

# Pinehold Gardens *Field Notes*

Vol. 25, Week 8

August 28, 2019

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

- Celery
- Onion
- Tomatoes
- Cucumber, Silver Slicer
- Kale medley
- Beets, red with greens
- Summer squash for most sites
- Garlic

## Next Weeks Box? (Only weekly members)

- Collard greens
- Garlic
- Tomatoes
- Peppers

### A DAY IN THE LIFE

Some people ask how can we manage a household and a farm? Well, the household part is a challenge and we only manage to keep the kitchen and bathroom clean and not cluttered year around. Bills do get paid and the house, we sporadically clean, and deep cleaning doesn't happen until November. As clutter, paperwork and dust accumulates over the summer and fall months one gets used to it as quite frankly we are only awake in the house for a couple of hours a day. Late August and September are more challenging as we try to can and freeze produce for the winter months.

### FIELD NOTES

We received almost two inches of rain on Monday, August 26, an acceptable amount for the plants as it was so terribly dry. It was close though as the collards were pretty wilted looking Tuesday morning from the saturated ground. It started raining on this exact same date last year and it never stopped until well after Labor Day which led to a huge loss of many of our fall crops. This year

## PEOPLE'S DINNER

**Sunday, Sept. 8**

**4 pm to Sunset**

**\$50 per person**

**Prepared by**

**La Merenda staff with**

**produce from Pinehold. Dinner**

**includes two cocktails, beer and wine,**

**passed appetizers, four entrees and**

**dessert.**

**Reservations:**

- 2 people per membership.

Shared memberships, 4 persons.

- Members' priority reservations starts today and goes through Friday, Sept. 30. Send an email with

"DINNER" in the subject line and the number of attendees and your name

- Two guests per membership will be allowed in after the priority deadline.

- Send check or email or call with a credit card number. There will be a small charge for credit card orders.

- No checks will be cashed or cards processed until we are sure the weather will cooperate as we will cancel in the case of inclement weather.



the forecast looks slightly better with a mix of dry and rainy days ahead.

house and trying new varieties such as the Silver Slicer cucumber.

### BOX NOTES

The celery was grown in our hoop house, planted close together, which resulted in a smaller, but a more blanched tender head than when it is grown in the field. In February I take a "vacation" and attend a conference in Madison where I learn to try new techniques, like growing celery in a hoop

### FOOD NOTES

**Celery** - Stems and leaves can be chopped and frozen without blanching for use in soups and stock.

**Kale** - Similar to the familiar Russian kales, this week's varieties can be used in soups and stews, but also massaged with a vinaigrette for a hearty salad base.

## Food Tips: Beets



Pretty much everyone knows that beets are healthy for you. “Beets are edible from their leafy greens down to the bulbous root,” says Jackie Jones, a registered dietitian nutritionist working with Marquette University and the Families Inspired Together (FIT) Program.. “ Not to mention, they are low in calories and a great source of nutrients, including fiber, folate, vitamin C, potassium, and magnesium.”

Beets are also delicious. Cooked either by steaming or roasting, the natural sugars in the root are brought out, especially as the weather turns cooler.

Our favorite way of having beets is eating them roasted with the skins on. But if you must remove them after roasting, let them cool just a bit then simply wipe the skin off with a paper toweling.

Making a salad of roasted vegetables including beets with simple mustard and honey vinaigrette is a nice hearty salad for a first course or main course.

**Storing Beets:** Beets should be stored separate from the beet greens, keeping both in sealed plastic bags in the refrigerator. The greens will last a week or so but the bulbs will last a month or longer.

## Moroccan Beet Salad

From Pinehold member Rita Collen

- 6 to 8 medium beets
- Juice of 1 lemon
- 2 cloves garlic, finely minced
- 4 Tbs. extra virgin olive oil
- 1 tsp. ground cumin or to taste
- Salt and pepper to taste
- 1/4 to 1/2 cup fresh parsley, diced

Roast or boil beets until they are tender when pierced with a fork. Cool, peel, and cut beets into bite-size pieces. Place in a mixing bowl.

While the beets are cooking, whisk the lemon juice, garlic and cumin together in a small bowl. Whisk in olive oil to make a dressing. Pour the dressing over the beets and toss gently to coat. Season with salt and pepper. Allow the salad to sit, refrigerated, a few hour hours. Before serving, sprinkle with parsley.

## Minestrone

From *How to Cook Everything* by Mark Bittman

*This is a basic recipe for minestrone or vegetable soup to build on, Bittman writes.*

- 1/4 cup extra virgin olive oil
- 1 medium onion, diced
- 1 celery stalk, diced
- 1 carrot, diced
- Optional: 1/2 cup chopped prosciutto
- 1 1/2 - 2 cups chopped hard vegetables, such as potato
- Salt and pepper
- 6 cups stock
- 1 cup or more chopped tomato
- 1 1/2 -2 cups chopped greens such as escarole or kale
- Options: 1-2 cups cooked white beans and 1 1/2 cup uncooked pasta

Saute onion, carrot and celery. Add potatoes and stock. simmer until potatoes can just be poked with a fork, then add the greens. Season with salt and pepper. Serve with Parmesan cheese or a dollop of pesto.

