

Pinehold Gardens *Field Notes*

Vol. 24, Week 6

August 15, 2018

In This Week's Box

- Celery
- Garlic, Bavarian Purple
- Potatoes, Red Norland
- Beets, Merlin
- Green beans
- Hoophouse slicing tomatoes
- Cucumber, Tasty Jade or Sonja
- Collard Greens or Madeley kale
- Cherry tomatoes for some sites

In Next Week's Box?

- Head lettuce
- Carrots
- Corn from Simon's Gardens
- Onion
- Garlic Scapes
- Slicing Tomatoes

A DAY IN THE LIFE

Most of our days have a set schedule. Tuesday is CSA harvest day. Wednesday is CSA box packing and delivery day. Thursday is restaurant and market harvest day. Friday is restaurant delivery and final market prep day. Saturday, David is at the Drexel Town Square Farmers Market and I, along with worker share Amy, man the on-farm stand. But on Mondays, Sundays and most evenings we are trying to fit in tractor cultivating, hand weeding, the final fall plantings, irrigating, cover crop planting next year's fields, cucumber and zucchini picking before we are harvesting baseball bats, spraying organic-approved fungicide to keep the powdery mildew under control on the winter squash, emails, phone calls, accounting, payroll, the newsletter and sometimes we get enough sleep and find time to cook.

So why you might ask do we complicate our lives by selling to restaurants, and having two farmers markets? With the uncertain future of CSA's nationally we felt it was a good business model

to diversify. Also we always over-plant for the CSA so the possible extra produce can be sold and provide the additional income that we need to meet our budget goals.

FIELD NOTES

We received 1.2 inches of rain in 20 minutes last Thursday. The rain was welcome, the pounding rain was not. Rains that pound the soil shatter the soil structure and create a crust. David is back to cultivating the recently planted fields. And the rain, pounding that it was, did make the carrots and beets size up nicely.

Damp, windless mornings along with hot days and crowded plants created the environment for powdery mildew on some of the winter squash plants. Let's hope the plants are far enough along to still produce a decent crop.

The hot days also brought on a prolific new hatch of flea beetles that devoured our original Toscano and Madely kale patches, leaving the leaves unharvestable. Amazingly our three and a half week old fall Madely planting had leaves large enough to harvest.

SAVE THE BOXES

This is a reminder to save your box and bring it back to your dropsite the following week. We are starting to run short on boxes.

BOX NOTES

Beans- We are always trying new varieties to find ones that taste great,



This large, colorful Imperial Moth (4 inches from wing tip to tip) lived only a few days as an adult. Tattered wings suggests an adventurous one. But after laying eggs and gracing us with its beauty, its purpose in life has been completed. It must die. The candle burning at both ends is short lived, says the poet Edna St. Vincent Milay, but offers a beautiful light.

produce in abundance all at the same time, and grow well under organic conditions. The beans in the box today fit those criteria, but what I didn't realize was the size of the bean. So they are beauties, but if they were bigger you would be receiving the same number of beans but they would probably weigh a pound, instead of a half pound.

Celery - This is not your typical bland, blanched California celery, but hardy Wisconsin celery. It can be eaten raw, but it has lots of texture. Great for cooking. It can be frozen without blanching

Cucumbers - This is the last cucumber, really. The hoophouse kept producing and oddly we are not selling many at the markets or to restaurants.

Collards & kale - They look similar but collards have shinier leaves. Use the kale soon. A quick saute with garlic added to eggs is a simple use.

Food Facts: Celery

by Jackie Jones, MS RDN



Time to correct a myth. Celery is not a net-zero-calorie food. Some people believe that the body burns more calories eating celery than the vegetable itself contains. This is not true. One celery stalk only contains about 20 calories, and because it's such an excellent source of fiber, it will make you feel full and cost few calories. For people who have the need to crunch and chew, but are trying to cut down on caloric foods, celery can't be beat. Celery is also high in vitamin C, and contains potassium, folic acid, and B-vitamins.

Celery also contains phytochemical compounds called coumarins, which have been shown to help prevent cancer by enhancing the activity of white blood cells. Coumarin compounds in celery also aid the vascular system, and help ease migraines.

Try these fun ideas for celery leaves:

- Throw them in your ice cube tray to take a Bloody Mary or even a glass of water to the next level.
- Mix the raw leaves into a garden or fruit salad for a fresh, herbal note
- Put a handful into a stir-fry
- Sauté them with aromatics as a base for soup or stew
- Pan-fry them to garnish a roast

SPICED POTATO SALAD,

By Pinehold friend Annie Wegner LeFort

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

Bring a quart of water to a boil with 1/2 tsp salt. Add whole potatoes and boil until tender when poked with a knife. Drain potatoes and rinse in cool water, drain again. Chop into 1/4-1/2 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

KALE AND BEANS

- 1 cup cooked white beans, liquid reserved
- Salt and ground pepper
- 2 large onions, finely diced
- 2 bunches kale, leaves stripped from stems and slivered.
- 2 large garlic cloves, minced or pounded
- 1 Tbsp olive oil, plus extra to finish

Chop all vegetables. Warm 2 Tbs. of oil in heavy, wide skillet. Add onions and cook over medium-low heat until soft but not browned, about 12 minutes Add kale, garlic, parsley, and salt. Cook with heat on low and pan covered until vegetables are soft and volume greatly reduced, about 30 minutes. Add beans, along with cup or two of beans' cooking liquid. Simmer until greens are completely tender, season with salt and pepper. Serve with, or over, garlic-rubbed toast, drizzled with olive oil. Serves 4



Food Tips: Garlic



There are a lot of questions at the farmers market in Oak Creek about garlic and how the different varieties vary. Our garlic versus nearly all supermarket garlic is our garlic are all hardneck varieties and most store garlic is softneck and probably imported from China. Hardnecks generally have more flavor; that is pungent-

cy. Softnecks tend to store longer and are less flavorful. The reason most mass market garlic is softneck is that it can be mechanically planted whereas hardneck varieties have to be hand planted.

Many of the characteristics of garlic — pungency and color — are dependent upon where they are grown. Heavier soils with sufficient potassium and sulfur tend to create more flavorful garlic. Sandy soils usually have less of these attributes. That is why garlic tends to acclimate to soil types. Luckily we have heavy soils fairly rich in potassium and sulfur.

Within the varieties themselves, ours tend to vary slightly from very pungent (Asian Tempest) to a mild pungency (Music) Today's garlic, Bavarian Purple falls pretty much in between.

LEMON BASIL POTATO SALAD

By Pinehold friend Annie Wegner LeFort



6-8 cups small potatoes, washed and cut in half

Dressing:

3-4 garlic cloves

1/3 cup tightly packed fresh basil

1/2 tsp sea salt

1 tsp lemon zest

1/4 cup olive oil

1/4 cup fresh lemon juice

Place potatoes in a pot of salted water and bring to a boil (alternatively, you can roast them at 450 with a little salt). Cook until tender; drain and let cool slightly, put into a bowl. While potatoes are cooking, place garnish, basil, salt, and lemon zest on a cutting board. Chop together to a pastelike consistency. Combine garlic paste with oil and lemon juice. Pour dressing over slightly warm potatoes; toss gently. Serve immediately or chill to serve later. Will keep more than a week in the refrigerator.

BLUEBERRY ZUCCHINI BREAD

By Pinehold member and friend Brigitte Beaudoin

3 eggs

1 1/2 cups sugar

1 cup vegetable oil

1 tsp vanilla

2 cups grated zucchini

2 cups flour

1 tsp cinnamon

1 tsp baking soda

1/4 tsp baking powder

1 tsp salt

Preheat oven 350

Beat eggs until frothy. Gradually

add sugar, stir in 1 cup oil and vanilla. Beat until thick and lemon color. Stir in zucchini.

In separate bowl, combine flour, cinnamon, baking soda, baking powder and salt.

Stir dry mixture into wet mixture.

Options: add blueberries, raisins, chocolate chips, nuts

Grease two bread loaf pans w/ grease and flour. Bake about 1 hour.

You can also make cupcakes or the mini loafs. These bake in about 20 to 30 minutes

