

Pinehold Gardens Field Notes

Vol. 18 No. 7, Week 6

August 15, 2012

In This Box

- Merida or Laguna carrots
- Gladstone Onion
- Red Norland potatoes
- Music garlic
- Estiva tomatoes
- Paste tomatoes
- Hungarian & Jalapeno hot peppers
- Ace sweet pepper
- Provider or Concessa beans
- Melons, in rotation

Next Week?

- Red beets
- Sweet peppers
- Onions
- Fennel
- Estiva tomatoes
- Collard greens
- Potatoes
- Eggplant, in rotation

A DAY IN THE LIFE

This past weekend I attended the 50th wedding anniversary of one of my dad's former coworkers. I was the Junior Bride in the wedding party. Although I was only 6, I remember the day well. My dad became good friends with many of his young coworkers who started their working careers as apprentices at Nordberg. It was an opportunity for kids without a college or technical education to start a career and go on to buy a home, have a family, retire and celebrate 50 years of marriage. The good old days.

FIELD NOTES

After the CSA delivery was packed and delivered last

Wednesday we worked until dark seeding more of our fall harvest crops in anticipation of rain the following day. We seeded tatsoi, mustard greens, gold beets and turnips. The previous week we had seeded red and watermelon radishes, red beets, carrots, green beans, rutabagas, Hakurei and Purple Top turnips.

The window is closing for direct seeding crops other than the really fast growing ones: lettuce, radishes, spinach and many Asian greens. Most things take at least 65 days to mature, even more with the shorter days and cool nights of late summer.

Rain did fall as we hoped so the seeds germinated, the transplanted crops look good, and a new set of weeds are growing.

EXTRA GARLIC

For those who missed this notice last week we offer extra garlic to our members. Just email us and we will leave a bag with your name on it with about a half dozen of the smaller heads at your dropsite.

AUGUST 26 FESTIVAL

I neglected to mention that the festival is open to the general public so feel free to invite friends and relatives. Please mention that it is a potluck lunch and that they should bring a generous dish to pass.

BOX NOTES

The ingredients to make salsa are in this box, except unfortunately for cilantro which fried in the heat and we didn't put in a new planting

in enough time. The short stubby green pepper is a mild Jalapeno with a nice pepper flavor and very little heat. The long yellow pepper is a Hungarian, mildly spicy.

A good way to enjoy paste tomatoes besides salsa is to roast them. Cut them in half lengthwise, and toss with olive oil and salt and roast at a low temperature to evaporate the juices and concentrate the tomato flavor. Adding garlic makes it even better. We call it confit.

We never wash potatoes before we deliver them to you. They are usually dug the day before so the skins are delicate. Potatoes also store better unwashed. Store potatoes in the paper bag at cellar temperatures. Do not refrigerate them as it turns the sugars to starch. They need to stay in the bag as potatoes turn green if exposed to light, making them mildly toxic to some people.

This was a putzy box to pull together with lots of individual items needing to be picked, washed and then bunched or weighed and bagged. The amount of beans and paste tomatoes that were delivered was decided by picking all the ripe ones and then dividing the total amount by the number of CSA boxes. We would have liked to have delivered a pound of beans to everyone, but the second picking of our 1,200 feet of beans only yielded 100 pounds. We had been blaming our choice of a new bean variety, Concessa, but the more information I gather, the more I realize that it was the July heat that affected more things than we

originally thought. The heat caused our field slicing tomatoes to drop blossoms and the summer squash, cucumber and melons to not set fruit in early July. I knew that most of those vegetables have a tolerance to about 90 degrees. Beans, besides dropping blossoms, also produced curled, deformed beans. I just read the latest newsletter of another CSA, Tipi Produce. Beth wrote that their beans have had flowers on them for 5 weeks, but have not yet produced beans yet as most flowers shrivel up and die. Steve, her husband, has 40 years experience growing vegetables and they have never seen beans do that. Beth figured it was the heat.

CSA, MARKET, RESTAURANT?

How do we decide where our produce ends up? The CSA has always been and still is our first priority. A few crops such as salad mix and arugula are grown just for the market and restaurants. Other than that, a crop is always delivered in the CSA boxes before it makes its way to the market. This year we doubt that beans, carrots, potatoes or melons will be at the South Shore market as the yields are just not there.

We have been working with Peter, the owner of La Merenda restaurant, since he opened it five years ago and now have weekly standing orders. This year we added four small cafes who order 5 pounds or bunches of this or that as we work towards building a strong relationship with them like we have with Peter.

Hash and Eggs

2 T. oil, divided	1/4 t. salt, or to taste
3/4 c. finely diced onions	1/4 t. pepper
1/2 c. finely diced sweet peppers	1-2 T. milk
1/8-1/4 c. finely diced hot peppers, to your taste	3 T. butter, divided
about 5 c. diced potatoes, cooked until tender	4 eggs
1/2 t. Worcestershire sauce	

In 10-inch skillet, heat 1 T. oil over medium-high heat. Add onions and peppers; cook, stirring, until onions start to brown. In medium bowl, combine onion/pepper mixture, potatoes, Worcestershire, salt, pepper. Stir in as much of the milk as necessary to help mixture hold together. In 10-inch skillet, melt 1 1/2 T. butter with remaining 1 T. oil over medium-high heat. Form hash into 4 patties. Cook 10-15 min. or until browned on bottom. Turn and cook 15 min. more or until browned on other side. Remove from pan and drain on paper towels. In clean 10-inch skillet, melt remaining 1 1/2 T. butter over medium-high heat. Add eggs, cook until whites are set. Serve 1 egg of top of each hash patty. Makes 4 servings.

Chilled Curried Carrot Soup

2 c. vegetable broth	1-2 t. curry powder
1 strip orange zest	Salt and pepper
1 lb. carrots, peeled and sliced	1/2 c. half-and-half or plain yogurt
1 sweet onion, diced	Mint sprigs for garnish, optional
1 T. orange juice	

In a medium saucepan, bring broth and orange zest to boil. Add carrot and onions, cover, reduce heat, and simmer for 15 min. Stir in orange juice, curry powder and cook another minute. Season with salt and pepper. Pure in a blender or food processor with half-and-half. Chill and serve, garnished with mint, if desired.

Sauteed Green Beans with Garlic, Onions, Sage, and Bacon

2 slices bacon, cooked and diced/ crumbled, reserving the bacon fat	1/2 lb. green beans, trimmed and cooked until tender, drained
1 small clove garlic, chopped	2 fresh sage leaves or 1/2 tsp. dried sage
1/2 onion, sliced	Salt and pepper

In a large skillet, heat the bacon fat and add the garlic, onions, and beans. Cook, stirring, about 3 min. Add the sage and season with salt and pepper. Serves 2

Italian Tomato Sauce

based on a *Moosewood Cookbook* recipe

3 T. olive oil	2 bay leaves
1 c. chopped onion	Salt 1/3-1/2 c. olive oil
1 T. garlic, diced	4 1/2 c. chopped tomatoes, approx.
1 c. chopped green pepper	1 6 oz. can tomato paste
2 t. dried basil (or fresh but add at the end)	2 T. dry red wine
1 t. oregano (ditto on fresh)	

Saute the onions and garlic and then add the rest of the ingredients, saving the herbs until just before serving if using fresh herbs. Serve with fresh parsley. Possible options include mushrooms and a finish of parmesan r romano cheese.