

Pinehold Gardens *Field Notes*

Vol. 20 No. 13, Week 11

September 17, 2014

In This Box

- Gold beets
- Carmen peppers
- Red, yellow and blue potatoes
- White Wing onion
- Winterbor kale
- Small cauliflower & broccoli OR large cauliflower

Next Week?

- Broccoli for the rest of the sites
- Assorted beans
- Garlic
- Russian kale
- Stir fry ingredients: Hakurei turnip, tatsoi, green onions, carrots

A DAY IN THE LIFE

Are you counting the monarchs that are migrating? David has been counting monarchs all summer seeing at most two in one day. Today he counted 12. Many were having supper in our zinnias before they lifted off and headed south right before sunset. The wind was fairly strong out of the south and some were flying high and struggling a bit. This is the fourth generation of the summer and the generation that will fly to a mountain top in Mexico. A truly amazing insect.

FIELD NOTES

We had our earliest frost ever early Saturday morning, a full week earlier than our previous record of September 20. Luckily only some delicate stuff got nipped otherwise it would have been the proverbial nail in the coffin of what has been one tough year.

To put things in perspective for non farmers, we last had our heat on in the house the second week of June and now it is back on the second week of September, which is only 90 days of heat-free living.

If we get a few more days like today of sunny 60 degree weather our fall crops will continue to mature. The cold, rainy days like Friday and Monday halt any growth or ripening.

And what in the world are we still trying to grow or ripen? Still growing are the crops we transplanted or direct seeded in July: beans, carrots, head lettuce, fennel, kohlrabi, green onions, kohlrabi, spinach, broccoli, Brussels sprouts, rutabaga, turnips and cabbage. Ripening are green peppers that when ripe

turn red and sweet.

We finished our largest onion and shallot harvest ever. Hundreds of hours of diligent weekly weeding in May and June and of course the abundance of rain produced huge onions. It is yet to be seen how they will store as August was too wet for the leaves to dry and seal the necks to prevent rain from entering either the center of the onion or the layer just under the skin.

BOX NOTES

The Carmen pepper is one of our favorite peppers. It is an All American Selection that was bred by Johnny's Selected Seeds, our main source of the seeds we buy. Unlike many pepper varieties it does well in the northern part of the country and produces an abundance of large peppers that in most years reliably ripen to red. It is an Italian frying pepper good for eating raw, frying in a pan (great on a sandwich) or for cooking. Store in a plastic bag in the frig.

The kale variety in this box is the third main variety of well known kales and probably the best known for its use as a salad bar decoration. (Pizza Hut is the largest buyer of curly kales like Winterbor in the U.S. and no it doesn't end up on pizzas. It's a garnish for their salad bar.) It is the sturdiest and therefore holds up well in soups and stews. Of course it can also be sauteed.

Speaking of sauteeing. Hopefully everyone has tried the red onion in last week's box. Sauteed with olive oil it is deliciously sweet.

This week's onion is a cooking onion. It has been peeled to remove any wet layers that might cause the onion to not store. Store in the open on a counter if you plan to use it soon or in a plastic bag in the frig.

Not all things are created equal, including plants that do not grow the same size heads of broccoli or cauliflower. Everyone will receive a head of cauliflower. If it is a smaller head, there will also be a head of broccoli in your box. Next week the people that did not



SITTING, AWAITING A SCARY FACE are about 140 pumpkins for about 140 kids. This pumpkin pick is for you kids. Sorry mom and dad, unless we have pumpkins leftover. For the parents, there are upick paste tomatoes, of which there is way more than 140. See the newsletter for details.

get broccoli will receive broccoli. Depending upon the weather we should have three more weeks of broccoli as we have planted four varieties that mature at different times.

The potatoes are a mix of red, yellow and blue roasters. They were harvested out of wet ground and a bit muddy, but unwashed potatoes store longer, so we never wash potatoes that we deliver.

The gold beets are a newly released variety. Many people prefer gold beets as they are less earthy tasting than red beets, but gold beets have always been hard to grow as the germination rate has been below 50 percent. This new variety, Boldor, shows great promise. The greens, while not the most beautiful as they are suffering from leaf spot from the dampness, are just fine for sauteeing or juicing.

UPICKS

Our upicks are free and open only to CSA members. You can come and pick Thursday through Saturday, 9 am - 6 pm.

There are still some roma tomatoes. Limit is one 2 1/2 gallon pail that we provide that holds about 10 lbs of tomatoes.

And a upick for the kids only. We have about 140 carving pumpkins. Hopefully we have enough for the families that have children. First come, first served.

We will post on our website under the CSA tab if we run out tomatoes or pumpkins.

Roasted Kale and Red Onions

from Pinehold member Margaret Kozlowski
adapted from *Better Homes and Gardens*

1 large red onion or several small ones, cut into wedges
6 Tbsp. olive oil
Salt and black pepper to taste
1/3 c. chicken or veg. broth
3 Tbsp. balsamic vinegar
1 Tbsp. butter
Large bunch of kale, coarsely chopped
2 or more garlic cloves, minced

Preheat oven to 375 degrees. Toss onions with 1 tsp. of oil and salt. Heat 1 Tbsp. of oil in a skillet and cook onions until they begin to brown. Add broth and vinegar. Turn heat down and simmer for 15 minutes. Add butter and cook onions until glazed.

Put kale in a large casserole or roasting pan lined with foil. Toss kale with remaining oil, garlic, salt and pepper. Roast uncovered for 15 minutes or so. Add onion mixture, toss and serve.



Broccoli and Cauliflower

Broccoli and cauliflower are wonderful fall vegetables. Versatile and nutritious, they can be

a side dish or the core of an entre. But from the farmer's perspective, they are field hogs, the one plant with a single stalk and flower head, which is what you eat, takes up enormous space. And for cauliflower at least, and its cousin romanesco, it is harvested just once. Plus, they are what farmers call, heavy feeders and hard on the soil. **Store:** Store in a loose plastic bag. It will keep for maybe a week, but better to use as fresh as possible. **Preparing:** Soak in water, allow to drain and cut the florets into bite size pieces. **Use:** Eat raw, saute or stir fry, steam — you all know what to do with this.

Beets with Lemon, Cilantro and Mint

from Pinehold member Martha Kipcak
adapted from *Vegetarian Cooking for Everyone*

1 1/2 lbs beets, cooked and peeled
Finely grated zest of a lemon plus juice
2-3 Tbsp finely diced red onion
2 Tbsp chopped parsley
2 Tbsp chopped cilantro
2 Tbsp chopped mint
1/2 tsp ground coriander
Salt and fresh cracked black pepper
6 Tbsp extra virgin olive oil
4 handfuls of salad greens
1/4 cup greek black olives

Toss into one beautiful delicious salad.

Beautiful Broccoli

from *thirty six beans*, Beans & Barley 30th anniversary cookbook

6 c. broccoli florets
1 c. chopped carrot
1 red pepper, matchstick cut
Dressing:
2 1/2 Tbsp. sesame oil
2 Tbsp. Shoyu
1/2 tsp. minced garlic
1 Tbsp. toasted sesame seeds

Blanch the broccoli and carrots for about 3 minutes or until just barely tender and douse them in icy cold water to preserve their fresh color and stop the cooking process.

Whisk the dressing ingredients together and combine everything in a large bowl.

Roasted Red Pepper Salad

adapted from *Moosewood Restaurant Daily Special*

1 Red pepper
4 c. cauliflower or broccoli or combination
1 or 2 potatoes
Olive oil
Salt
Lettuce
8 or so Kalamata olives
Dressing:
4 Tbsp. olive oil
1 Tbsp fresh lemon juice
1 Tbsp. cider vinegar
2 clover of garlic minced
2 tsp. ground fennel
Salt and peper to taste

Remove the seeds and roast pepper. Slice potatoes into rounds and cut cauliflower and broccoli into small florets and toss with oil and salt. Chop the peppers, whisk the dressing together and toss veggies with the dressing and serve on lettuce with olives.