

# Pinehold Gardens *Field Notes*

Vol. 26, Issue 9

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## In This Week's Box

From the drift free fields planted after the test results were received on July 21

- Yellow wax & green beans
- Fennel
- Tomatillos
- Broccoli, purple cauliflower or spinach for some, but not all, .....rotating through the dropsites

From Simons Gardens using our seed

- Red beets with greens

## In Next Week's Box?

From our hoopouses:

- Tomatoes: green

From the drift free fields:

- Purple Top Turnips
- Carrots
- Assorted potatoes
- Kohlrabi

From Simons Gardens and Pinehold Gardens replacement planted winter squash field: Acorn squash

## HERBICIDE DRIFT UPDATE

Our attorney said the words last Thursday on a phone conversation (At \$250/hour it was one that I tried to keep as short as possible) that one of our friends had said to me a couple of weeks ago: "You will not be made whole after this whole process has ended." Which means that financially we will most likely lose money. Lots of money for us at least; many tens of thousands of dollars. Lost farm stand sales this year and perhaps next year. Lost restaurant sales. Lost CSA reputation and possible lost buying interest of farm stand and restaurant customers. Emotionally we will most likely never recover. We wanted to end our farming career on a high note. We had great plans for next year: a slightly smaller CSA and bring back our two former employees who recently became mothers for at least one day a week. Our wonderful worker share crew wanted to continue on. We and La Merenda



owner Peter Sandroni were going to host one last wonderful dinner at the farm. While next year's plans have not yet been finalized, we will let you know in a couple of weeks of what they are, but they are definitely not what we had planned on. But I guess most people's plans for the present or possible near future aren't either.

Also we are trying our best to recoup as much of your losses as possible, which is taking much longer than I naively imagined, with the claim against our neighbor going into next year and possibly beyond that.

## A DAY IN THE LIFE

David and I said this past week that in some ways we are back to where we have started when we started our CSA. Way back when I learned about the concept of CSA's at an Urban Rural workshop at Michael Fields Institute in East Troy. Way before the local food or "foodie" movement existed, the Institute hosted an annual Urban Rural Days conference. I still do not know why I went to that conference. I do know that David was away travel-

Pumpkins for big and little kids are available for free at the farm.

ing for his work. Maybe I picked up a flyer at Outpost Natural Foods or read about it in their Outpost Exchange magazine. All I know is that I came home after I met some wonderful farmers, most of them CSA farmers, and for once I felt like I belonged somewhere. I was no longer the geek who loved to be outside with plants rather than being by myself, David, of course, also needed to be outside mostly alone with plants, nature and on his bicycle.

After I convinced David that we needed to start a CSA we plowed up a quarter acre of our back yard, which is now our orchard" and chicken yard. With that quarter acre we ran a 1, then, 5, then 15 person CSA while we both were working full time.

Then we met Jane Krogstrad at the Midwest Renewable Energy Fair. She was looking for a farmer for her Eco Village. We spent two years at Jane's place planting our land intensive crops

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## Green Chilli with Chicken

By Member Clark Crosby

Adapted from Food.com recipe

### Ingredients:

- 2-3 lbs pork roast (Clark used chicken with great results)
- 2 tablespoons bacon grease
- 1 large chopped onion
- 6 tablespoons flour
- 15 ounce can tomatoes, drained
- 2 cups diced green chilies
- 3 large tomatillos, husk removed and coarsely chopped
- 2-4teaspoons of jalapenos (optional)
- 5 cups chicken broth
- 2 tablespoons of ground cumin or to taste
- 2 tablespoon ground chile powder
- 1 teaspoon salt

### Directions:

Simmer chicken in a pot until bones are removed easily. Cool meat and remove bones cut or shred into bite size pieces.

Process 1/2 green chiles until smooth

Melt grease and add onions and garlic; saute until tender but not brown.

Stir in flour into onions and garlic until fat is absorbed.

Add broth, and cook until mixture comes to a boil and is slightly thickened.

Add meat, tomatoes, tomatillos, green chilies and jalapeños.

Add spices a little at time to desired taste

Simmer for at least 3 hours or longer, stirring occasionally to prevent sticking.

Garnish with cheese and tomato. Enjoy with warm tortillas.

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of potatoes, onions, squash and garlic along with some other crops. Her land was 30 miles away from our farm. My parents joined me on many days, but for many days David arrived at 6pm after a long day at work.

We also farmed a plot that our neighbor owned 3 miles away and our neighbors 1/4 acre back yard. Why? Well until we owed our land, which we bought only 17 years ago, we never broke the lease of our neighbor farming the land surround-

ing our house.

So why are we back to where we have started you might ask? Every week, for the past eight weeks, we have traveled 40 miles one way, so back again to being commuting farmers, to harvest crops from Simon's Gardens. Whether it be crops we gave seed to Jordan to plant for us as we were out of non contaminated land to plant, he had surplus crops that we could harvest for a minimal cost to us or the sweet corn

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## Cauliflower and Chickpea Shawarma Wraps

From Member Rita Collen

### Ingredients:

- 1 pound cauliflower, cut into small florets
  - 1 (15.5 ounce) can chickpeas, drained, rinsed and dried
  - 1 teaspoon cumin
  - 1 teaspoon garlic powder
  - 1 teaspoon smoked paprika
  - 1 teaspoon turmeric
  - 1 teaspoon ground coriander
  - 1/4 teaspoon salt
  - 1/4 teaspoon cinnamon
  - 1/4 teaspoon ground ginger
  - 1/4 teaspoon black pepper
  - 1/8 teaspoon cayenne pepper
  - 1/4 cup olive oil
  - Juice of 1/2 lemon
  - Pitas, naan, or wraps of your choice
- Optional toppings: Thinly sliced cucumbers and tomatoes.

### For the Tzatziki Sauce:

- 1 cup non-dairy plain yogurt
- 1/2 lemon, juiced
- 2 cloves garlic, minced
- 1 tablespoon fresh dill, or dried dill to taste
- 1 mini cucumber, grated, with water squeezed out
- Salt and freshly ground black pepper, to taste

### Directions

Preheat oven to 425°F. Line a baking sheet with parchment paper; set aside.

In a medium bowl combine the chickpeas and cauliflower. In a small bowl combine the spices, oil and lemon juice. Mix well to combine. Pour over vegetables and toss to coat evenly.

Spread the mixture out on prepared baking sheet. Roast for 25-30 minutes, rotating and flipping halfway through.

While the vegetables roast, make the tzatziki sauce: Mix all ingredients together well in a bowl.

Wrap cauliflower and chickpeas in pita and drizzle with tzatziki to serve.



# Beet Chocolate Cake

From Member Mary Siuta

This is the perfect way to convince skeptics that beets are a tasty – even delicious – addition to their diet. The beets don't add a discernable beet flavor to the cake; rather, they add moisture and a note of earthiness to it. Add a scoop of vanilla ice cream and it's a dessert to remember.

## Ingredients:

- 2 cups sugar
- 3-4 ounces unsweetened baking chocolate
- 2 cups flour
- 4 eggs
- ½ teaspoon salt
- ¼ cup oil
- 2 teaspoons baking powder
- 3 cups shredded beets
- 1 teaspoon baking soda

## Directions:

Heat oven to 325 degrees. Grease two 9-inch cake pans or one tube pan or bundt pan.

Whisk dry ingredients together.

Melt chocolate very slowly over low heat or in double boiler. Cool chocolate; blend thoroughly with eggs and oil.

Combine flour mixture with chocolate mixture, alternating with the beets. Pour into pan(s).

Bake until fork can be removed from center cleanly, 40- 50 minutes. Makes 10 servings.

## Mary's Notes:

*I sometimes add about 3/4 cup of dark chocolate chips to this cake. You can never have too much chocolate.*

*I often neglect to tell first-timers that the cake contains beets, and I ask them to guess the mystery ingredient. Almost no one guesses beets – but they will ask for seconds.*

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that we hire him to grow for us or the optional cantaloupe or winter squash in our bad harvest years. This year we had a bumper crop of winter squash and cantaloupe, but we could not harvest it as DATCP had classified it as potentially adulterated food.

## BOX NOTES

Our crops continue to mature at an erratic rate, so the box contents for the week will continue to vary by dropsite

## FIELD NOTES

We are anticipating a frost

on Friday and Saturday mornings. We will be row covering frost sensitive crops that we are hoping mature in the next couple of weeks. While the temperature will be 10-15 degrees below average this weekend, it is not that unusual to receive a frost this time of year, we were hoping that it would wait.

## HONEY FOR SALE

We have a very limited supply of honey. The cost is \$5/ half pint and \$10/pint. The limit is 2 half pints or one pint.

# Mayfair Salad

From Member Jeff Siuta

*I discovered this salad in a wonderful book of salad recipes, Twelve Months of Monastery Salads, by Brother Victor-Antoine d'Avila-Latourette. It's one of my go-to sources for quick, interesting salads that use a variety of fresh herbs.*

## Ingredients:

### Salad

- 1 fennel bulb, stalks discarded and bulb cored and thinly sliced
- 3 medium-size sweet apples, cored and diced
- 1 celery heart, thinly sliced
- 3 small cucumbers, left unpeeled and cut into thin rounds
- 1/2 cup raisins
- 1 cup (1 8-oz. container) plain yogurt
- 3 tablespoons finely chopped fresh chives
- 2 tablespoons finely chopped fresh mint
- 2 tablespoons fresh lemon juice
- Pinch of garlic powder
- Pinch of paprika
- 1 teaspoon Dijon mustard
- Sea salt and freshly ground black pepper, to taste

## Directions:

Assemble the salad by putting the fennel, apples, celery, cucumbers and raising in a large bowl. Toss gently, cover, and refrigerate until ready to serve, at least one hour.

Put all of the dressing ingredients into a deep bowl and whisk thoroughly to blend. Refrigerate until ready to use.

Half an hour before serving, add the dressing to the salad and mix well to coat everything. Refrigerate and served well-chilled.

Makes 4-6 servings.

## Jeff's Notes:

*I like to save a small handful of the feathery fronds on the tops of the stalks to use as garnish on top of the salad. Add them just before serving.*

*Consider saving the stalks to use in making vegetable stock. I keep a container of vegetable cut-offs in the freezer for making stock, and when I accumulate 2 or 3 containers, I make stock and freeze it in 2- or 4-cup containers.*