

Pinehold Gardens *Field Notes*

Vol. 20 No. 12, Week 10

September 10, 2014

In This Box

- Calypso celery
- Red Bull onion
- Purple Top turnip with greens
- Romance carrots
- Collard Greens
- Romaine head lettuce
- General Lee cucumber
- Slicing tomatoes
- Pony Express paste tomatoes
- Armenian garlic

Next Week?

- Gold beets
- Broccoli
- Romano beans
- Kale
- Carmen peppers
- Green beans?

A DAY IN THE LIFE

This past Sunday 140 people joined us for our Open House. The weather was beautiful, the company and conversation fantastic, everyone outdid themselves on their pot luck dishes and for the record, a new record in fact, we only had a half trash bag of garbage. Thank you to all who brought their own dishes. And we cannot forget to thank whole heartedly those who gave up their time to share their knowledge with us, Kyle Pett, Tammy and Steve Peacy, Christina Ward and Kirsten Jurcek.

FIELD NOTES

Some of you who attended the Open House are probably wondering where are we growing those raspberries that were in Kyle's delicious roasted beet chocolate cake with raspberry cream cheese frosting. Many years ago we made the decision to not try to deliver raspberries in the CSA boxes as they are so fragile, mold easily, and take more than half of the work crew's time to pick enough for even a rotation through the shares. We plowed that patch under and planted a smaller one for restaurant sales where we could get a premium price and some much needed income in the fall.

Well Mother Nature has decided that we can get along without that extra income. About three years ago an imported fruit fly made it's way to Wisconsin. The fruit fly, the Spotted Wing Drosophila lays its eggs in ripe raspber-

ries where the eggs hatch out white maggots. There is no organic control for the flies and I really don't want to know what conventional growers are spraying to kill a maggot that is inside a soft fruit that obviously cannot be washed off. We estimate that 90 percent of our crop is infested this year.

I am avoiding mentioning the rain. Two inches fell last week. We really do not need another two inches as is forecast for today. We are trying to grow vegetables, not rice. And it is particularly bad timing for potatoes and winter squash that are coming to maturity and now will be sitting in or on wet ground.

One of our member's pointed out last week that it is still summer until the 21st, but low 40's in the city could mean 30's in our fields later this week. NOAA is saying that depending upon cloud cover, there is a chance for frost Friday night

BOX NOTES

When deciding what to include in this box I decided to call it the soup and salad box. The lettuce, cucumber and tomato seasons are all coming to a close so enjoy a nice fresh salad. And for soup I was envisioning a Minestrone with noodles made from the turnip and carrot greens using member's Crystal's and Scott's Schaefer's recipe from the Open House, or Martha's spicy tomato soup recipe, both included here.

Farm grown celery, unlike California blanched celery, is tougher and stronger in taste. It is great for stock and soups. It can also be frozen for winter use.

The Red Bull onion seems to be the onion that is suffering the most from the wet conditions. Water has entered through the stem of the onion and I don't think it will store long even though it is a winter storage onion. I think it would be best if you peeled it, cut



QUITE A CROWD OF FRIENDS AND MEMBERS showed up for last Sunday's Open House. The food and demonstrations were a big hit by all accounts. Even the kids had opportunities to try their budding skills at making dishes. But as is the case every Open House, it is really about people getting together under a big tent to share conversation and food. Playing some small role in helping to keep people healthy and happy is what Pinehold is all about.

off the moist top, cut it in half and remove any dark center and store it in a plastic bag in the refrigerator. It can be eaten raw on a salad, although it is a little strong right now as winter storage onions sweeten over time. You can also cook with it as you do any onion. They caramelize beautifully in case you may be thinking of an onion soup.

This is the last week that we will be delivering paste tomatoes. They are a larger, later maturing variety recommended by Tipi Produce. They produced a bumper crop and many more of the fruit, maybe because they are later maturing, ripened after blight had killed most of the foliage so there was more "blight free" fruit. They were picked in the daylight, but bagged in the dark, so hopefully the pickers culled all the blight. Blight is represented on the fruit as a hard, wrinkled, yellowish tinged area. Cut out the blight and use the rest of the tomato. The fruit will not store.

For those who did not get a chance to upick some tomatoes for sauce or salsa (tomatoes from a plant with blight are not recommended for canning), you are welcome to pick a pail full, which is 10 lbs, anytime next week (not this week, too much mud, no ripe tomatoes) Thursday through Saturday.

The carrots are huge. I keep trying different varieties of summer carrots and the seed companies keep discontinuing the variety I try. We both aren't happy with the options I guess.

No Pasta-Maker Leafy Greens Pasta
from Pinehold members Scott & Crystal Schaefer

- | | |
|--|--|
| 1 healthy bunch of greens (Sunday's dish had kale, beet tops, parsley and carrot tops) | 2-3 cups whole wheat flour (Sunday's dish had white whole wheat) |
| 2-3 eggs | Salt to taste |

Trim and rinse greens. Gently wilt them in a pan, blend well in a blender or food processor and place into a large bowl. (Should resemble Swamp Thing's moist poop.) Once cool, add eggs and mix well. Slowly add flour, one cup at a time, until a dough is formed. The consistency should be such that it can be gently kneaded on a counter top and rolled out to whatever thickness you would prefer. Cut into strips with a knife or pizza cutter and cook-pasta in boiling water for 3 to 4 minutes.

This recipe works great with greens too bitter for some people's tastes. Here is a short list of greens that work great in this recipe in addition to the ones above:

- Onion tops
- Swiss chard leaves and stems
- Radish tops
- Herbs of all kinds

The noodles are great alone or mixed with sauce, a roast or in soups. Can be formed into dumplings as well.



Purple Top Turnip

This box contains the true winter or fall turnip. Usually purple on top and white on the bottom and

inside, these Purple Top turnips have a mild, cabbage-like flavor that really sweetens when roasted. The greens are edible and have a turnip-mustard green flavor. **Store:** Separate the greens from the root and store in the frig. Use greens right away but the root will store for weeks. **Preparing:** Wash off, peel and cut into chunks. **Use:** Roasted alone or with other vegetables or put into soups and stews.

Delicious, homemade and abundant



Thank you one and all who attended the Open House and shared your food with us all. Everyone one of you did a deliciously marvelous job. We hope in the coming newsletter to include more recipes from the Open House, such as Scott and Crystal's, so please remember to send them along.

End of Summer Tomato Soup
from Pinehold member Martha Kipcak

- | | |
|---------------------------------------|---|
| 1/4 cup (1/2 stick) unsalted butter | 1 1/2 pound fresh spinach, cleaned, stems removed, coarsely chopped |
| 2 Tbsp olive oil | 3 lbs plum tomatoes, peeled, seeded, and chopped |
| 2 medium sized red onions, chopped | 1 tsp sugar |
| 2 medium sized yellow onions, chopped | Grated zest of 1 orange |
| 1 bunch green onions, finely chopped | 1/4 cup fresh orange juice |
| 1/2 cup finely chopped carrots | 4 cups chicken or veggie stock |
| 1/2 cup finely chopped celery | 1 cup dry white wine |
| 1/4 cup minced garlic | 1/2 cup fresh basil leaves, chopped |
| 1 cup coarsely chopped parsley | Salt and pepper to taste |
| 1/2 tsp ground cinnamon | Pinch of Cayenne pepper |
| 1/2 tsp ground nutmeg | |
| 2 Tbsp tomato paste | |

Heat butter and olive oil in large soup pot over moderate heat. Add red and yellow onions, sauté about 5 minutes until soft and translucent. Add green onions, carrots, celery, garlic, parsley, cinnamon, nutmeg and tomato paste. Stir well, cooking about 5 minutes.

Add chopped tomatoes, spinach, sugar, orange zest, and orange juice to pot. Add stock and wine. Bring to simmer and cook until all veggies are soft. Add fresh basil.

If a smooth soup is desired, the soup can be pureed in a blender in batches. Or use an immersion blender. Season with Salt, Pepper and Cayenne to taste.