

In This Box

- Estiva tomatoes
- Nelson carrots
- Gladstone onion
- Pac Choi
- Yukina Savoy
- Basil
- Carmen peppers
- Cucumbers
- EZ pick or Fortex beans
- Rotating: Cherry tomatoes, squash and eggplants

Next Week?

- Tomatoes
- Potatoes
- Lettuce
- Onion
- Broccoli or kale
- Cucumber

A DAY IN THE LIFE

Yes, that was me harvesting Zephyr summer squashes on the front page of the Entree section in last Sunday's Journal Sentinel. Anna Thomas Bates wrote a piece about women in farming. A good point we agree with is that women are more focused on raising healthy food and not commodity crops.

FIELD NOTES

The timely rain of 1.25 inches and the upcoming week of what looks like beautiful sunny weather is really going to help our fall crops. I think the lack



The cool weather of late July and now August slows the ripening of tomatoes but the fall crops of cabbage, broccoli, collards and kale are loving it.

of sun is slowing the growth of the summer crops more than the cool nights. The cool dewey nights are creating the perfect environment for powdery and downy mildew on our farm and across the state. We have sprayed an organic fungicide whose active ingredient is potassium bicarbonate, similar to baking soda. The plants most affected are the summer and winter squash plants. Last year was a spectacular year for winter squash as they loved the dry heat.

BOX NOTES

The Tasty Jade cucumber harvest is just about done. Four, 64 foot long rows of 10 foot high trellises have yielded, by my rough estimate 1,600 cucumbers. And in the perfect

timing of succession planting the outdoor cucumbers have started to produce. It is a record farm harvest for cucumbers. People have been sharing recipes and jars of pickles with us so I thought I would share them with you. Look for a plethora of recipes in this issue.

The green peppers in the box are young Carmens, an Italian frying pepper, great sliced and sauteed on a sandwich.

I believe everyone will have received cherry tomatoes after today.

WORKER SHARE PROFILE

Tammy Peacy lives in Kenosha and her favorite day, during the months of July through November, is Tuesday. When she isn't looking forward to getting her hands dirty at Pinehold,

she is writing, teaching cooking classes, or keep-



ing up with her kids.

REFRIGERATOR ART WANTED

Abby Steiner, 5, has been coloring pictures for me for the last couple of years and they have found a home on our walk-in cooler "gallery" door. She presented a beautiful painting to me last week, and it gave me an idea that it would brighten up our work-world if more kids would contribute artwork. Any budding artists out there? No age limit.

Food Bits



Cucumber

To some, sweet corn is the quintessential summer vegetable, and a strong case can be made for this. To others, it's the tomato in its many manifestations — slicer, heirloom, cherry, red, black, yellow, etc.

But to others, it's the humble cucumber or pickle. Like so many vegetables, a fresh cuke is a thing to greatly desired when one is only presented with store waxy, tough, bland store bought ones. So let's enjoy them while we have them, fresh, dilled, pickled and salted. **Store:** Cukes are best consumed fresh, but if stored in the refrigerator, place in a vegetable draw or unsealed in a plastic bag. Cukes stored too long will soften. They are mostly water. **Preparing:** Generally there is no need to peel a cuke unless a recipe calls for that. Salt in fresh eating brings out the cuke taste and removes water if the cuke is going to be used in a pickle recipe. **Methods of cooking:** Most often eaten raw or pickled. A wonderful addition to salads or sandwiches.

Basil

Store: To keep your basil fresh, trim off the ends and put it in a glass of water on your counter or table. Do NOT put it in the refrigerator as it is very cold sensitive and will turn black.

A Thousand Words

We have dozens of tools on the farm that we use in a season. They vary in detail and purpose. Some are heavy, some are light. Some are new and many are old. But none would be useful without the most simple and also most complex tool of them, our hands. Hands cradle the produce, lift the crates, churn the soil, plant the seed, and help hold together all that is Pinehold.



The workershare members as a group, many of them posing below, are required to work 17-weeks, four hours a week and most of them come together on Tuesdays to harvest, clean and bunch your produce. Some of their terms are coming to end now. There are teachers, office workers, writers, musicians, mothers, retail clerks, security guards, business owners among them. Their views of the world, their stories, color our work-a-day business. We will miss their labor of course, but we'll feel a bigger loss in simply not having them around.



Recipes

by Annie Wegner Lefort

www.leforthomestead.blogspot.com

Honeyed Sunshine Pickles

(Adapted from The Joy of Pickling by Linda Ziedrich)

| | |
|---|-------------------------------------|
| 2 lbs. ripe cucumbers, peeled, seeded, and cut into crescents or 1-inch chunks | 1/4 c. + 1 1/2 t. honey |
| 1/4 lb. onions, halved and sliced | 1 T. minced fresh hot peppers |
| 1 T. pickling salt | 1 1/2 t. whole yellow mustard seeds |
| a few slices of fresh ginger | 1/4 t. whole celery seeds |
| 3/4 c. + 2 T. cider vinegar | 1/4 t. ground turmeric |
| 1/4 c. water | 1/4 c. golden raisins |

This can be made with cukes that have grown too large to pickle otherwise. These are beautiful and bright not to mention delicious.

In a large bowl, toss cukes and onions w/ salt, and cover with ice cubes. Let stand at room temperature for 3 to 5 hours. Drain, rinse then drain and rinse well again. Put ginger slices into each pint jar. In a large nonreactive pot, bring remaining ingredients to a boil, stirring to dissolve the honey. Add drained vegetables and slowly bring mixture to boil. Ladle hot vegetables and liquid into jars. Let cool then cover with lids and refrigerate. Should keep for several months in the fridge. Makes 1 to 2 pints.

If processing: leave 1/2-inch headspace. Close jars with two-piece caps. In a boiling-water bath, process jars for 10 minutes.

How To Cook Asian Greens: They can certainly be chopped up raw and added to a salad, but if you prefer to cook them then highly salt a large pot of water and bring to simmer. Add the washed, trimmed greens and cook until just tender--a couple of minutes or slightly longer. Drain in a colander and, when cool, squeeze out the excess moisture and chop into bite-sized pieces. Toss with sesame oil and soy sauce, sprinkle with a few red pepper flakes. Serve hot or at room temp.

Stir-Fried Pac Choi

| | |
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| 3/4 c. vegetable broth | 1/2 c. sliced onions |
| 2 T. mirin (rice wine) or dry sherry | 2 cloves garlic, minced |
| 1 T. organic cornstarch | 3 c. shredded cabbage |
| 1 t. soy sauce | 3 c. packed pac choi |
| 1 t. sugar | 1 c. fresh bean sprouts (optional) |
| 2 T. cold-pressed grapeseed oil | |

In a medium bowl, stir together broth, mirin, cornstarch, soy sauce, sugar; set aside. In a wok or large skillet, heat oil over high heat. Add onions and garlic; cook, stirring, 10 seconds. Add cabbage and cook, stirring about 2-3 min. until softened. Add pac choi and cook, stirring, until softened, about 2-3 min. Add bean sprouts and toss to wilt. Add sauce; cook, stirring, until thickened, about 1 minute. Serves 4 to 6.

Members Recipes on the Next Page

More Recipes

From Pinehold Members

Korean Pickles

by Andrew Steiner

1 lb cucumbers
1 t. kosher salt
1/2 c. sugar
1/2 c. white vinegar
1/4 c. water

1 t. fish sauce or oyster sauce
1 t. fresh ginger
1 garlic clove, minced
1 T. sriracha* or to taste
1 t. red chili flakes or to taste

Cut cucumbers about 1/4-inch thick, leaving skins on, and sprinkle with kosher salt. Gently work salt through the cucumber pieces with your hand and let sit for 30 minutes. Rinse quickly under running water and drain in colander.

In a large bowl mix sugar, vinegar, water, fish sauce, garlic, ginger, chili paste and chili flakes.. Add cucumbers and then transfer everything into a clean mason jar or put cukes in masonjar and pour liquid over. Cover and refrigerate until ready to serve.

*A Thai hot sun dried chili paste

Refrigerator Pickled Cucumbers

by Christina Ward

Note: "Pickling" is the process of the food absorbing the vinegar solution; this takes a few days. Let them stand in the fridge for three days before eating

Pickling Solution:

1 3/4 cups Rice Vinegar
1 cup water

1 Tablespoon sugar
2 Tablespoon Canning/Pickling salt
Scant, 1/4 teaspoon tumeric

Cook Pickling solution until it comes to light boil. Turn off heat. Let stand until ready to use.

In a small bowl, mix together the following spices:

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|-----------------------------|-------------------------------|
| 3/4 teaspoon coriander seed | 1/2 tsp fennel seed |
| 3/4 tsp brown mustard seed | 1/4 tsp black peppercorns |
| 3/4 tsp caraway seed | 1 tsp dried, red pepper flake |

Wash your cucumber(s). Slice into 1/2 inch thick coins. Place Spice mix into bottom of 1 (or 2, depending on how much cucumber you have) quart size canning jars. Put cukes in jars. Pack tightly, up to shoulder of jar.

Pour pickling solution over cukes; making sure that all cucumbers are covered. (Packing tightly, helps prevent them from floating.) Place lid on jar. Let cool on counter until room temperature, then place in the refrigerator.

Note: *Always cook pickling solutions with a lid on the pot. Evaporation while cooking will change the ratios of water to vinegar and create a more sour and salty solution — Christina Ward*

Creamy (or Not) Cucumber Salad

by Tammy Peacy

1 bunch green onions, finely chopped
1 large cucumber, peeled
and cut into small pieces
1 large tomato, seeded
and cut into small pieces
3 tablespoons chopped parsley leaves

1 tablespoon chopped fresh dill
5 tablespoons lemon juice
1 clove of garlic, finely minced
Extra-virgin olive oil, to taste
Salt and freshly ground black pepper to taste
2 tablespoons greek yogurt (optional)

Mix together the last four ingredients (add yogurt if you'd like a creamy dressing). Add everything else and toss together.

And More Recipes

From Pinehold Members

Mary Ellen Kozlowski's Cucumber Salad

submitted by Margaret Kozlowski

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|-------------------------------------|--------------------|
| 12 medium cukes, peeled or unpeeled | 1/4 t. salt |
| 1 green pepper chopped | 2 c. sugar |
| 1 onion sliced or grated | 2 c. white vinegar |

Mix ingredients together and let stand at room temperature for 10 minutes or so. Serve.

Refrigerator Pickled Vegetables

by Tracy Borzick

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|---|--------------------|
| 1 or 2 cucumbers sliced | 2 c. white vinegar |
| Chopped dill | 1 c. sugar |
| 2 garlic scapes, chopped or 1 sliced clove of garlic | 1 T. salt |
| A handful of green beans or a couple of sliced carrots if desired | |

Bring vinegar, sugar and salt to a boil. Pack vegetables into a quart jar. Add boiling liquid to the vegetables. Cap and refrigerate.

Asian Sauteed Vegetables: This dish can be served as is or you can add shrimp, thinly sliced beef or pork. In a steamer or boiling water blanch asparagus, broccoli or vegetables until tender with a slight bite left. Thinly slice poc choi. Sautee together in a medium saute pan over medium heat with 2 tablespoons of olive oil and 1 tablespoon of fresh minced garlic. Once the greens from the poc choi have wilted add oyster sauce and serve.

— *Peter Sandroni, chef and owner of LaMerenda Restaurant*

Yogurt, Cucumber and Feta Salad

by Peter Sandroni

| | |
|--|---------------------------------|
| 2 c. whole milk yogurt** | 1 T. Extra Virgin Olive Oil |
| 1 cucumber, medium, peeled and diced small | 1 T.f resh squeezed lemon juice |
| 3 T. fresh garlic, minced | Salt and pepper to taste |
| 1 T. fresh mint, chiffonade | 1/2 c. Feta cheese |
| 2 T. fresh dill, minced | |

Place all ingredients in a bowl and toss until well incorporated. Serve as a simple salad or grate the cucumber and serve as a sauce accompanying kabobs, grilled lamb or grilled pork (the sauce is called tzatziki)

** *Greek yogurt is best, because of its high fat content. Otherwise, use regular yogurt and be sure to drain as well as possible.*