

Pinehold Gardens Field Notes

Vol. 18 No. 9, Week 8

August 29, 2012

In This Box

- Concept lettuce
- Gold Rush wax beans
- Red Norland potatoes
- Carrots
- Estiva tomatoes
- Bridger onion
- Music garlic
- Cucumber
- Eggplant, in rotation
- In the exchange box
Zephyr & zuch squash

Next Week?

- Lettuce
- Cabbage
- Potatoes
- Pepper medley
- Onion
- Tomato medley
- Eggplant, in rotation

A DAY IN THE LIFE

The rain didn't deter at least 75 people from enjoying a delicious potluck lunch and cooking and salsa making demonstrations at our End of Summer Festival last Sunday. I really don't think the kids even knew it was raining and thanks to the help of Tracy Borzick, 23 birdhouses were painted. And for the record it rained from 11:01 until 4:09, exactly covering the time span of the festival.

Peter Sandroni's ceviche recipe and Tammy Peacy's collard recipe featured at the event are included on the recipe page.

FIELD NOTES

Despite the five hours of rain on Sunday, only a 1/4 inch fell. Tomorrow we will be setting up irrigation on our direct seeded fall crops. I now

realize that it will take a lot of rain to really soak down into the subsoil and that the effects of the drought will continue to be felt until that happens.

TOMATO UPICK

Each membership is allowed 10 pounds of paste tomatoes, enough for an eight-pint batch of canned salsa or about seven pints of canned tomatoes. The first upick day is today from 3 to 7:30 pm. We will be out on delivery or in the field after delivery, but the procedure is simple. (1) There will be white buckets on the picnic table next to the driveway. Take a bucket, head west through the narrow path through the woods. (2) There are three rows of tomatoes, each a different variety. Look for the ripest tomatoes and be sure to remove the green stems so that they don't poke each other. (3) Return to the picnic table and transfer your tomatoes into a box, leaving the bucket behind for the next person to pick. The boxes are our seconds that we do not use for packing as they have ripped bottom flaps, so be sure to hold the bottom of the box as you leave.

The next upick will be this Saturday from 10 a.m. to 4 p.m., but please check the website under the calendar page to make sure the upick is taking place. It's possible it may be suspended to let more tomatoes ripen.

BOX NOTES

A summer box just in time for the hot couple of days coming up. Enjoy a nice cool lettuce salad topped with the

last cucumber of the season or a Nicoise salad with lettuce, grilled salmon or tuna, beans, potatoes, hard boiled egg and Nicoise olives.

Our wax or yellow bean patch produced beautiful, straight, great tasting beans. They were a tedious joy to pick after hunting and pecking through the previous planting that suffered from the heat.

The head of lettuce was transplanted on July 23. It was 103 degrees that Monday and the lettuce was the last crop we transplanted at the end of a long sweaty 12 hour day as the sun was setting. It tastes especially good to us.

We have delayed harvesting our potatoes this year as the initial set of potatoes was very small in poundage and potato size as a result of the drought. But with the five inches of rain we received the last two weeks of July, they set another round of tubers and the initial potatoes sized up. And unless the remnants of Hurricane Issac dumps 3 to 6 inches of rain on us (a possible scenario according to two weathermen last night) we should have a good supply of potatoes in the coming weeks. (Sorry, Rob.)

The Music garlic variety is a favorite of many people as it is very mild.

Some of the carrots were huge, over a half pound each. A pound of carrots is in each box, so a few of you might receive only two to three large carrots but they are as sweet as the small ones.

Last week we started rotating a second eggplant through the sites. This is a first for us

as our heavy soil and cool nights are not conducive for eggplant production so the hot July was good for something.

I was fearing that we were over squashing so they are in the exchange box this week. Shred some to freeze for some winter quick breads.

LETTER DEPARTMENT

"Dear Sandra and David,
"Max loved his time on the farm and told his mom, Samantha, about the pig in his house and the chickens. The carrots were the biggest hit with him though, by far. He called good-bye and thank-you a couple times from the car before I drove off. Don't know if you guys heard it.

"The carrot bunch was tucked next to him in his carseat for a while. Meanwhile, he broke off a couple carrots and held one in each hand until we reached my house to tend the dog. He brought those broken-off carrots into my house, telling me we were to leave the rest of the bunch in my car. He washed a full carrot at my place and walked around eating it.

Fast forward to his house. He brought in all the remaining carrots. At dinner, he went into a 3-yr-old's mini-temper tantrum 'cuz he didn't like one aspect of the meal Samantha had prepared. Instead, he grabbed a carrot, and then another one, washed them in the sink and went into the frontroom to eat two, whole raw carrots for his supper, after he'd had one for that earlier snack.

"Again, thanks. Your impromptu gift became

(Letters, cont.)

a very healthy event for him and an entertaining event for Sam and me.”

Beverly Flechsig, Member

SPECIAL EVENT DINNER

On Saturday, September 15, the *Farm Fresh Atlas of Southeastern Wisconsin* will be holding their Real Farms, Real Food dinner. Proceeds for the dinner go to help publish this popular and useful guide to local food in our area. The dinner will be held once again in the picturesque Oconomowoc Lake Club. The dinner menu is replete with local food and features the culinary talents of Bruce Evans from the Culinary School of MATC, Jack Kaestner, former chef for the Lake Club and now instructor for the Culinary School at MATC, Tyler Sailbery from The Black Sheep restaurant in Whitewater and Peter Sandroni, chef and owner of La Merenda in Milwaukee.

There will be a silent auction and hors d'Oeuvres beginning at 6 p.m. and the dinner will be at 7:30. The price for the event is \$65 per person for adults and \$40 for youth 5 to 12 years old. Kids under 5 are free.

This event is critical to the Atlas and your support is greatly appreciated. You can get more information and purchase tickets by going to the Atlas's website, www.farmfreshatlas.org.southeast/fundraiser.htm.

Budding Artist's Page

The following is a story written and planned to be read and performed at the Summer Festival this past Sunday. Due to the unfortunate weather and prior obligations our two budding artists were unable to share their work. They would like to share it with you, however.

Our authors are Solomyn, 10, and Maxie, 12, daughters of our members Rita and Jeff Collens, attend the Racine Montessori school.

The Farm Where the Fairies Fly

A few weeks ago, we were wandering around the farm, exploring the woods and the fields. At one point, we wandered into a place. It looked very inviting. We decided to go farther and farther. Deeper and deeper. Until we found The Fairy Place. A place made by the enchanted Farm Fairies. This is where the fairies come to feast and relax after a hard day of work.

One Fairy, called Flora, the empress of the Pinehold Fairy Clan, and her two closest friends, Nutmeg and Peanut, are the kind and queen of the field mice. Peanut is a brave king and is not afraid to fight off anything in his way. Nutmeg is a modest queen willing to do anything for her people and her friends.

Nutmeg and Flora, cook all the meals for the fairies and mice while Peanut sets the table. When the food is done all the mice and fairies gather around to eat together. When everyone is done eating, they all say and squeak good night, and thank the three friends for the lovely meal.

The fairies they fly into their trees and lay down on the branches. The mice crawl into their holes and cuddle up together in the corner. And they all fall asleep.

In the morning the fairies once again begin planting and harvesting vegetables and the mice begin another day of gathering food for winter. And to this day, they all live happily.

The End

Asian Ginger-Carrot Dressing

1/4 c. shredded carrots	2 T. water
1/4 c. minced onion	1 T. tomato paste (or ketchup)
1 T. minced fresh ginger	2 t. soy sauce or tamari
1 small clove garlic	1 1/2 t. raw sugar
1 T. minced celery	1 t. lemon juice
3 T. peanut or sesame oil	Salt and freshly ground black pepper
3 T. rice wine vinegar	

Place all ingredients in blender and process until smooth. Refrigerate a few hours before using so flavors can meld. The longer it sits, the better it is.

Potato Salad with Yellow and White Beans

1 1/2 lbs. potatoes	1/4 t. black pepper
1 lb. yellow wax beans	2 T. chopped fresh basil
1/2 c. olive oil	1/3 c. thinly sliced sweet onions
3 T. cider vinegar	1 15-oz. can white beans, rinsed and drained or about 1 c. dry white beans, soaked and cooked
1/2 t. salt	

Put large pot of salted water on stove. Cut potatoes in half then into 1/2-inch thick slices. Add potatoes to water and bring to boil; cook until just tender, about 10 min. While potatoes are cooking, cut stem ends off beans and snap in half. In large serving bowl, whisk together oil, vinegar, salt, pepper. Stir in basil and onions. When potatoes are done, lift out of water with slotted spoon and place in serving bowl. Return water to boil. Add beans and cook until crisp-tender, about 5 min. Drain beans and add them to bowl. Add white beans and gently toss everything together. Add more salt and pepper to taste. This salad is delicious warm, at room temp., or chilled.

Collard Green Sauce

from *Tammy Peacy, Pinehold member and former owner of The Nook Cafe in Kenosha*

2-3 lbs collard greens, stem removed	3-5 cloves of garlic
4-6 plum tomatoes, seeded	2 cups water or stock
1 small bell pepper	1 T. salt
1 Jalapeno, roasted, peeled, seeded	1/2 T. lime juice
1 medium onion	1/2 T. cumin

Roughly chop first six ingredients and throw into a pot big enough to hold everything. Add water or stock. (If using stock, adjust salt if needed.) Bring water to boil, then reduce to simmer. Stir in Salt, Lime Juice, and Cumin. Cover and cook until everything is soft, or about 30-45 minutes. Or put everything into crock pot on low for the day. Puree with emersion blender or food processor. Makes 4 cups of sauce. Use as a condiment, add to chili, soups, dips, and sauces. Replace Jalapeno, Lime Juice and Cumin with different peppers and spices to compliment a variety of dishes. Substitute kale or other greens for all or some of the collards.

Ceviche

from *Peter Sandroni, chef and owner of La Meranda restaurant*

Salsa:	Marinade:
1/2 c. cucumbers, diced	1/3 c. lemon juice
1/2 c. tomato, seeded, diced	1/3 c. lime juice
1/4 red onion	1/3 c. orange juice
1 T. hot pepper, diced	options:
1 c. watermelon, diced	1 T. ginger
2 T. cilantro	2. T. Rice wine vinegar
Salt to taste	
1 c. marinated fish, diced	

Using a firm fish, (Peter used a Monterey Bay Aquarium approved fish from Uruguay), dice it into small pieces and marinade for at least 1/2 hour. Dice the other ingredients, reserving some of the juice from the watermelon. After fish has marinaded, combine all the ingredients. Add a little sugar and lime juice to the reserved melon juice and add to the ceviche. This later step will enhance the melon flavor.