



# Garden *to* TABLE

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“The Machine Shed Restaurant was founded on Dedication to the American Farmer. As part of this tradition, each restaurant plants a garden in the spring, providing fresh ingredients for a garden-to-table eating experience. Our gardens provide a unique community as our staff and guests come together to care for the gardens and to enjoy the harvest produce. We want to ease your own garden-to-table experience by sharing with you a little bit more about each Machine Shed garden, as well as some recipes, tips, and the story of a Midwestern family.”



*Thank You*

For being part of our family

# Find Inside

3.  Our Gardens

4. Harvesting Tips 

6.  Keeping Bugs Away

7. Cleaning Tips 

8.  Ideas for Tomatoes

9. Tasty Recipes 

13.  In Your Own Backyard



Ensuring that each dish is made from fresh ingredients is no simple task, but at the Machine Shed we are happy to accept the challenge. In doing so, a few of our restaurants had to take a *unique* approach to maintaining our garden to table tradition due to space and weather conditions.

## Appleton

The Appleton Shed grows its garden to table ingredients using a hydroponic garden, which grows plants without soil. These gardens are based on the theory that farmers should “give plants exactly what they need when they need it.” We decided to use a hydroponic garden after reading about farmers using this alternative growth method – at the Shed, we are all about modern farming! Doug Schmidt has been a source of great support for our garden, even donating the hydroponic gardening system.

## Lake Elmo

At the Lake Elmo Shed, we use a unique style of container gardening: a straw bale garden. This is ideal for us because the cold Minnesota winters cause a shorter growing season, and straw bales can be started indoors while the cold still lingers. We also use this type of garden because we do not have the space for a traditional garden, and straw bales can be placed on our concrete parking lot. Contrary to what you may think, straw bales provide ideal growing conditions. The hollow tubes absorb and retain moisture better than soil, and as the bale decomposes, nutrients are released.



 **The RIGHT time** to harvest your garden's bounty is the key to a delicious fresh meal, and knowing the best way to pick and store crops is also important for heightened flavor. After years of gardening, the Machine Sheds have learned some tips and tricks for harvesting at the peak of freshness, and we want to share those with you!



(Green & Yellow- bush and pole varieties) Harvest once the pods are approximately as thick as a pencil and firm, snapping when broken in half. The seeds inside should be small and appear underdeveloped. A sign of over maturity is when the seeds are plump and begin to fill out the pods. To remove from the stem carefully pinch or cut the pod while holding the stem in one hand and the pod in the other. To maintain the plant's productivity pick all pods and avoid pulling the stems during harvest.



Cut with 1 inch of stem attached when the vegetable is still tender and is no more than 6-8 inches in length and 2 inches in diameter. Prolong the production time by harvesting often. Store in the refrigerator after picking.



The peak of flavor occurs once they fully change color and are firm. Once ripe some tomatoes may fall from the stem, this is normal and can still be eaten. The cool temperature of the refrigerator will cause a loss in flavor and texture; for best taste, keep on your counter at room temperature.



Harvest while the heads are deep green and compressed. If the flowering buds start to open revealing the yellow petals, harvest immediately. Then, cut the stem at a slant about 4-6 inches below the head. Before storing soak the broccoli in salt water (2 tbs salt per gal of water) for 30 minutes. This will force any cabbageworms out of the heads. Wrap in plastic and keep in the refrigerator or blanch and freeze.



These can be harvested as soon as they reach a useable size; if needed, after picking, keep in a warm room until ripe. To remove from the branch, carefully cut stem of the pepper at least half an inch from the top of the pepper. Steady harvesting will keep the plants producing more peppers. Store peppers in a plastic bag in the refrigerator or blanch and freeze.



Picking can be done once the plants and leaves are about 75% brown. The easiest way to remove them from the ground is to loosen the soil with a pitchfork and lift them out with your hand. Leave them outside for a few hours to dry, then store in a cool well-ventilated container. Temperatures lower than 50 degrees cause starch to breakdown into sugar, creating a sweet taste when cooked. Keep in complete darkness if storing for an extended period.



Onions can be harvested as soon as they are big enough to use as green onions, however they are fully mature once the tops turn yellow and begin falling over. Pull the onion from the ground, and then place them in a warm, dry, and airy place out of direct sunlight until the outer skin dry and brittle. After this, cut off the tops an inch above the bulb and place in mesh bag in a cool, dry spot.



Maturity occurs about 40 days after seeding, then harvest as soon as the leaves are big enough to eat (4-5 inches long). The entire plant can be sliced off 1 inch above the soil line or the larger outer leaves can be picked. It is best to do so in the morning when the leaves are crisp and full of moisture.



Head and romaine reach maturity about 70 days after seeding. Cut the head at ground level once the head is firm. If you desire crisp lettuce, harvest in the morning and eat later that day or store in the refrigerator for up to 1-2 weeks.



Pick once they are big enough to eat; if you wait too long they will start to turn orange and yellow. To keep the plant producing, pick the cucumbers, often only allowing 2-3 to grow on the vine at one time. The ideal storage temperature is 45-50 degrees, making the refrigerator the best place.



Pick when immature and the seeds are soft (4-5 inches long). It is best to pick them in the morning because they will be firmest. Once picked, refrigerate immediately.



Harvest when they are 4-5 inches long with tight, glossy skin. For best taste, eggplants are best immature. The most distinctive sign of this are the miniature seeds that can hardly be seen once cut into. If it has tough skin or black seeds inside the vegetable is overripe. To remove the plant, cut the stem leaving 1 inch attached, then store in the refrigerator.



Pick once the ears have soft, dark brown silks and plump kernels. For the best test of ripeness, squeeze a kernel; if a milky liquid comes out, it is ripe. If the liquid is clear, it is not ripe yet, and no liquid indicates being overripe. Harvest by twisting the ear in a downward direction until snapping off the stock. For the sweetest sweet corn, pick in the early afternoon then eat or preserve in the fridge right away.



## = Organic Pest Control Spray

Garden pests are nearly inevitable because bugs are drawn to the concentrated gathering of food. Thankfully, there are several organic pest control methods to maintain your garden without harming plants, pets, or children. An oil-based spray, like the one below, offers benefits that other organic sprays do not, such as killing bugs on contact and preventing future pests from inhabiting your garden. To make the pest control spray, follow these directions:

Combine 1 cup vegetable oil, 1 tablespoon dish washing liquid, and room temperature water in a spray bottle. Shake. Apply mixture to your garden every week as needed.

## Preventing Garden Pests

Along with an organic pest control spray, there are other steps you should be taking to ward off harmful insects that threaten the health of your plant. Increase the bounty for your garden to table experience with these simple tips!

### 1 TAKE OUT THE TRASH.

Clean up faded flowers and spoiled crops. This is especially important at the end of the season to break any infestation cycles.

### 2 COVER UP.

Row covers serve as a blanket to protect plants from pests.

### 3 ADD SPACE.

Position mulch 2-3 inches from stocks to prevent bugs that feed on plant roots from making their home so close to the roots.

### 4 USE A DECOY.

Attract pests away from plants by allowing a few prickly weeds to grow, or plant yellow nasturtiums and/or arugula at the base of plants.

### 5 BLUR SIGNALS.

Use companion planting instead of long single-crop rows to cause confusion with unusual sights and scents.

# Cleaning Your Fruits and Veggies

Ensure your freshly-picked ingredients are clean before eating with our DIY cleaning spray. This all-natural spray kills bacteria and lingering garden pests, while removing dirt and other residues. To make the mixture combine 1 cup of distilled white vinegar with 3 cups of water in a large spray bottle, shake to mix ingredients together.

## CLEANING INSTRUCTIONS

- 1 Place fruits and vegetables on a dishtowel, then cover in spray.
- 2 Let produce sit for 10 minutes.
- 3 Rinse, then pat dry.

## OTHER CLEANING TIPS

- 1 Use a vegetable brush to scrub firm produce
- 2 Throw away the outer layers of a head of lettuce or cabbage
- 3 Wash hands before and after handling fresh produce
- 4 Wash produce before peeling

If you have a big batch of fruits and veggies, fill your sink halfway with water and add 2 cups of vinegar. Let the produce soak for 10 minutes, then rinse and pat dry. Vinegar is said to extend the shelf life of produce.



Do not use dish soap, porous vegetables will absorb soap!

# 25 SOLUTIONS for too many Tomatoes



Have more tomatoes than you know what to do with? Here are 25 ideas that you may not have thought of. Many of which can be frozen, allowing you to enjoy your garden during the cold winter months.

1. Sunburn Relief
2. Skin Cleanser
3. Grill Them
4. Marinate Them
5. Freeze Them →
6. Can Them
7. Stuff Them
8. Pickle Them
9. Tomato Basil Garlic Butter
10. Tomato Jam
11. Bloody Mary Mix
12. Pasta Sauce
13. Pizza Sauce
14. Fresh Salsa
15. Cooked Salsa
16. Tomato Paste
17. Tomato Fruit Cocktail
18. Bruschetta
19. Sun-Dried Tomatoes
20. Fried Green Tomatoes
21. Roasted Tomatoes
22. Chili Sauce
23. Tomato and Fried Egg Sandwich
24. Tomato and Goat Cheese Salad
25. Tomato Corn Chowder

Once thawed, a frozen tomato will slide right out of its skin. Much easier than poaching!





Enjoy your own garden to table experience with these recipes!

## BLT Deviled Eggs

- 6 hardboiled eggs
- 5 strips of cooked, crisp bacon, crumbled
- ½ cup fresh spinach (cleaned)
- Fresh basil leaves to taste (cleaned)
- 1 medium tomato, diced
- ¼ cup mayonnaise
- 1 teaspoon yellow mustard
- Salt and pepper

1. Set aside 12 spinach leaves, 1 TBS bacon crumbles, and 1 TBS diced tomatoes.
2. Chiffonade spinach and basil separately by rolling up leaves and cutting thin strips across the roll.
3. Peel eggs and halve lengthwise; remove yolks. Place yolks in a small bowl and mash with a fork. Stir in mayonnaise, mustard, and salt and pepper (to taste), then add bacon, spinach, basil, and tomato.
4. Place egg halves on a serving plate and put 1 whole spinach leaf in the bottom of each. Spoon egg yolk mixture on top of spinach leaves, sprinkle reserved bacon crumbles and diced tomato on top.

Courtesy of Iowa Egg Council >> [Find the recipe here!](#)



## Roasted Vegetable Potato Salad

- 1¾ pounds red potatoes
  - 2 tablespoon olive oil, divided
  - 1 cup (1/2-inch pieces) green beans
  - 1 cup thin diagonally sliced carrots
  - 1 small red onion, cut into wedges
  - 3 tablespoon balsamic vinegar
  - ½ teaspoon salt
  - ¼ teaspoon pepper
  - 4 slices of Swiss cheese, cut into ¼-inch strips
1. Cut potatoes into eighths and toss with 1 TBS of oil. Place on 15x10-inch baking pan, bake at 450 degrees for 15 minutes.
  2. Toss beans, carrots, and onions with 1 TBS of oil. Add to baking pan. Bake for 15 minutes or until vegetables are tender.
  3. Combine vinegar, 2 TBS water, salt, and pepper in medium bowl, blend with vegetable mixture. Cool to room temperature. Add cheese; toss to combine. Serve at room temperature or chilled.

Courtesy of National Dairy Council >> [Find the recipe here!](#)



# Tex-Mex Stuffed Peppers

- 12 ounces ground pork, 96% lean
- ½ cup water
- 6 tablespoons couscous
- 4 large bell peppers (any color)
- ¾ cup salsa
- 1 cup corn
- 2 teaspoons chili powder
- Salt and pepper
- ¼ cup shredded cheese

1. In a small saucepan, bring water to a boil. Stir in couscous, cover, remove from heat, and let sit for at least 5 minutes.
2. In a large skillet cook pork until no longer pink, about 4 minutes. Stir occasionally, breaking it up.
3. Remove tops from peppers and scrape out seeds.
4. In a large bowl, combine couscous, pork, salsa, corn, and chili powder. Season with salt and pepper to taste. Fill peppers with pork mixture.
5. Bake peppers in a shallow baking pan at 500°F for 10 minutes. Sprinkle cheese on top and bake for an additional 5 minutes until peppers are tender and stuffing is heated through.

# Pork Quinoa Salad with Cherries & Balsamic

- 1 pound pork tenderloin, trimmed
- 5 tablespoons balsamic vinegar, divided
- 3 tablespoons olive oil, divided
- Salt and pepper
- 1 cup quinoa
- ¾ cup dried tart cherries
- 6 scallions, thinly sliced
- ¼ cup almonds, sliced, toasted, divided
- 2 cups kale, or baby spinach leaves, shredded

1. Combine 3 TBS vinegar, 2 TBS oil, and pork in large baggie. Store in the refrigerator for at least 4 hours.
2. Remove pork from marinade, place on a rimmed baking sheet, and sprinkle with salt and pepper. Discard marinade.
3. Roast pork at 425°F for 25 to 30 minutes, depending on desired temperature. Let sit for 10 minutes, then slice pork into 1-inch pieces.
4. Cook quinoa according to package directions.
5. In a large bowl, combine pork and any cooking juices with quinoa, cherries, scallions, and 2 TBS of almonds. Gently stir in kale or spinach, 2 TBS vinegar, and 1 TBS oil.
6. Add more vinegar, oil, salt, and pepper to taste. Garnish with remaining almonds and serve.



Courtesy of National Pork Board >> [Find the recipe here!](#)



## Sweet Onion & Pepper Beef Sandwiches with Au Jus

- 3 pounds beef stew meat, cut into 1-inch pieces
- 2 medium sweet onions, cut into ½ inch wedges
- 2 red bell peppers, cut lengthwise into 1-inch wide strips
- 1 cup reduced-sodium beef broth
- ⅓ cup reduced-sodium soy sauce
- ½ cup no salt added tomato paste
- 6 cloves garlic, minced
- 8 French bread rolls, split, warmed
- Toppings: shredded Cheddar cheese, pepperoncini, pepper rings, assorted olives

1. Place onions in 5½ quart slow cooker; top with beef, then pepper slices. Combine beef broth, tomato paste, soy sauce and garlic; add to slow cooker.
2. Cover and cook on high for 6 to 7 hours or on low for 8 to 9 hours, until beef is fork-tender. Skim fat from cooking liquid, if necessary.
3. Serve in rolls with desired toppings.

Courtesy of National Cattlemen's Beef Association >> [Find the recipe here!](#)

# In Your OWN Backyard

Dr. Jennifer and Robb Ewoldt own and operate a farm in Davenport, IA, with their two sons Alexander, age 8, and Isaac, age 6. Their family farm is home to pigs, cows, and acres of corn, soybeans, and hay.

In addition to being a veterinarian, Jennifer writes a bi-weekly agricultural article for the Quad-City Times. She first had the idea to write her article after hearing many misconceptions about farming practices; Jennifer wanted to teach her community the truths of farming, using her own farm as the focus. One year after starting the article, Jennifer and Robb added a fun community event to the article, the annual, Picnic in the Pasture.

Picnic in the Pasture gives Jennifer the perfect way to show readers what she had been writing about. Those who attend tour the Ewoldts' farm and neighboring farms to experience first-hand the life of a farmer. Visitors also get to see farm equipment, livestock, and other staples of a traditional Midwest farm. The Ewoldts have a strong desire for Picnic in the Pasture to be a personal experience for everyone that comes. To do so, they have local farmers volunteer, so each family has their own tour guide.

This year the Ewoldt family will celebrate their sixth annual Picnic in the Park, which will be on Sunday, July 26th from 10am-4pm at 10386 Chapel Hill Road (130th ST) in Davenport, IA.



The Machine Shed encourages everyone to come out to the open house event to learn more about modern Midwest farming or just to meet the Ewoldt family.



The Ewoldts recommend packing a picnic full of farm-fresh products to enjoy your own garden-to-table experience, like they do so often using their own garden veggies. Don't worry if you don't live in Iowa; Wisconsin, Illinois, and Minnesota all have several farms to visit for you to learn more about Midwest farms and garden-to-table dining!

## Minnesota

[Waldoch Farm](#), a nearly 100-year-old vegetable farm, has won the hearts of canners and food preservers with their 35-acre garden full of local, fresh vegetables! They provided their community a true garden to table experience since the 80s with their pick-your-own vegetables opportunity. Waldoch Farm is hosting a salsa making class on August 22nd at 1pm to teach others about canning and preserving fresh vegetables. Those who attend will learn the salsa making process step-by-step from start to finish, as well as tips for your garden-to-table experience.

## Wisconsin

From July 31st – August 2nd, the [Soil Sisters](#) are hosting an immersive farming and culinary experience committed to healthy, farm-made, artisanal food products and other items, in the Monroe and Brodhead area. From heirloom tomatoes to emus, the farmers and artisan food producers share a diversity of farm experiences showcasing the summer's bounty! Choose from a variety of activities including a garden-to-table dinner on the farm, fun and educational workshops, and the Taste of Place culinary event.

## Illinois

The [Slagel Family Farm](#) is a 6th generation farm in central Illinois that raises and produces natural quality meats for the community and several Chicago restaurants. The Slagel Family invites the community to join them on July 18th or August 15th for dinner and a tour of their old-fashioned livestock farm to see how the food we eat is grown and cared for. Guests will have the opportunity to ask questions, hold baby piglets, gather fresh eggs, and interact with playful goats and lambs. The afternoon ends with a four-course meal prepared by a well-known Chicago chef, using products raised on the farm.



This story is compliments of the Iowa Food & Family Project. The Iowa Food & Family Project celebrates the continuous improvement of farm families and their dedication to providing wholesome food for everyone. Feed your curiosity with the Iowa Food & Family Project.

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