

Pinehold Gardens *Field Notes*

Vol. 16 Week 3

August 4, 2010

A DAY IN THE LIFE

We are still here. The rain threatened to wash us away and now the mosquitoes are trying to lift us away but we're holding on. With the standing water in fields, the nearby marsh and slow-moving river, and the underbrush in field edges, we offer prime real estate for skeeters. David dug potatoes on Monday wearing his bee hat and netting and I harvested the basil wearing a hooded sweatshirt with mosquito netting over it. Our worker share harvest crew pulled green onions from a field next to Lake Pinehold and reached under 500 squash plants sending thousands of mosquitoes into the air. Deet products such as "Off" are off limits on our farm so it was grin and bear it time. We could be a test site for natural products.

We could also be a site for the exercise boot camps. Last week before the market opened up at South Shore Park I stared at people swinging sledge hammers at tires and hopping over hoops. I thought why aren't they volunteering at a farm or garden where you can be productive and loose weight at the same time.

FIELD NOTES

By 4 p.m. last Thursday some of the fields had dried out enough to resume planting our fall crops. The inch of rain we received 12 hours later and the foggy mornings set us back for another three days, but we are back in the fields. We have replanted beans and carrots and have about half of the fall kale and broccoli plants in with more plants and seeds being planted tomorrow. As I've said before, one of the hardest things about CSA farming, besides the weather challenges, is the constant succession planting and knowing which varieties to plant when. I have come a long way from my Memorial-Day-only garden planting days.

Three weeks after we started harvesting our garlic we are still at it. It is

harvested by loosening the soil just under the bulbs with an undercutter bar on the back of the tractor. Obviously getting traction in the wet soil is a problem, and harvesting and planting for the CSA is our highest priority.

We tried harvesting potatoes for the market last Friday and we found what we expected to find, rotting potatoes. Back in the fall of 2007, which was the beginning of the rain events for us, we called a potato farmer friend and he told us that we should just let them be for awhile and what is going to rot will rot. By Monday David had harvested over 300 lbs. of potatoes from a 300 foot row, a great yield for us given many of the potatoes rotted. Without the rain it would have been a record harvest.

HONEY FOR SALE

Besides having honey for sale at the farm, we will now have honey at our Greenfield and Racine dropsites. You can either write a check or there will be a cash box at each site. I can also bring some to the Farmers Market at South Shore on Saturday mornings, if you preorder it. Jim, the honey vendor at the market was David's bee keeping teacher so we are limiting our honey sales at the market to CSA members. Remember if you bought a market share you can also use the money to buy honey.

WHO HAS THE BOXES?

PLEASE return your old box each week when you pick up your box. Also carefully follow the instructions that were included in the first box. A number of new boxes were returned with ripped bottom flaps

FARM FRESH ATLAS

We think one of the best resources for farmers and customers is the Farm Fresh Atlas for

In This Box

- | | |
|-------------------|--------------------|
| • Fresh garlic | cucumbers |
| • Estiva tomatoes | • Green onions |
| • Basil | • Red or green |
| • Red Norland | crisphead lettuce |
| potatoes | • Empress green |
| • Zeph summer | beans for half the |
| squash | members |
| • General Lee | |

Next Week?

- | | |
|-----------------|------------------|
| • Beets | • Cucumbers |
| • Green cabbage | • Cantelope from |
| • Onions | Tipi Produce |
| • Tomatoes | • Garlic scapes |

Southeastern Wisconsin. Inside this free publication is more than 100 farmers who sell directly to the public and a couple of dozen businesses who support local food. However, while the Atlas is free to the public, it costs thousands of dollars to put together, and it's has been largely self-funded. This year the finances are particularly tight for the Atlas and the organizers are holding a fundraiser dinner at the Oconomowoc Lake Club to help meet expenses for the 2011 Farm Fresh Atlas. Please consider joining folks from our area for a sit down dinner at the beautiful Lake Club on September 11. A silent auction and hors d'oeuvres begin at 6 p.m. and dinner follows at 7:30. The cost is \$65 for adults and \$40 for youth between 6 and 12. Kids 5 and under are free. (See attached email postcard for ordering or contact us.) The dinner will be an all local food affair prepared by our friend and well-known local food expert Chef Jack Kaestner. By the way, we are also collecting silent auction items.

BOX NOTES

I believe this is the earliest that we have ever delivered tomatoes to

Recipes of the Week

SPICED POTATO SALAD, Annie Wegner

1 lb. potatoes	1 tsp garam masala
1 small (or half a large) onion, minced (about 1 cup)	1 clove garlic, minced
2 Tbsp butter	½ tsp ground coriander
1 Tbsp brown mustard seed	2 Tbsp water
2 tsp sweet curry powder	½ tsp sugar
	½ tsp salt

Bring a quart of water to a boil with ½ tsp water. Add whole potatoes and boil until tender when poked with a knife. Drain potatoes and rinse in cool water, drain again. Chop into ¼-½ inch cubes. Place in a large bowl, cover and set aside until ready to mince the onion. In a large skillet, heat butter over medium heat. Add mustard seed when hot. Stir and watch carefully. When seeds begin to pop, add minced onion. Lower the heat and saute onion, stirring, until soft and translucent—about 5 minutes. Add water, sugar, salt, simmer until thick paste is formed (about 1 minute). Add potatoes and toss gently until colorful and warmed through. Serve warm, room temp., or cold. Serves 4-6

POTATO AND SUMMER SQUASH PANCAKE NESTS, Annie Wegner

2 medium summer squash, shredded (about 2 ¼ cups)	thyme, crushed
1 ½ lbs. potatoes, shredded, about 4 cups	½ tsp salt
¼ cup all-purpose flour	¼ tsp ground black pepper
5 large eggs	1 Tbsp canola oil
2 tsp chopped fresh thyme or ½ tsp dried	Mixed Greens

Preheat oven to 425 degrees. Lightly spray two small baking sheets; set aside. Drain squash in a colander; press to squeeze out excess liquid. In large bowl combine squash, potatoes, flour, 1 of the eggs, thyme, salt, pepper. In a large skillet, heat half of the oil over medium heat. To make a pancake, spoon about a 1-cup portion of potato mixture into skillet; evenly press and round edges with back of spatula to form a pancake. Cook two pancakes at a time, 4-5 minutes each side or until golden brown, turning once. Transfer to prepared baking sheet. Repeat with remaining oil and potato mixture. With back of a spoon, gently press each pancake, slightly off-center, to make a 3-inch-diameter depression, deep enough to hold an egg. Pour one egg in each nest. Place pancakes with eggs in oven, being careful not to tilt baking sheet. Bake uncovered 10-12 minutes or until eggs are cooked through. Transfer pancakes to serving plates. Serve with dressed salad greens.

SWEET AND SOUR CUCUMBER SALAD, Annie Wegner

2 medium cucumbers	2 Tbsp sugar
½-1 medium yellow onion (or 1 bunch green onions)	½ tsp salt
2 Tbsp (any kind) vinegar	¼ tsp freshly ground pepper
	1-2 Tbsp olive oil (optional)

Peel cucumbers, if desired, slice them in half lengthwise and use a small spoon to scrape the seeds out. Discard seeds, then slice cucumbers about ¼-inch thick. Slice onion(s) ½-inch thick and break apart. In a medium bowl, combine vinegar, sugar, salt, and pepper. Stir to dissolve sugar, then add cucumbers and onions. Add oil, if desired. Serve at room temperature or cold. This salad keeps well in the fridge for several days. Serves 6.

BAKED SUMMER SQUASH, Annie Wegner

2 large summer squash	½-1 cup cheese (Parmesan, Asiago, Romano)
2 Tbsp olive oil	
2-3 garlic cloves, minced	½-1 cup unseasoned dry bread crumbs
½ cup chopped fresh basil	

Preheat oven to 400. Wash squash and trim ends. Slice lengthwise about ¼-inch thick. Spread 1 Tbsp oil in bottom of 9x13-inch baking dish. Toss cheese with basil. Layer squash slices. Scatter them with half the minced garlic, half the cheese/basil, half the bread crumbs. Drizzle with ½ Tbsp oil. Repeat, layering squash, garlic, cheese/basil, bread crumbs, ending with a drizzle of oil. Bake 20 min. or until tender. Serves 4.

our CSA members and for an early variety they are pretty tasty. The ones that were growing closest to the ground have some blemishes that probably came from rain splash and the high humidity of the understory.

The basil has not been washed. Washing basil and then refrigerating it increases the chances of it turning black from cold injury. I would recommend cutting off the ends and placing the bouquet in a glass of water with the plastic bag still over it in the refrigerator. If you don't plan on using it soon it can be frozen by placing the leaves in a food processor with some olive oil and then putting the puree in ice cube trays. We also make the beginnings of pesto this way by adding fresh garlic.

The bountiful harvest of summer squash has just about come to an end. We do have a planting of green zucchini that should start producing in a couple of weeks.

The potato variety is the same variety that was in the first box. The grocery stores often refer to them "new" or salad potatoes. To us they are a nice early potato.

The lettuce is a crisphead variety, one that can withstand summer heat and not bolt. It is similar to a iceberg, but not as dense. One side of most of the heads have some pelting rain damage. I am just pleased that 150 of 500 survived to be included in this box.

Since the rains suffocated half of our bean plantings, we only have enough beans for half of our members this week. The other half will receive them within the next two weeks.