet been harvested, and while we do not believe they are in danger of rotting, it is not beneficial for them to sit in wet ground. Hopefully it will dry out enough to be able to take a tractor into the field by early next week.

We are 75 percent done with the winter squash harvest. We cut the tops off the Brussels sprout plants to stop vertical growth and to encourage the development of sprouts along the entire stalk.

### BOX NOTES

The broccoli is delicious! Fall grown brassicas are sweet and since we have already had a frost and many cool nights, this batch of broccoli tastes exceptionally good.

The Red Bull onion is stronger than the onions that you have received so far this year. It is classified as a hard storage onion, so that alone should tell you something about its pungency. However, storage onions tend to cook sweeter than sweet onions.

Acorn squash is typically eaten by cutting it in half lengthwise, scooping out the seeds (which by the way

chickens love just in case you have a few running around) and baking the halves upside down on a baking sheet at 350 degrees until tender.

Music garlic is one of our new varieties and one of the most widely grown varieties. It produces a large bulb with large cloves.

Yukina Savoy is an Asian green similar to Tatsoi and is delicious steamed or stir fried.

Jessica Connely, one of our worker shares had a suggestion that we include storage tips. All greens, including broccoli, should be stored in closed plastic bag in the frig. Winter squash, onions, garlic and potatoes should be stored in a cool place, such as the basement. To store the roots of beets, turnips and radishes for an extended period of time, remove the greens and place the roots in a sealed plastic bag.

### A DINING SUGGESTION

We sell to three restaurants in the Milwaukee area, La Merenda, The Oconomowoc Lake Club, and MATC's Cuisine.

Bob Barton, the lead instructor this fall for MATC's Speciality Food course says "Cuisine Restaurant is Milwaukee Area Technical College's student operated fine dining restaurant. The restaurant features a full-scale menu including appetizers, salads, entrees and desserts. Food is prepared by students in the Culinary Arts Program under the supervision of Culinary Instructors. American cuisine with a European touch often characterizes the menu selections. Customers are always

welcome from the community to dine with us. For a unique dining experience, book the 'chef's' table (up to 6 guests) for a nominal fee of \$10 added to your check. Reservations are recommended."

Cuisine is located in the downtown campus and is open for lunch most Tuesdays, Wednesdays and Thursdays during the school year. A calendar and a sample menu can be found on their Website [matc.edu/cuisine](http://matc.edu/cuisine)

### ADOPTION ACRES NEWS

Adoption Acres (our supplementary egg supplier) has free-range chicken for sale. Adoption Acres looked for an alternative to the commonly raised Cornish Cross that would do well on pasture and after much research found a meat chicken called Freedom Rangers. They were originally developed in France in the 1960s as a chicken that will excel on pasture. A slower maturing bird than the Cornish Cross, the meat quality is lean and flavorful. Adoption Acres did supplement the Freedom Rangers diet with a commercial grain mix. No hormones, or antibiotics were used. Chicken is available as a whole bird or cut into eight pieces. The cost is \$3 per pound and add \$1 to the total cost for cut up chicken. Contact Rose at Adoption Acres if you are interested at 262-806-7175 or [adoptionacres@gmail.com](mailto:adoptionacres@gmail.com). Adoption Acres is located in the town of Burlington in Racine County. Delivery options are flexible. A visit to the farm is always welcome.

### Broccoli and Tomato Soup with Garbanzo Beans

3 Tbsp. grapeseed or olive oil	4 cups vegetable or chicken stock
1 large onion, chopped	1 broccoli head, stems peeled and sliced; florets cut into small pieces
2 cloves garlic, minced	16 oz. can or dried/soaked/cooked garbanzo beans, drained
1/4 tsp. crushed red pepper flakes	Salt and pepper
1/4 cup chopped fresh parsley	
3 cups chopped paste tomatoes	

In large saucepan, heat oil. Cook onion, garlic, pepper flakes, and parsley for about 6 min. Stir in tomatoes and cook for 10 min. Add stock; bring to a boil, lower the heat and simmer for 15 min. Add broccoli and garbanzo beans and cook for 10 min. Season with salt and pepper and serve. Serves 6 - 8.

### Acorn Squash Soup with Tomatoes and Peppers

3 Tbsp. oil	1 Acorn squash, peeled, seeded, and diced
1 onion, sliced	1/2 cup cream
1 cup chopped tomato	Salt and pepper
1 cup chopped frying peppers	1 tomato, seeded and diced
1/2 tsp. dried thyme	1/2 c. chopped fresh chives
4 cups chicken or vegetable stock	

In large pot, heat oil. Saute onion, chopped tomato, pepper, and thyme for about 5 min. Add stock and bring to boil. Add squash and lower heat. Cook about 30 min. or until tender. Puree mixture with cream. Season with salt and pepper and return to pan. Add diced tomato and cook on low heat for 5 min. Garnish with chopped chives. Serves 6.

### Radish and Hakurei Turnip Salad with Honey-Lemon Vinaigrette

1 bunch radish and hakurei turnips, shredded and julienned	1 1/2 tsp. honey
1 green onion (or a small bunch of chives), thinly sliced	1/4 tsp. Dijon mustard
1 Tbsp. fresh lemon juice	2 Tbsp. olive oil
	1 1/2 Tbsp. chopped fresh parsley
	Salt and pepper

Combine the radishes and salad turnips, green onions/chives in a salad bowl. Mix remaining ingredients until well blended. Toss with radish mixture and season with salt and pepper. Serves 2.

### Pasta with Asian Greens and Spicy Sausage

1 lb. hot Italian sausage	1/2 lb. corkscrew pasta, cooked and drained
1 onion, chopped	2 Tbsp. olive oil
2 frying peppers, chopped	1/4 cup grated Parmesan
1 large bunch Asian greens, coarsely chopped	

Prick sausage and brown well on all sides in large skillet. Remove and reserve. In same skillet, cook onion and pepper until wilted, about 5 min. Add greens (in several batches, if necessary) and cook until wilted. Slice sausage and stir into greens. Cook another 5 min. Toss pasta with oil and then with greens mixture. Sprinkle with cheese and serve. Serves 2 as a main dish.

### Beans and Greens Soup

2 Tbsp. olive oil	1 small bunch kale, stemmed, and torn into small pieces
1 medium onion, chopped	1 Tbsp. chopped fresh rosemary
2 ribs celery, thinly sliced	2 (15.5 oz.) cans cannellini beans, rinsed and drained (or dried/soaked/cooked beans)
4 cloves garlic, finely chopped	1/4 cup grated Parmesan cheese
1 tsp. salt	1/2 tsp. freshly ground black pepper
6 cups chicken or vegetable stock	
1 lb. potatoes, cut into 1/2-inch pieces	

Heat oil in large pot over medium-high heat. Add onion, celery, garlic, and 1/2 tsp. salt and cook, stirring often, until softened, about 10 min. Add stock and bring to a boil. Add potatoes, kale, rosemary, and remaining 1/2 tsp. salt and simmer until vegetables are tender, about 15 min. Stir in beans, Parmesan, and pepper and simmer to heat through. Season additionally with salt if needed. Serve hot. Serves 4 - 6.