

# Pinehold Gardens Field Notes

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## In This Box

- French Fingerling potatoes
- Watermelon radishes
- Hakurei salad turnips
- Carmen peppers
- Tatsoi
- Siberian kale
- Red bull onion
- Dumpling and Acorn squashes

## Next Week?

- Red radishes
- Potatoes
- Winter squash
- Assorted peppers
- Swiss chard
- Celery
- Purple top turnip
- Dill

## A DAY IN THE LIFE

Almost every time I go into a neighborhood grocery store I feel like I am visiting a foreign country and am lost in unfamiliar territory. In Oak Creek until recently my, shopping choice was a Mega Pick 'N Save. Now I also have the choice of Woodmans. I keep a list on the frig of what we need. I enter the stores with my list and buy only what I need. The rest of my purchase are made at Outpost where I can buy flour, rice, pasta and beans in bulk, and Wisconsin milk along with my other morning non-local item, coffee. I don't clip coupons, I don't read the ads except as an educational exercise to keep abreast of what is being advertised. I don't buy the 10 for \$10 items,

and I did not "Score Big Savings For Monday's Game" and purchase party wings, frozen pizza (at \$2.22 each), beef patties, soda, chips, pretzels, and cheese spread. The closest thing to a vegetable or fruit was the buy one, get one free deal on ranch veggie dip.

What I see are indications of the health of Americans. The first segment on this week's "Need to Know" show on PBS discussed Somerville, Massachusetts' anti-obesity program. It pointed out that every successful public health initiative from wearing seat belts to smoking succeeded because the environment of acceptability changed. So if your food choices are chosen for you by the manufacturers and if they are promoted by the stores, then a healthy food environment is not being created. While eating locally and seasonally with an emphasis on plant-based food is gaining in popularity, it's

popularity will not grow soon enough for the current generation, which will likely be the first generation kids with a shorter life expectancy than their parents. For me it was a long gradual transition to a local and seasonal plant-based diet.

## MILWAUKEE SHINES

Milwaukee Solar Week is this week concluding with a solar tour of area businesses and homes this Saturday, October 2. We have opened our farm to visitors since we installed our first solar system in May 2005, hoping to encourage more solar installations in the Milwaukee area. Our two solar systems produced 7,891 kw last year which is just over two thirds of our farm and household electrical needs. There might be room left on the guided bus tour or you can take a self guided tour by going to [www.the-mrea.org](http://www.the-mrea.org) for a listing of sites in your area. The Midwest Renewable Energy Association now has a Milwaukee office in addition to their headquarters in Custer, Wis.

## FIELD NOTES

Just like summer left us suddenly on September 3 with a major change in the jet stream, our weather will be changing this Saturday night with the likelihood of a frost. We will be very busy this Thursday through Saturday harvesting the rest of the winter squash, peppers, beans and sweet potatoes. We will



Photo: Michelle De Vorse

# Recipes of the Week

## ROASTED PEPPER AND WINTER SQUASH QUESADILLAS, Annie Wegner

⅔ cup soft goat cheese	a grill or gas burner--close in paper bag to steam, peel under running water)
4 Tbsp pesto	1 cup roasted/steamed/or baked winter squash (cut into wedges, cook until skewer inserted comes out clean), mashed or pureed
2 hot peppers, minced (optional)	⅓ cup shredded Monterey Jack cheese
Ground pepper	⅓ cup shredded cheddar cheese
Pinch red pepper flakes (optional)	
2 large flour tortillas	
1 cup minced red onion	
1 cup roasted, peeled, diced red peppers (roast by putting over an open flame--on	

Preheat oven to 450 degrees. In a small mixing bowl, combine goat cheese, pesto, hot pepper, ground pepper, pepper flakes. Place tortillas on a cookie sheet. Place half cheese mixture on each tortilla and spread to ¼-inch of edges. Sprinkle each tortilla with onion, bell pepper, squash, and top with shredded cheese. Place one tortilla on top of the other and bake until cheese melts, 8-12 minutes. Slice into wedges and serve warm with plain yogurt or sour cream. Serves 8 as an appetizer, 2-4 as an entree

## GARLIC-SAUTEED TATSOI, Annie Wegner

½ cup golden raisins	3 lbs. tatsoi or other greens (mustards, etc.), washed and trimmed
2 Tbsp sherry	¼ cup toasted pine nuts or slivered almonds
1 tsp olive oil	Salt and pepper, to taste
10 garlic cloves, slivered	

In a small skillet, heat the raisins in the sherry and plump for 30 minutes. In a large skillet, heat the oil over medium heat. Add garlic and saute for 1 minute. Turn heat to medium-high. Add tatsoi and cover; cook for 30-40 seconds. Remove lid, toss the greens with a fork, replace the lid, and cook for 1 minute, tossing several times. Pour raisins and sherry over greens. Season with salt and pepper. Add nuts, toss. Serve immediately. Serves 6

## TURNIP AND TURNIP GREENS SOUP, Annie Wegner

This soup is a favorite and has been featured in our newsletters since 2005.

1 Tbsp butter	Salt and pepper
1 small yellow onion finely chopped	3 cups chicken or vegetable stock
1 clove garlic, or green garlic, finely chopped	1½ cups water
¾ lb salad turnips, diced	Turnip greens sliced into ribbons
¼ cup rice	1 Tbsp chopped fresh dill or 1½ tsp dried

Melt butter. Add onion and saute until soft, about 10 minutes. Add garlic and saute for 1 minute. Add turnips and rice, season with salt and pepper and stir to combine. Add 1½ cups broth, bring to a simmer, then cover. Cook 15 minutes. Stir in turnip greens, cover and simmer until turnips and rice are soft 5-10 minutes. Stir in dill. Transfer to a blender or food processor and blend until smooth. Add more stock for desired consistency.

## WHITE BEAN AND KALE MINISTRONE, Annie Wegner

5-6 leaves kale	1 Tbsp. tomato paste
1 Tbsp extra-virgin olive oil	4 fresh sage leaves
2 large cloves garlic	1 tsp sea salt
3 cups cooked white beans, divided	freshly ground pepper
2 ½ cups vegetable or chicken stock, divided	1 Tbsp lemon juice
	Grated cheese, optional

Wash kale, remove stems. Roll up leaves and cut into thin ribbons. Set aside. In 4-quart pot, heat oil and saute garlic briefly over medium heat. Add about half of the cooked beans and half of the stock. Puree rest of the beans with remaining stock in a blender along with tomato paste and sage. Stir pureed beans into soup. Add salt and pepper to taste. Mix kale into soup and simmer until it has wilted (about 10 minutes). Add lemon juice and enough water to make soup desired consistency. Taste and adjust seasonings. Serve topped with cheese if you like. Serves 3-4

also put floating row cover, a light spun fabric, over the peppers, bean plants and Swiss chard, which provides a few degrees of frost protection.

### BOX NOTES

While we were harvesting this box during yesterday's beautiful weather, we started calling it a farmers' market box, a box full of new things to try along with familiar things.

The salad turnips are the same variety that were delivered early in the season, but as a fall crop they are sweeter and juicier. The leaves are delicious in a soup, pesto, salad or sauteed.

The Watermelon radish also goes by the name of Red Meat. It is a radish that can only be grown in the fall. It is perfect for a radish sandwich. If you remove the greens and place the radish in a plastic bag in the frig it will keep for many months. If you don't care for radishes yourself, save it for a crudite plate during your holiday gatherings.

The Siberian kale has a slightly more cabbagey flavor than most kales. It is great in a soup or stew.

The Carmen pepper is an Italian frying pepper that was in your box a couple of weeks ago, but now it has turned a beautiful red color. Given enough time all peppers will ripen and turn a color other than green. It is great on a cheese sandwich, but can be used like any other pepper.

Many of the items in the box are great in a stir fry. The salad turnips can be used like water chestnuts.