

Pinehold Gardens *Field Notes*

Vol. 16 No. 9

September 15, 2010

In This Box

- Kale bouquet
- Frilly Mustard
- Red Bull Onion
- Carnival squash
- The last cucumber
- Red beets
- Green tomatoes

Next Week?

- Kale and Tatsoi
- Potatoes
- Onions and garlic
- Peppers
- Herbs: Dill, Cilantro, basil

A DAY IN THE LIFE

The Farm Fresh Atlas fund-raising dinner, Real Farms, Real Foods, was a success by all accounts. We raised the amount of money we needed for the Atlas to stay afloat. The combination of having a grazing buffet instead of hors d'oeuvres with the farmers at each table talking about their food and the wonderful local food meal prepared by Chef Jack with the help of Peter Sandroni of

LaMerenda made the evening a memorable one for everyone. We are already planning for next year. Thanks to everyone who attended and contributed to the auction.

CHANGE OF SCHEDULE?

With school starting and everyone back from vacations we are sure many of your schedules have changed and that it might be difficult to fit the CSA box pickup into that schedule. Remember to call

your drop site host if you can't make the scheduled pickup time and need to make other arrangements. Farm dropsite members can pick up anytime between 7am and 9pm any day through Saturday WITHOUT calling.

FIELD NOTES

The summer crops are have finished producing and we are waiting for the majority of our tardily planted fall crops to mature. We are in the what I consider this year the black hole of harvesting. The timing of the July 22nd rain set the planting of fall crops back by three weeks and the cool nights and short days have really slowed down any growth of our fall crops. The broccoli, radishes, turnips, sweet potatoes, and our last crop of green beans all look great, but we badly need an extended fall with no frost and a long Indian Summer.

David is busy planting cover crops to not leave ground bare over the winter and to help add organic matter back into the soil.

The tomato plants need to be cleared out of our greenhouse so that spinach can be planted for a March harvest.

BOX NOTES

One round thing leads to another. Last week we finished harvesting our melon crop and this Monday David started harvesting our winter squash crop. It looks like it will be our best winter squash

Simple Taste

Chef Jack Kaestner knows more about local farms than we do. He probably knows more about local farms than anyone we know. He has been a leader in supporting and promoting small food farms in southeastern Wisconsin since before we started our CSA. But he's not likely to say this because Jack is also one of the humblest people we know. But this isn't about Jack, it's about food. And it just so happens, he knows a bit about that too.

Food has become a big thing now. There's even a TV network devoted to it. UC-Berkeley professor Michael Pollan, food and farming researcher and writer, says the Food Network is evidence that food has become mainly one of a spectator rather than a participatory activity. We have a great deal of respect for Mr. Pollan, but we think there is a resurgence in cooking, only not of the Cordon-Bleu type. This was evident when we had a rush on our mini potatoes at the farmer's market following a Food Network piece on roasting in foil packets. That's something we've done forever, it seems, and was pleasantly surprised by the interest in the method. The idea is simplicity in itself, letting the potatoes speak for themselves.

Back to Jack. He has gone through the

stages of cheldom from completely disguising the taste of basic raw ingredients, piling on herbs, spices, cream, butter, etc. in order to lay claim to the dish, to letting well-raised and grown ingredients, whether it's pasture-raised beef, grass-based butter or carefully grown produce, stand on their own with little support from the chef. There's no ego in it and like all true craft, it glorifies the essential. It's something he has learned over the years, culinary schools still aren't teaching, and patrons are increasingly demanding.

Jack is successful because, as it turns out, that's what we've been looking for in food. Just look at the popularity of recent cookbooks. Alice Water's recent cookbook is chuck full of simple recipes. Try Jack's Farmer Salad for instance. Take what's fresh and seasonal and such as fresh kale and chard, tear the leaves into pieces and toss it with a vinegarette and goat cheese. The acid cooks or softens the greens if it is allowed to stand for little awhile and cheese makes for creamy dressing. Then add whatever is seasonally enjoyed such as roasted potatoes, beets, squash and steamed green beans, some raw red onion and maybe walnuts, and toss.

The simpler the better seems to be the new cooking credo. We for one are glad.

Recipes of the Week

GREEN TOMATO AND APPLE CRISP, Annie Wegner, makes one large pan

Filling:	¼ tsp ground cinnamon
2 cups green tomatoes, chopped	Pinch of ground nutmeg
1 ½ cups tart apples	Pinch of ground cloves
¼ cup dark raisins	Topping:
¼ cup golden raisins	1 ½ cups all purpose flour
¼-½ cup lemon zest	½ cup sugar
¼ cup water	1 tsp lemon zest
¼ cup + 2 Tbsp brown sugar	1 tsp ground cinnamon
¼ cup + 2 Tbsp white sugar	1 ¼ sticks chilled, unsalted butter, cut into small pieces
1 Tbsp white vinegar	1 cup walnuts
2 Tbsp lemon juice	

Filling: Combine all ingredients in a large saucepan. Cook slowly, stirring often, until tender and slightly thickened, about 35-40 minutes. Topping: Whisk first 4 ingredients in a bowl to blend. Add butter and rub in with fingertips, pressing until moist clumps form. Mix in nuts. Can be made one day ahead, covered and chilled. Preheat oven to 375 and spread filling into the bottom of a baking 13x9x2-inch baking dish. Spread topping evenly over filling and bake until topping is brown and filling is bubbling thickly, about 45-50 minutes. Cool slightly and serve with whipped cream or vanilla ice cream.

CUCUMBER, RED MUSTARD & RED ONION SALAD WITH GOAT CHEESE TOAST

1 baguette	1 Tbsp nut oil (or sub. more olive oil)
1 Tbsp plus 1 tsp olive oil	1 Tbsp olive oil
3 oz. fresh goat cheese, in one piece	2 ½ to 3 tsp white wine vinegar
For the salad:	Salt and pepper
¾ lb cucumbers, peeled & thinly sliced	¼ lb. young mustard greens
½ red onion, very thinly sliced	18 olives, pitted
1 clove garlic, minced	

Preheat oven to 425 degrees. Cut the baguette on a severe diagonal into 6 thin slices about 7-8 inches long and about ¼-inch thick. Save leftover baguette for another use. Using 1 Tbsp olive oil, brush both sides of baguette slices. Arrange on a baking sheet and bake until golden, about 15 minutes. Remove from oven and set aside. Reduce oven to 375 degrees. Put goat cheese in a small baking dish and top with remaining tsp olive oil. Bake until it is quite warm and soft to the touch, 6-8 minutes. While cheese bakes, make the salad: In a large bowl, combine cucumbers, onion, garlic, nut oil, olive oil, 2 ½ tsp vinegar. Season to taste and toss well. Add mustard greens and toss again gently. Taste and adjust seasoning, adding another ½ tsp. vinegar if needed. Arrange salad on a serving platter. Scatter olives over the top and around the edges. Spread warm cheese on toasts, then place toasts around salad of pass separately. Serves 6

YELLOW SPLIT PEA SOUP WITH AUTUMN SQUASH AND KALE, Annie Wegner

2 Tbsp. vegetable oil	for desired consistency)
2-3 oz. bacon, minced (optional)	salt and pepper
1 large onion, minced	½ lb. peeled autumn squash, cut into ½ inch dice
4 cloves garlic, minced	½ lb. green tomatoes, seeded and diced
2 cups dried yellow split peas	½ lb. kale and/or mustard greens, sliced into ribbons about ¼-inch wide
1 fresh rosemary sprig, 4 inches long	
4 cups chicken or vegetable stock (plus more	

Heat olive oil in a large pot over moderate heat. Add bacon and saute until it renders some of its fat, about 3 minutes (alternatively you can use more oil). Add onion and garlic and saute until onion is soft, about 10 minutes. Add split peas, rosemary, stock, and 4 cups water. Bring to a simmer, cover and adjust heat to maintain a simmer. Cook until split peas are completely soft, 45 min to 1 hour. Taste often and remove rosemary sprig when rosemary flavor is strong enough (it should be subtle.) Season soup with salt and pepper. Stir in squash, tomatoes, and kale. Cover and cook until squash and kale are tender, about 20 min. If soup is a little thick, thin with more stock. Taste and adjust seasoning to serve. Serves 6

year ever following in the pattern of a very viney summer. The squash in your box is a Carnival, a multicolored sweet dumpling. You can bake it like an acorn squash. Cut it in half vertically, remove the seeds and then place it upside down on a baking sheet and bake at 350 degrees until it can be pierced with a fork. David prepared it like we have been cooking the delicata variety, UNpeeled, thinly sliced, tossed in oil, salted and then baked in a single layer on a baking sheet. The skin is thicker than a delicata, but David loves texture in his food. We had it this way cubed and roasted at the Atlas dinner.

The kale bouquet includes three types of kale: Russian, Toscano and Winterbor. Kale can be sauteed with onions and garlic, added to a soup or stew, eaten raw in a farmer's salad topped with roasted beets. Kale needs to be destemmed first. You can use the stems in stock.

After we lost our summer and early fall carrots and lots of our potatoes, we made the decision to plant any crops with a fast maturity date. The Golden Frill and Ruby Streaks mustards are two of those crops. Add some to a salad for a little zip, saute it for a side dish or as a bed under fish, similar to how one would use arugula. Also how about mustard pesto.

Our experimental late planting of cucumbers yielded miniature cucumbers, probably the result of the colder weather.

The green tomatoes are the last of our Estiva tomatoes, harvested to make room for the winter spinach crop. We sadly say goodbye to tomatoes.