

Pinehold Gardens Field Notes

Vol. 17 No. 6, Week 5

August 10, 2011

In This Box

- Big Beef and Estiva tomatoes
- Gladstone onion
- Sweet onion
- Cucumbers
- Potatoes
- Basil
- Bronco green beans
- Sweet Peppers, Bell and Italian Frying

Next Week?

- Tomatoes
- Potatoes
- Onions
- Garlic
- Beets
- Carrots

A DAY IN THE LIFE

It is taking a full crew of worker shares, volunteers, family members and friends to make a dent in the work that needs to be done. The Tuesday crew harvested the rest of our early potatoes, about 1,300 pounds worth as well as beans and onions. The home crew has been harvesting cucumbers and summer squash almost daily. With the help of volunteers we are making good progress towards finishing the garlic harvest. So while its a busy life at Pinehold Gardens, we are fortunate to share it in the company of a great group of people.

CONVENTIONAL WISDOM

Eat a balanced diet, including plenty of fruits and vegetables is wise advice given alike by the USDA, agribusiness and Michael Pollan. However, not all fruits and vegetables are alike. Lynn Markham, is a researcher at

UW-Stevens Point, and in a piece that ran in the Bay View Compass Markham points out the perils of a common class of pesticides, organophosphates, used in the growing of conventional food.

Researchers, Markham writes, “found that female mice whose mothers were exposed to chlorpyrifos during pregnancy were slow learners.” Chlorpyrifos are organophosphates, she continues and “90,000 pounds of them were applied to apples, potatoes, green beans, tart cherries, soybeans and field corn in Wisconsin. Forty foods at grocery stores were found to contain chlorpyrifos, based on occasional testing by the U.S. Department of Agriculture.”

Markham will be giving a talk on pesticides and food at the Local Food Open House next March 17 at the Urban Ecology Center.

FIELD NOTES

The sun is setting before 8, an hour earlier than on the June 21 Summer Solstice. The shorter days mean less growing time each day so a radish with a 25 day maturity date, might take 30 days now to mature. So we have very little time left to do any more fall planting.

We lost the weed battle in some areas and mowed down the weeds, planting many weed seeds for generations to come. Some weed seeds live 100 years. But we will be working hard this week to save other areas.

While the cool weather is great for working and sleeping, nights in the 50s won't help ripen our melons and

tomatoes. The first paste tomatoes to ripen will be in the boxes and we will keep you informed of the progress of the upick tomatoes. I would expect enough of them to be ripe in a couple of weeks

BOX NOTES

The greenhouse cucumbers are just about finished and the field cucumbers are at their peak so there are five cucumbers in the box plus extras at the sites. Enjoy a true taste of summer.

Speaking of summer, its tomato time. Until we started planting tomatoes in temporary hoopouses and now our permanent greenhouse we rarely had a ripe slicing tomato before September. The very ripe dark red one is the Big Beef variety and the more firm one is Estiva.

The onion with the green top is the same as last week. The other variety is Siskiyou Sweet, a Walla Walla type, great for fresh eating, like in a tomato salad.

The Bronco green beans are the second picking from the same patch that gave us the tender beans two weeks ago. Last week's heat and the lack of significant rain has left the beans better suited for a Minestrone soup than a steamed side dish.

The best way to keep basil is to think of it as a flower and put it in a glass of water on the table. Refrigerators are often too cold and basil readily turns black.

There are two potato varieties in your box, Dark Red Norland and a new variety for us, Red Gold. While Red Gold is a pretty potato with its light

yellow flesh we have decided that we prefer the Norlands.

WEBSITE NEWS

Ken Knetzger is doing a beautiful job of maintaining and updating our website. Each week the farm market availability list is updated and many pictures are added showing progress on the farm courtesy of Natalie Moering, one of our Tuesday morning worker shares and our official farm photographer this season. Check it out.

CONTACTING US

We are upgrading our computer at the end of the week so if you need to reach us Thursday through Sunday, please give us a call.

ALSO SAVE THIS DATE

The Real Farms Real Foods Fundraising Dinner for the Farm Fresh Atlas of South-eastern Wisconsin will be held the evening of October 22 at the Oconomowoc Lake Club. The event includes an Hor d'Oeuvres grazing buffet featuring local farmers, a silent auction of locally produced goods and an amazing sit down dinner of locally raised food prepared by Chef Jack Kaestner of the Oconomowoc Lake Club, with the help of Peter Sandroni of La Merenda as well as other chefs who support local farms. The cost is \$65, \$40 for youth 4-12 and free for children under 4.

The Farm Fresh Atlas is the best resource for farmers and producers to promote their product. The proceeds from the dinner are used for the printing of the 100,000 copies of the atlas.

Tomato Basil Vinaigrette

1 large tomato, cored and chopped
1/4 cup fresh basil leaves
1 clove garlic

1 Tbsp. grated Parmesan cheese
3 Tbsp. red wine or balsamic vinegar
1/2 cup olive oil

Combine all ingredients in a blender or food processor and blend until smooth. Use this dressing to marinate fresh mozzarella or toss it with tomatoes, basil, and mozzarella for a double Caprese salad.

Sauteed Green Beans with Garlic, Onions, Sage, and Bacon

2 slices bacon, cooked and diced/
crumbled, reserving the bacon fat
1 small clove garlic, chopped
1/2 onion, sliced

1/2 lb. green beans, trimmed and
cooked until tender, drained
2 fresh sage leaves or 1/2 tsp. dried sage
Salt and pepper

In a large skillet, heat the bacon fat and add the garlic, onions, and beans. Cook, stirring, about 3 min. Add the sage and season with salt and pepper. Serves 2

Wilted Cucumber Salad

6 cups peeled, very thinly sliced
cucumbers (3 large cucumbers)
3/4 cup very thinly sliced sweet onions
1 1/2 tsp. salt

1 cup water
2 Tbsp. distilled white vinegar
1 Tbsp. sugar
Freshly ground black pepper

In a large bowl, place 2 cups cucumbers and 1/4 cup onions, then sprinkle liberally w/ 1/2 tsp. salt. Repeat with 2 cups more cucumbers, 1/4 cup onions, 1/2 tsp. salt, then the last 2 cups cukes, 1/4 cup onions, and remaining 1/2 tsp. salt. Place a small plate over the cukes and weight them down (a quart jar filled with water works well as a weight.) Let stand at room temp. at least 1 hr. Drain off water that's accumulated around cukes. Pick up a large handful of the wilted vegetables and squeeze them until all the water runs out. Place the squeezed vegetables into a clean bowl. Continue squeezing until all the salt water is out of the cukes and onions. In a medium bowl, combine 1 c. water, the vinegar, sugar, and pepper. Stir until sugar has dissolved. Pour over vegetables and chill. Serves 4 -6.

Annie's Favorite Glazed Zucchini/Summer Squash Bread

3/4 cup vegetable oil (can substitute half w/ applesauce)
1 1/2 cups sugar
3 large eggs
1 tsp. vanilla extract
2 cups grated zucchini/summer squash
2 cups unbleached all-purpose flour
1 1/2 tsp. baking soda
1 tsp. baking powder

1/4 tsp. salt
1 tsp. ground cinnamon
1 tsp. ground cloves
1 cup (4 oz.) walnuts, chopped or golden raisins, plumped and drained

Brandy Glaze:
1/4 cup sugar
1/2 cup brandy or cognac

Preheat oven to 350°. Grease and flour one 9-by-4-inch loaf pan. In an electric mixer, combine the oil and sugar. Beat hard until light colored and creamy, about 1 minute. Add the eggs and vanilla extract and beat again until well combined. Fold in the grated zucchini and stir until evenly distributed.

In a large bowl, combine flour, baking soda, baking powder, salt, cinnamon, cloves, and walnuts or raisins. Add to the zucchini mixture and mix until just combined and creamy in consistency.

Spoon batter into the loaf pan and place in center of oven to bake 65-75 min. or until tops are firm and the loaf pulls away from the sides of the pan. A toothpick inserted in the center should come out clean. Let the loaf stand in the pan 5 min.

To prepare the brandy glaze: Combine the sugar and brandy in a small saucepan. Cook over low heat just until the sugar dissolves. Set aside. Pierce the hot loaf top to bottom with a bamboo skewer or metal cake tester about 10 times. Pour over the warm brandy glaze immediately. Cool in the pan 30 min. before removing to finish cooling on a rack. For best results, wrap tightly in plastic film and refrigerate overnight before serving.

Note: Shred (by hand or in a food processor) the zucchini/summer squash now and freeze it in the portions needed for this recipe. Thaw (and keep the liquid!) to make this bread in the winter. For smaller loaves, use 5 1/2-by-3-inch loaf pans and bake 40-50 min.