

Pinehold Gardens *Field Notes*

Vol. 25, Week 7

August 21, 2019

In This Week's Box (Only weekly members)

- Beans, green and purple
- Cucumbers, green, some white
- Tomatoes, Ruby Crush grape
- Swiss chard, Bright Lights
- Tomatoes, slicers
- Zucchini and/or Zephyr squash (most sites)
- Broccoli (Simons Gardens)
- Sweet bell peppers
- Potatoes, Peter Wilcox

Next Weeks Box? (Everyone gets a box)

- Celery
- Onion and garlic
- Tomatoes
- Cucumber
- Kale medley
- Beets

A DAY IN THE LIFE

Our Sunday off attending a performance of Macbeth at American Play-ers Theatre in Spring Green was a nice break from farming. We decided that

Macbeth is the least favorite of our Shakespeare tragedies where, by my definition of Shakespeare tragedy, most of the lead characters die. I think I will choose a more uplifting play next year, although Macbeth, with it's theme of political ambition, was very appropriate for today's times.

I have heard so many people say

in the last few weeks "Where has the summer gone?" as their vacations end, and they or their children go back to school. Exactly two months ago, June 21, the calendar start of summer, we had our heat on in the house as it was 47 degrees outside in the morning. So there was very little summer.....eight weeks to be exact.

And with the end of summer comes an end to our summer worker share crew. We will sorely miss both Ken(13 seasons) and Pat (14 seasons). Both teach and return to their jobs earlier than in years past. They both have become dear friends that we stay in touch with year round.

We can fill in the spots with parents whose children are back in school.

FIELD NOTES

No rest for the weary (us) and no drink for the thirsty (plants) in the near future. Channel 12's weather on Monday had happy faces and "extended dry period" over their weather icons for the week. What about farm-

ers, trees, and perennial plantings that need rain? We are irrigating 24/7. 1.4 inches of rain in August so far.

Our second crop of summer squash and zucchini is better than the first.

Thanks to our Monday crew much progress has been made weeding.

BOX NOTES

The grape tomatoes are great on salads but also are tasty roasted or cooked down into a sauce.

Although small in size, we decided to include a couple of sweet peppers.

The potato is an all purpose variety.

FOOD NOTES

Broccoli - Keep in a plastic bag and in the refrigerator. Storage life is only usually a week. Stems are good to eat too but require more cooking time.

Green beans - Keep in a plastic bag and in the refrigerator. Storage life is only usually a week. Remember to break off the little pig tail stem at the end of the bean. Cutting the bean up will quicken the cooking time.



Planted on July 15 by a hard working crew in real summer heat, the field of broccoli, cauliflower, kale and cabbage has done well with persistent watering and regular weeding. We will begin the harvest of this field next week. Although a nasty bacterial disease called black spot has been spotted on other kale plants, it has not been found in this field. There is an organic approved biocide that is effective should it show up.

Food Tips: Swiss Chard

The only connection Swiss chard has with Switzerland is the botanist that described the plant in the 16th century came from there. It is a Mediterranean plant that grows well in our climate from spring to fall.

It is in the beet family, fairly nutritious and versatile. The chard we delivered earlier has a mild enough taste to eat raw in a salad with other hearty greens. This variety with multicolored leaves and stems is a little more robust and probably better cooked than eaten raw.

Remember when cooking chard to add the stems first and cook them until they are tender and then add the chard leaves.

Swiss chard works well in stir fry, soups and stews and in pasta and egg dishes. It holds its color so it can make for a very colorful presentation.

Chard, like most leafy greens, should be stored in the refrigerator in a sealed plastic bag. It will last a week or so that way.

Dear Sandy and Dave,

Did I tell you how much I love summer tomatoes? Did I mention that it makes me crave BLTs?

Some of my favorite childhood memories are of being in my mother's garden and eating the fruits (and vegetables) of her labors. She never forced me to eat anything. But she would not let me reject something without first trying it. Once tried, if I didn't like it I didn't have to eat it. To this day, I am certain that is why I love all fruits and vegetables, and I'm willing to try anything once.

The first tomatoes of summer are such a welcome treat. Big juicy specimens, redolent of summer sun, beg to be paired with bacon and put between a couple slices of whole grain bread. With a light swipe of mayonnaise, and some fresh leaf lettuce it becomes one of my favorite summer meals.

I've attached a photo of that big, beautiful tomato that was in this week's box and the resulting sandwich I made the following night. It's actually a BLTB ... bacon, lettuce, tomato and basil - since there was also fresh basil in my box. Oh, my my! It was heavenly!

Pinehold Member and Friend,
Sheldyne Himie

Swiss Chard Pie

From *From Asparagus to Zucchini* by Fair Share

1 onion, chopped
1 garlic clove, minced
2 Tbs. oil
1 bunch Swiss chard
6 eggs
1 cup shredded cheese
2 pie crusts
Salt and pepper to taste



Heat oven to 400 degrees. Brown onion and garlic in the oil. Chop chard and add to the pan and cook down until wilted. Beat eggs in a bowl and mix in cheese, salt and chard mixture. Pour into pie crusts and bake until knife inserted into the center comes out clean. About 30 to 40 minutes. Makes 2 pies.

