

# Pinehold Gardens *Field Notes*

Vol. 20 No. 8, Week 6

August 13, 2014

## In This Box

- Nelson carrots
- Head lettuce
- Gold Rush yellow beans
- Cosmos green beans
- Slicing tomatoes
- Tasty Jade cucumbers
- Red Tropea onion
- Italian Red Garlic
- Ace green bell peppers
- Green cabbage
- Eggplant or cherry tomatoes

## Next Week?

- Potatoes
- Beets
- Tomatoes
- Collards or kale
- Onion
- Baby leeks
- Cucumber
- Parsley

## A DAY IN THE LIFE

Peaches, our dear pig, died peacefully last Thursday morning. She was almost 14 years old, the life expectancy of a pig in captivity, which is about the same as a large dog. We



really miss her and we hate to think about all the kids that will be running up to her pen this week only to find out that she is not there.

We picked up Peaches and her sister Sweet P (who died about 5 years ago) on New Year's Day 2001 from a friend's homestead. They were a few months old and weighed about 30 pounds. Our friend, John, was raising heirloom breeds for Old World Wisconsin and they were the runts of the litter and

not suitable for breeding. David says that I named them right away so it became obvious to him that we now had two pet pigs along with our two dogs and two cats.

We were naive animal owners back then and thought that we could use them for composting, i.e. they would turn our compost pile with their strong noses and digging instincts. Well, they did do some composting, but mostly they greeted us every morning with happy grunts and were thrilled to have so many visitors over the years.

Peaches knew her name and the sound of the cart that might be bringing her food. In the summer she loved a cold shower and mud bath along with a cold watermelon. In the winter she burrowed deep into the straw of her Pigloo and woke up each morning with really bad bed head accentuated by straw. David always made a point of talking face to face with Peaches looking into her beautiful brown, long lashed eyes. When I stepped into her pen she would roll over on her side wanting a belly rub.

In their younger days they escaped quite a bit and you would see us chasing them, luring them back with corn.

Peaches, to paraphrase Charlotte, E.B. White's spider heroine, was a good pig.

## FIELD NOTES

We received a nice amount of rain, about an inch, on Sunday evening. The fall transplanted crops of broccoli, cauliflower, kale, cabbage, the direct seeded turnips and radishes and the next lettuce plantings loved it. We are making lemonade out of lemons and planted carrots and spinach in the fields where the potato seed rotted. With daily irrigation and this rainfall, the germination is great. The only negative to the rain was that it was too muddy to harvest potatoes for this week's box and some of the cabbages split from too much water after the long dry spell.

## BOX NOTES

This is the last delivery of beans for a few weeks as we lost a planting due to seed rot a month ago. The yellow beans might be slightly muddy as they were har-



**A TASTE OF OCTOBER.** We've dodged the rain on Tuesday until this week. While rain is welcome for the crops and even the cool temps favored many vegetables, especially the lettuce being harvested here, the day felt more like an autumn day.

vested in the rain in a muddy field by very cold workers yesterday morning.

This is also the last of the bounty of cucumbers. There is not a lot of new fruit setting. Too cold at night I would guess.

We picked the immature peppers off the bell pepper plants to encourage the plants to set more fruit. The peppers are rather green tasting and should be used in a cooked dish rather than eaten raw. They are great in the following coleslaw recipe.

It was one of my goals to transplant two varieties of lettuce plants into the field every two weeks for an almost continual harvest of lettuce. The trick is to pick the correct variety for the season that it is maturing in. In this week's box you will either receive a crispier green or a delicate red head of lettuce. We think both are excellent.

Many of the cabbages are rather small. Some boxes will contain a small cabbage and a kohlrabi. The cabbages are one of the crops that just never recovered from the early Summer rain.

We are growing traditional eggplants inside the greenhouse and small striped speciality ones outside. It is always a challenge to grow eggplants on this farm, even in a warm summer. Most people will receive a large or medium sized eggplant. Those who do not receive an eggplant will get cherry tomatoes. In a few weeks we should have more.

## Salata Khadra Mafruma

by Pinehold member Martha Davis Kipcak

(A basic minced salad from *The Gaza Kitchen*)

3 firm, flavorful tomatoes	3 green chili peppers (to taste)
4 cucumbers	Rind of one lemon, finely chopped or zested
3 scallions	1 garlic clove
1 yellow or orange bell pepper	Salt and Pepper to taste
1 cup red cabbage	2 Tbsp extra virgin olive oil
1/2 cup chopped fresh mint	Juice of 2 lemons
1/2 cup chopped fresh parsley	

Finely mince all herbs and vegetables into roughly equal-size bits and toss in a bowl. Mash garlic with a pinch of salt in a mortar and pestle. Mix with lemon zest and add to salad.

Just before serving, season with salt and pepper. Drizzle with olive oil and lemon juice. Toss to combine. Adjust dressing to taste. salad should not be soggy. Variations: Add one avocado, chopped into half inch cubes and omit mint. Substitute minced green dill for the mint and parsley.

## Serbian Cucumber Salad

From Sandy's sister-in-law, Gaylyn Raduenz

2/3 cup olive oil	6 tomatoes, diced
1/3 cup red wine vinegar	2 green peppers, seeds removed and diced
5 garlic cloves, quartered	2-3 green onions, trimmed and chopped, divided
1/2 t dried basil	1 cucumber, peeled, seeds removed and sliced thin
1/2 t dried thyme	Lettuce leaves to line platter
1/2 t dried oregano	1-2 ounce feta cheese, crumbled
1/2 t dried marjoram	
Fresh ground black pepper, to taste	

Combine first 8 ingredients for dressing. (I put them all in a canning jar and shake to combine.) Refrigerate overnight. At least an hour before serving, remove garlic from dressing and discard.

Combine tomatoes, peppers, about 2/3s onion and cucumber with dressing. Let the flavors meld for about an hour, more if you like. Line platter with lettuce; top with veggies. Sprinkle feta and remaining onions on top.



Fresh Beans

Fresh green and yellow or wax beans are a staple on our farm and for our CSA because of ease of use in cook-

ing and the variety of dishes the beans can be used in. In warm and cold salads, soups, stews, and a side dish by itself or with garlic and tomato (Italian version) or chilli pepper and cilantro (Mexican version), beans are as versatile as they are nutritious.

**Store:** Store in the refrigerator in a sealed bag or container.

**Preparing:** Wash and nip the stem ends off. Use whole or chop into inch long or so pieces. **Use:** Steam, braise in butter and stock, add to soup or stew. Toss with penne pasta and cherry tomatoes.

From the Pinehold *Archives*

### Sandy's Favorite Coleslaw

from *Gourmet Mustards—How to Make Them and Cook With Them* by Helene Sawyer

Slaw:	Dressing:
1 green cabbage	1/2 cup white wine vinegar
1 red onion, diced	1/4 cup oil
1 bell pepper, red or green, diced	1 t salt
1 carrot, grated	1T Dijon style mustard
1/4 cup sugar	1 t pepper

Mix all slaw ingredients together in a large bowl. To prepare the dressing, boil all ingredients in a saucepan for 3 minutes, stirring well. Add to vegetable mixture, cover mixture and place in a refrigerator. Chill. Overnight is best.

Kohlrabi is good in here, too. And you can have a crispier slaw by not heating up the dressing.