

# Pinehold Gardens *Field Notes*

Vol. 21 Week 12

September 23, 2015

## In This Box

- Spaghetti squash
- Broccoli
- Tomatillos
- Bag of hot peppers
- Cilantro
- Paste/sauce tomatoes
- Sweet bell peppers
- Italian Red garlic
- White Wing onion
- Encino oakleaf lettuce
- Green meat radish
- Canteloupe or watermelon

## Next Week?

- Kale
- Purple Top turnips
- Potatoes
- Slicing tomato
- Beets or carrots
- Green beans?
- Sweet peppers
- Onion

## A DAY IN THE LIFE

The Autumnal Equinox derived from two Latin words - aequus (meaning “equal”) and nox (meaning “night”) was at 3:21 a.m. this morning. Welcome to fall. From now through the Spring Equinox on March 21 we will have less than 12 hours of daylight. We are also approaching what most people call the fall color season. I tend to think of it as the beginning of the brown season. My birthday is in two and a half weeks and the trees usually are at peak color on my birthday. Usually by mid-September we have had a frost, and David’s birthday this month is usually Indian-Summer warm. We are turning 60 this year. Where did the time go? Not too long ago we would ask each other “How old do you think that person is?” and we would say our age, as it seemed everyone around us blurred into an ageless age. Last year when some of the parents of our worker shares turned out to be younger than us we started thinking that maybe we were getting older. We hear that 60 is the new 30. Maybe.

## FIELD NOTES

September is on track to be possibly the warmest on record. Earth-wise that is not a good thing. Working-wise it is wonderful. We are able to harvest our winter squash at a reasonable pace instead of a mad rush trying

to beat a frost. We don’t have to cover the peppers with floating row cover to protect them from frost. And we really lucked out last week and only received an inch and a half of rain so we can get back to harvesting potatoes later this week.

Our battle with weeds continues. David and Sarah uncovered the last of the kale from their umbrella of weeds this week and the worker shares continue to methodically weed the thousands of feet of fall and winter carrots. We doubt that we will win the battle of the weeds vs. sweet potatoes. Vining crops are so hard to keep weed free as once they start to send out vines David cannot use the tractor to weed. And stepping between vines is no easy job.

## BOX NOTES

Today’s box is a perfect representation of the transition from summer to fall with the last of the summer lettuce and paste tomatoes and the wonderful spaghetti winter squashes that we just harvested last Friday. If you do not use the squash right away, do not refrigerate it, just leave it on your kitchen counter or table. See the vegetable highlight box on how to cook it.

The peppers in the plastic bag are all HOT peppers, three jalapenos which are short and green or red, one Gabi Hot Wax which is long and narrow and either green, yellow, orange or red and a large poblano pepper which is red or green. The Gabi is probably the hottest. The two other peppers in the box and not in a plastic bag are SWEET bell peppers. Peppers are easy to freeze as no blanching is required. Just remove the seeds, chop them up and put in a zip lock bag. We freeze jalapenos whole and then just chop them while still frozen when we are making chili.

The green and white long radish is a fall Daikon like radish, which unlike last year when



New workershare members Fabian Caillot and Carmen Tuckwood join grizzled veterans Mark Gill and Amy Koleske in a break from harvesting and weeding on a beautiful fall day.

the weather was cool and the radish was mild, is rather spicy. Warm weather has also meant a buggy year, especially for fly maggots so you will need to cut around the bug trails.

The White Wing is a great all purpose onion.

Remember to eat your broccoli stems which when freshly harvested are very tender and be sure to store it in a plastic bag.

Tomatillos are the base of salsa verde. See today’s recipes for a delicious salsa.

## EXTRA GARLIC

For extra garlic, email us. Be sure to put the word garlic in the subject line.

## UPICK TOMATO SCHEDULE

The tomato season has just about come to a close. Without leaves on the plants, many tomatoes have sun scald and other cosmetic problems.

Open picking without reservations will continue this week. The hours will be Thursday and Friday 9 a.m - 6pm and Saturday 9am-noon.

If you have already picked your two 11 pound buckets, additional upick tomatoes are available at \$1 per pound.



**Spaghetti Squash:** Spaghetti squash is a winter squash but is a different animal all together from the familiar Butternut or Acorn squashes. What sets it apart is its stringy flesh, which gives this squash its name. The flesh, properly cooked can be forked into a serving that resembles spaghetti noodles. It's taste is also rather bland lending itself to picking up other flavors, such as butter and garlic or tomato sauces. There are different varieties. We picked the variety in the box today because it is smaller.

It can be cooked like any other winter squash by cutting it in half lengthwise, removing the pulp and seeds and turning it cut side down to roast at 350 degrees until soft. Spaghetti squash can be on the counter top for a week or two.

### Roasted Salsa Verde

from Pinehold Member Patricia Heim

- |                                       |                      |
|---------------------------------------|----------------------|
| 1 small onion, in<br>half inch slices | ¼ cup cilantro       |
| 8 medium to large<br>tomatillos       | 1 clover of garlic   |
| 1 medium<br>poblano chile             | ½ tsp of brown sugar |
|                                       | ½ tsp salt           |

Grill chile until charred and place in a paper bag. Grill onions and tomatillos until charred. Remove skin and seeds from the chile when cool. Put all ingredients in a food processor. Blend until desired texture is reached.

### Baked Spaghetti Squash

by Katrina Kozar



“The best thing about cooking, is making something delicious with seasonal ingredients. It also matters where they come from and how they were treated. I talk about cooking with a lot of love, but there much more to that, it’s about buying ingredients that are grown with love and with fight.

I believe that is what Pinehold’s

motto should be: A lot of love and fight! Plus, you have to support Wisconsin. I am just proud to support love and with love, there is always food.” - *Katrina Kozar, Pinehold Member and Master Chef top-five finalist*

- 1 Spaghetti squash, cut in half
- 4 T Butter
- 1 medium Shallot, sliced thin
- Salt and pepper to taste

Place squash, cut side up, in a baking dish large enough to hold both halves. Top each half with 2 tablespoons of butter, half the sliced shallots and salt and pepper to taste. Cover loosely with foil and bake in a 350 degree oven until squash is soft and its flesh pulls apart easily into “spaghetti” like strands. Start checking after 20 minutes. When squash is done, remove from oven, allow to cool and scrape flesh into a bowl. Break the spaghetti up completely, check for seasoning.

(I served this with Spiced Moroccan Shrimp and a Chimichurri and an Apple, Fennel, and Jicama Slaw in the Master Chef try out last fall.)

Go to [www.katrinakozar.com](http://www.katrinakozar.com) for recipes and cooking classes.

### Spaghetti Squash with Chickpeas and Kale

from Rare Earth Farm newsletter

Add chickpeas to sauteed onion, garlic, rosemary and chilli flakes. Combine kale and lemon and add to the chickpeas and cook until kale wilts. Shred the cooked spaghetti squash into the kale and chickpea mixture. Heat through and serve with pine nuts and grated cheese.