

Pinehold Gardens *Field Notes*

Vol. 23 Week 6

August 16, 2017

In This Box

- Beets
- Zoey (mild) onion
- Red Norland potatoes
- Bell peppers
- Romaine head lettuce
- Cucumbers
- Hoophouse grown tomatoes
- Jade green beans
- Some sites cherry tomatoes

Next Week?

- Swiss chard
- French Breakfast radishes
- Mini bibb head lettuce
- Cucumber
- Summer squash
- Hoophouse grown tomatoes

A DAY IN THE LIFE

Lately quite a few things have reminded me of my father in law who passed away a few years back. He loved the State Fair especially The Kids From Wisconsin and the polka music at the Crakovia stage. He also loved sitting on a bench on Main Street just watching the people pass by but always hoping to see someone he knew.

This weekend is Irish Fest and although he was of Polish heritage, he married a Doyle and embraced the Irish culture, especially attending the festival with his family and watching his granddaughter dance.

His wife preceded him in death by a dozen or so years but at the age of 80 he took up cooking including making his version of refrigerator pickles. With two large cucumbers in this week's box I thought it would be a nice way to remember Leonard by passing along his cucumber salad recipe

FIELD NOTES

Here we go again. Us farmers, never happy. The rain total for August is an inch below average and we could really use an inch of rain, a nice slow steady rain, not the pounding rains of early summer. We have a lot of month old and newly seeded crops in the field and the top three inches are bone dry

We are making progress in weeding our fall crops and have pretty much given up weeding the first fields we planted in May. It will be a

challenge to harvest the onions which are now maturing in a sea of tall invasive grass. Three types of things grow really well in compacted soil: thistle, grass and smart weed. The thistle we try to find the time to remove. Reaching through thistle to harvest beans, kale, collards and chard is a very itchy arm experience.

It was a very buggy start to the year and we saw the squash vine borer moth very early on. We should have known that we would be losing some mature winter squash plants, all because of a single grub like worm that hatches and then tunnels into the stem and eats the inside of the stem causing the plant to wilt and die.

These foggy still nights and damp east winds off the lake are also affecting the winter squash by causing the fungal disease powdery mildew on the leaves on two of the varieties. Hopefully the squash is mature enough and enough fruit has formed to not be affected by a premature death.

BOX NOTES

The cucumbers are peaking. Some people might be glad, but others replied in our survey last year that they would like more cucumbers. Besides lettuce, it was also very difficult to grow cucumbers during last year's drought.

Remember to remove the beet greens, which are edible, and place them in a separate plastic bag from the roots.

Peppers can just be placed in your crisper drawer or chopped up and frozen without blanching.

The romaine lettuce is delicious, definitely a keeper variety, that is unless it is discontinued by the seed company which is happening more and more often as "new and improved" but more likely patented varieties are being offered for sale. Lettuce in particular is a crop that seems to be quickly taken over by patents. The most creepy one to me is the Utility Patent where traits of a plant are being patented. For lettuce this includes the color and shine of a leaf, the number of leaves in a head, the length of a leaf, the length of the attachment of each



Pest of the week. Of course mosquitoes could be considered each and every week the pest of the week, but occasionally we get special ones, like this squash vine borer that burrows into squash vines, like this Acorn squash, and ultimately kills the plant. Its adult stage is a large brightly colored fly-like insect.

leaf. The last trait produced the multi cut variety which means that with a single cut at the base of the head all the leaves will separate into salad mix looking leaves. The seed is very expensive.

REMEMBER YOUR BOXES

We are only a third of the way into the season and we are running short on boxes. Please try to remember to return your box each week.

SUNDAY SUPPER RETURNS

Chef Peter Sandroni returns Sunday, Sept. 10, to prepare another Sunday Supper farm dinner for Pinehold members (and up to two guests). We are going to assume that those who have emailed an RSVP will still want to attend after we set the price and firm up the menu. We can accommodate 100 guests and right now we only have 11 spots remaining.

The partial tentative menu includes the passed appetizer crostini with mozzarella stuffed with chard and roasted pepper on top; a salad with greens, fennel, tomato and smoked salmon spread; butter chicken with cilantro rice and a side of hoesien green beans; pork loin Fiorentina with garlic mashed potatoes or succotash and grilled peach ice cream over a pear dessert. The cocktail will be a cranberry apple brandy old fashioned or wine or beer. Red or white wine will also be served with each course.

Note: This is an adults only event

Cucumber Salad

by Leonard Kozlowski

12 medium cukes 1/4 cup salt
1 green pepper, 2 cups sugar
 cubed 2 cups vinegar
1 onion sliced

Combine all ingredients and let stand for 10 minutes. Then place in glass jars and cover and put into the refrigerator. This salad will keep for three months or more.

(Leonard Kozlowski passed away several years ago but his daughter, and David's sister, Margaret is keeping some of his recipe's alive.)



Cucumber It may be difficult for some to generate much excitement over cukes, a vegetable as ubiquitous in summer gardens as zucchini and as prolific but they can hold their own in pantheon of summer fruits. The right cuke — dark green and firm — has a watery sweetness that combined with the crunch, especially if the skins are peeled away, is refreshing on a summer day like maybe only watermelon can be. A fresh cucumber emits a melon-like fragrance adding to its refreshing quality and hints at its use to provide a sweet taste to water especially when combined with mint or basil leaves. All this from a fruit that is more than 90 percent water with only a bit of Vitamin K to its nutritional credits. Yet, because of its taste and fragrance, it seems to be in the league of summer vegetables right along side tomatoes and sweet corn. Enjoy it, and them, while they last.

Salmon Nicoise Salad

adapted from *Great Food Fast*

Coarse salt and 1/4 cup kalamata or
freshly ground pepper black olives
4 to 5 red Norland
 salad potatoes Dijon vinaigrette
1/2 lb. of green beans 2 Tbs. fresh lemon
2 salmon fillets juice
2 heads of lettuce 1 Tbs. Dijon mustard
2 to 4 tomatoes Coarse salt and
3 hard boiled eggs fresh pepper
1 medium red or ground
 yellow onion 1/4 cup olive oil
1 jar of anchovie fillets
 (optional)

In a bowl whisk the juice, mustard, 1/2 tsp. salt and a pinch of pepper until combined. Add the olive oil, whisking until thickened and creamy.

In pot of boiling, salted water, add the potatoes. Cook until tender. About 14 to 16 minutes. Transfer the potatoes to a bowl and let cool. Add green beans to the boiling pot, cover and cook until beans are tender. About 4 to 6 minutes. Remove with a slotted spoon and rinse under cold water and set aside.

Fill a deep skillet with about 1/4 inch of water. Season salmon on both sides with salt and pepper and place in the skillet. Bring the water to a gentle simmer, cover and cook until the salmon is opaque, throughout. About 10 to 12 minutes. Transfer to a plate and flake with a fork, and let cool.

While salmon is cooking, tear lettuce into pieces, quarter the potatoes and slice the tomatoes. Peel and quarter the eggs. (Using a wet paring knife will give you neat cuts.) Thinly slice the onion.

Arrange lettuce, salmon, green beans, potatoes, eggs, tomatoes, onions, anchovies (if using) and olives. Drizzle with the vinaigrette.
