

Pinehold Gardens Field Notes

Vol. 18 No. 7, Week 5

August 8, 2012

In This Box

- Concessa green beans
- Orion fennel
- Red Norland potatoes
- Gladstone onion
- Zucchini or Yellow summer squash
- Basil
- Estiva tomatoes
- Cucumber
- Swiss chard
- Melons, in rotation

Next Week?

- Roma tomatoes
- Carrots
- Onions
- Garlic
- Estiva tomatoes
- Pepper medley
- Potatoes
- Melons

A DAY IN THE LIFE

Most weeks I feel like I'm in training for a marathon, with each week filled with long days. Although we are really tired we keep pushing until 8 p.m. on Saturday night when we know that the next day is Sunday, our day "off" or at least a slower-paced, easier work day. A member of the work crew asked me yesterday what we do on our day off. It certainly has changed since our desk-job lives. We used to go for hikes and bike rides. Now we ask ourselves what can we do that doesn't require a lot of walking or even standing. In winter we go to a lot of movies, but in summer, even though we are outside all the time, we don't want to be inside at a movie. We used to read restaurant reviews and try new restaurants. Now we

will only eat at a restaurant if we know the owner and we know where the food is from. So we end up staying home a lot. There we relax and read.

FIELD NOTES

Picky farmers. Never-happy. We need rain now. Lots of seeds and young transplants for fall and winter harvest have been planted in the last week. I guess it is true what I heard some time back that it will take 10 inches of rain to get us out of the drought. Obviously 5 inches got sucked up by the ground below or by the plants.

The large investments we have made over the past four years in two hoophouses have really paid off, producing carrots, Romano beans, beautiful cucumbers and tomatoes for the CSA boxes. Now the bean and cucumber trellises and the forest of dying plants have to be taken down in one of the houses so it can be planted with crops for the fall and winter market.

VISIT OUR WEB SITE

A number of pictures of what's growing have been added to the News & Muse section of our web site with more to come in the next few weeks. Worker shares and members have contributed to this effort. Ken Knetzger, worker share, volunteer and friend is the creator and force behind our lovely web site.

EXTRA GARLIC

Every year 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.

WHO HAS OUR BOXES?

We are missing at least 50 boxes. For the last two weeks we leave 26 boxes at one of our dropsites but pick up only 16 empty ones. We are running out of boxes.

END OF SUMMER FESTIVAL, AUGUST 26

I keep forgetting to put this reminder in the newsletter. Our annual End of Summer Festival and Open House is the Sunday before Labor Day weekend, August 26. from 11 a.m. - 4 p.m.

The highlight of the day is a bountiful pot luck lunch at noon. Other activities include a cooking demonstration, canning lessons and a kids project. We are also hoping that the Upick tomatoes will be ready to pick.

I know everyone has a busy schedule and that the summer is full of festival opportunities, but we really enjoy sitting down and visiting with members old and new on a Sunday afternoon. We hope you will too.

BOX NOTES

The greenhouse continues to produce a beautiful bounty of tomatoes. The field tomatoes, planted the first week of June aren't even close to being ripe.

The onion variety is a sweeter one, not as sweet as a Walla Walla, but it can be eaten raw.

Yes, the basil in your box is a whole plant. We had extra seedlings and a bed next to

the paste tomato plants so we planted basil with the idea that when the basil was large the tomatoes would be crowding into that bed so we could pick the basil and the tomatoes would have more room. We freeze basil for winter use by pureeing basil and olive oil and putting the mixture in ice cube trays and then putting the cubes in a sealable bag. It's great for soups, sauces or the beginnings of pesto.

Two deliveries of carrots — one this week and one next week — has become one delivery of carrots next week as a new variety never produced large carrots.

Marie, our late shift worker share loves green beans and fennel. Since there are green beans in the box we included a fennel. She cores the fennel, dices the bulb, blanches both the fennel and green beans and serves it hot or cold with olive oil, feta cheese, salt and pepper. Tomatoes and basil are also a nice addition.

The cucumbers and squash really responded to the late July rains. So in the box is a surprise delivery of a cucumber and another round of summer squashes. I am keeping track of which site I send small and large sizes to and who gets Zephros and who gets green zucchinis. Also we are trying to pick them at a small to medium stage so that you are not overwhelmed. It is so versatile in curries, stews, soups, sandwiches, quick breads and muffins and only here for a couple months of the year so enjoy the crop.

Swiss Chard Tortino

(Swiss Chard Tortino is a popular recipe provided by Pinehold member Margaret Kozlowski)

1-2 bunches of Swiss Chard	3 Large eggs
4 T. olive oil	1/4 Parmesan cheese
1 medium onion, chopped	6 T. Bread crumbs
1/4 c. mushrooms, sliced	1 T Parsley
2 cloves of garlic	Salt and pepper to taste

Braise chard stems a little water, then add leaves. When tender, drain to get excess water off. Saute onion. Add mushrooms and garlic. Stir in the chard. Put chard mixture in a bowl and add eggs, cheese, 2 tablespoons of bread crumbs, parsley, salt and pepper, and mix well. Butter a baking dish, add mixture and sprinkle with remaining bread crumbs. Bake at 375 F for 30 minutes or until golden brown.

Chard Soup

2 T. butter	1 cup chopped fresh cilantro
2 Sweet onion	1 1/2 t. salt
3 Red potatoes (about 3/4 lb) peeled and sliced or left unpeeled	Freshly ground black pepper
7 c. chicken or vegetable stock	1/3 cup plain yogurt for garnish
1 bunch chard, stemmed and coarsely chopped,	

In a soup pot, melt butter over medium high heat. Add the leeks (or onions) and potatoes. Cook, stirring, until the vegetables begin to color, about 8 minutes. add 1/2 cup stock and stir, scraping the bottom of the pot. Add chard, cilantro, and salt. Cook until the chard wilts then add the remaining stock. Bring to a boil, then lower the heat, partially cover and simmer for about 10 minutes. In a blender, puree the soup, Return to the pot and season to taste with salt and pepper. Swirl in the yogurt to serve.

Heart-Wise Chicken Minestrone

(This recipe is provided by Pinehold member Tracy Hannemann)

2 tablespoons olive oil	1 lb. diced skinless chicken breast, 1/2" cubes
1 1/4 c. red onions, 1" slivers	1/2 bunch Swiss chard, rough chopped
1/4 t. cayenne pepper	3/4 t. salt
1 T. minced fresh garlic	1 1/4 c. cooked garbanzo beans (1- 15 oz. can)
1/4 c. parsley, minced 1/2 teaspoon black pepper	1- 14.5 oz. can diced tomatoes
6 cups chicken stock	2 T. fresh basil (or 1 tablespoon dry)
1/2 t. thyme	2 1/2 oz. good parmesan

In olive oil, sauté onions, cayenne, parsley, garlic and pepper until onions slightly golden. Add stock and thyme and bring to boil. Add rest of ingredients (except basil and parmesan) and simmer for 30 minutes. For a vegan version, Tracy using vegetable or mushroom stock and black beans instead of chicken. Other beans and other greens do well in this soup, she adds.

Basil Pesto

2 qts. loosely packed basil leaves, washed and patted dry	3/4 t. salt or less, since the cheese is salty
1/2 c. pine nuts or walnuts	1/4 t. freshly ground black pepper
2 large whole cloves garlic, peeled	1/3-1/2 c. olive oil
2 T. freshly grated Parmesan	

Place all ingredients except olive oil in a food processor fitted with metal chopping blade and mix 30 seconds. Scrape down work bowl sides and mix another 30 seconds longer to form a thick paste. With motor running, drizzle olive oil down feed tube, adding only enough to give pesto consistency of prepared mustard. Scoop into small bowl, lay plastic wrap or pour more olive oil on surface and store. Otherwise portion by scoops onto a lined baking sheet or into a muffin pan and freeze solid then remove to a freezer container, label and store. Bring to room temp. before using on pizza, in sauces/dips, or with pasta.

A Pinehold challenge recipe: Fennel green pesto. Try it and let us know of your ideas.