

# Pinehold Gardens *Field Notes*

Vol. 25, Week 6

August 14, 2019

## In This Week's Box (Everyone gets a box)

- Pac Choi
- Cucumbers, green and white
- Dill
- Onion, White Wing
- Tomatoes, slicers
- Basil
- Garlic, Armenian

## Next Weeks Box? (Only weekly members)

- Potatoes
- Beans
- Tomatoes
- Cucumber
- Chard or kale

## A DAY IN THE LIFE

We have not yet been able to reach our goal of taking Sundays off, but this Sunday we will as we travel to Spring



Life, meaning produce, is starting to turn the corner to a more productive season — finally. The tomatoes are reaching to the trusses of the greenhouse, the fall fields of kale, broccoli, cabbage and cauliflower are growing well. We are keeping on eye on an insidious disease of broccoli called black rot. So far so good for those crops.

Green to see MacBeth at American Players Theatre. If you haven't enjoyed the experience of seeing a play there, especially at the outdoor theatre, it is well worth the trip.

And remember to see some locally produced plays, especially at the theatres that hire local actors. Our favorite is Next Act Theatre where David Ceasarini produces plays that make you think in an intimate 150 seat space in the Fifth Ward. Keeping a small theatre running is a lot like our farm in that both depend upon returning subscribers for a base of support and word of mouth for most of the other sales.

## FIELD NOTES

Although rain is lightly falling as I am typing this Monday morning, we are running irrigation. We had stopped irrigating for a couple of days



Swallowtail butterfly caterpillars visited our farm sometime and took up residence in our dill plants. They were gently relocated to other plants and hopefully will fulfill their mission in life.

as monsoon rains were predicted for Sunday night. Instead no rain fell. We also missed Saturday night's rain. Next week is the anniversary of the Madison area and the towns of Mazomanie and Black Earth being flooded and the beginning of the rainy late summer season that destroyed many of our fall crops so are always nervous that the weather will switch from dry to wet.

David did the last of the direct seeding of the year this past weekend planting spinach, radishes, salad turnips, cilantro and more carrots.

## BOX NOTES

Pac Choi is not a summer crop due to its susceptibility to flea beetle damage and bolting, but we were looking for a fast growing crop.

The basil has started to develop Downy Mildew so use ASAP.

## STORAGE NOTES

**Dill** - It will keep in a jar on the counter for a couple of day. Otherwise put it in a freezer bag in the freezer.

## Food Tips: Bok Choi

It would be a shame to relegate this versatile vegetable to only the wok; it is a cabbage after all. However, if that is how you use it so be it. It will fit the role well as it has done for centuries in Asia.

Bok choy or pac choy is a leafy cabbage and as such is a nutritious vegetable. The stems are good raw or eaten with dip and the leaves can be used in a hearty salad if you're willing not to cook it.

But cooked, paired with garlic, ginger, sesame or peanut oil and other vegetables and rice, is where it really shines. Stir fry the stems first and then the more tender leaves. Add beef, pork or shrimp first before the vegetables to make this other than vegetarian dish.

## Sesame Soy Braised Bok Choy

From *From Asparagus to Zucchini*

- 1 head of bok choy
- 2 Tbs. peanut oil
- 1 Tbs. grated ginger
- 1/2 cup chicken stock
- 1 Tbs. toasted sesame oil
- 2 Tbs. soy sauce
- 2 tsp. rice vinegar
- 1 tsp. sugar
- Salt and pepper
- 2 Tbs. sesame seeds

Cut both stalks and leaves into large matchstick-size pieces, keeping two piles separate. Heat a large skillet or wok until very hot and add peanut oil, swirling the pan to coat the sides. Add the stems and toss for about 5 min. Add ginger and garlic and stir briefly, then add bok choy leaves, stock, sesame oil, soy sauce, rice vinegar, sugar and salt and pepper. Cover and reduce heat to medium low. Cook until the bok choy is tender. Remove cover, add sesame seeds and cook until the liquid evaporates.

## Tomato-Cucumber Soup with Basil



- 1 large cucumber
- 1 1/2 pounds ripe tomatoes, quartered
- 2 slices onion, rinsed
- 2 large garlic cloves, halved
- 2 Tbs. sherry or rice wine vinegar
- 2 Tbs. olive oil
- Salt to taste
- Silvered fresh basil leaves

Working in two batches, blend all ingredients, except basil leaves, until smooth. Transfer to a bowl and chill for at least two hours. Garnish with basil leaves.

## Braised Bok Choy with Plenty of Garlic

From *Vegetables Everyday* by Jack Bishop

- 1 head or bunch of bok choy (about 2 lbs.)
- 2 Tbs. roasted peanut oil
- 6 medium garlic cloves, sliced thin
- 1 cup chicken or vegetable stock
- Salt and pepper

Separate leafy green portions of the bok choy from the white stalks. Cut the stalks into thin strips. About 5 cups. Cut the leaves crosswise into thin strips. Set the stalks and leaves aside.

Heat oil in large skillet over high heat until almost smoking. Add the bok choy and stir-fry until slightly softened, about 2 mins. Add garlic and toss until slightly colored. About 2 mins.

Add bok choy greens, stock and salt and pepper to taste. Stir to combine and cover. Reduce to a simmer, stirring once or twice until the bok choy is very tender. Remove the cover and simmer until excess liquid is gone. The bok choy should be soft but not soupy.

