

Pinehold Gardens *Field Notes*

Vol. 20 No. 9, Week 7

August 20, 2014

In This Box

- Red Norland Potatoes
- Red Ace beets
- Italian parsley
- Collard greens or kale
- Slicing tomatoes
- Tasty Jade cucumbers
- Green onions
- Ace green bell pepper
- Cherry tomatoes rotating by site

Next Week?

- Carrots
- Leeks
- Lettuce
- Tomatoes
- Garlic
- Peppers, sweet and hot
- Cilantro

A DAY IN THE LIFE

Many of you have emailed us a link to an August 9 Op Ed piece from the *New York Times* titled “Don’t Let Your Children Grow Up to Be Farmers”. Disturbing facts such as that the median farm income was negative \$1,453 in 2012, the medium age was 56, 91 percent of all farm households rely on multiple sources of income, the inability to pay for health insurance or save for retirement or even afford to have children can leave any young person wondering why in the heck they would go into farming. Closer to home it was pointed out that Growing Power has received \$6.8 million in grants over the past five years enabling its produce to be available in Walgreens and competing against farms and farmers who don’t have access to grant money.

So besides emailing us the link, people have asked us about the state of our farm. We no longer have off-farm jobs. David did some free lance writing for a bit and I worked part time at a theatre for the past 12 years but we don’t do any of that now. We have changed to a late season farm that includes some winter restaurant and farm-market sales which improves our cash flow later in the year but makes time enough practically impossible. Health care costs, before the Affordable Care Act, had been an overwhelming burden to us chewing up 30 percent of our gross income last year which meant very little money for infrastructure or equipment improvements. And although we have

owned the farm for 10 years we are still in the infrastructure building phase of a business and we are not yet able to save for retirement.

The piece listed a number of suggestions on how to fix the “core economic inequities and contradictions embedded in our food system.” The link is <http://www.nytimes.com/2014/08/10/opinion/sunday/dont-let-your-children-grow-up-to-be-farmers>

Other CSA’s newsletters have also commented on this piece. Three Sisters Community Farm

posted this wonderful perspective of why someone, us included, would want to farm. That link is <http://www.huffingtonpost.com/jenna-woginrich/let-your-children-be-farmers>.

Tipi Produce, one of the largest and oldest organic farms in the state and the major wholesale produce supplier to Outpost gave some great tips for beginning farmers on how to be successful farmers.

I do have to point out that I do know many organic farmers who are letting their children grow up to be farmers. And as we always say, we do love our life. When it comes down to it, money is essential, but not the reason for a life.

FIELD NOTES

We are pushing the envelope of the planting window and still planting crops that we hope to harvest in October. Some of them are quick growers such as radishes, some are frost tolerant, others, we are hoping for an extended mild fall.

Last week’s cold damp nights were not kind to some of our crops. We lost our basil to Powdery Mildew and we have heard the same from some gardening friends of ours. The new planting of zucchini and summer squash that just started producing last week also has powdery mildew on its leaves. Yesterday we discovered late blight on our beau-



MANY HANDS. Tuesdays, the day we pick and prep most of what goes into your box, is a busy day around Pinehold. And while the weather can have an impact on the work, it doesn’t stop it, like yesterday early morning one inch of rain. The work must and did continue, although it contributed to one long day.

tiful well tended, staked, trellised, mulched 900 paste tomato plants. We will try and save them with some organically approved bleach but a cure is not likely. Blight has only been reported in Milwaukee and Racine counties.

BOX NOTES

With this cold summer it has been a rather long wait for those first fresh potatoes to appear in your boxes this year and we are sure you all will enjoy their juicy freshness. Being freshly dug, their cooking time is much shorter than a potato you would buy in the winter. The Red Norland potato variety is the classic “new” or salad potato, meaning that it is a variety that matures quickly and therefore is the first type of potato usually harvested by a potato grower. Maybe that is where the term “new” comes from. It is also called a salad potato as it has a waxy texture that is not suitable for mashing. It is great steamed, boiled or roasted. Steam some cut up potatoes and then put them in a frying pan with butter and chopped parsley. Yum!

The Ailsa Craig onion is the same sweet onion you have received a couple of times before when the leaves were still green. They are now mature, meaning the tops had died down so we cut them off. The onions took on some water during Monday night’s rain so they should be used sooner rather than later.

Chimichurri

from Pinehold member Martha Davis Kipcak, owner, Mighty Fine Food

(Chimichurri is a sauce for meats or vegetables that is pungent cross between a vinaigrette and pesto.)

2 cups coarsely chopped fresh flat-leaf parsley (about 2 bunches)	1/3 cup white vinegar
1 cup coarsely chopped onion	2 T. extra virgin olive oil
2/3 cup coarsely chopped carrot	1 t. dried oregano
1/4 cup coarsely chopped garlic	1/2 t. crushed red pepper
1/2 cup veggie broth	1/2 t. salt
	1 tsp black pepper

Combine first 4 ingredients in a food processor; pulse until mixture is finely chopped. Combine the broth and remaining ingredients. With processor on, slowly pour broth mixture through food chute; process until well blended.

Yield: 1 1/2 cups.

Shepherd's Salad

From Pinehold member Patricia Heim

1/4 t. salt	1/2 green pepper
1T. finely chopped onion	1 heaping T. of parsley
1 scallion or green onion finely chopped	1 T. olive oil
1 lb. ripe tomatoes	Juice of 1/4 lemon
1 cup cucumber, diced	Salt and



Sprinkle the salt over the two types of onion in a bowl and rub it with your hands. Set aside for 10 minutes. Chop the tomatoes, cucumber and pepper into pieces of a similar size and place in a serving bowl. Add the onions and all the other ingredients to the tomatoes and toss together gently. Taste and adjust the seasoning before serving. The seasoning is salt and freshly ground black pepper.



Beets

If the only way you have ever had beets is canned beets, then you will be in for a pleasant surprise when you roast them. The sharp taste often associated with vegetables in this

family, which include Swiss chard, is mellowed and the sugar in the beets becomes quite pronounced. Roasted beets make a good side dish or as part of salad such as the beet salad featured here.

The beets in the field will sweeten as the days get shorter and the temperatures cooler. **Store:** Store greens and bulbs separate, putting the greens in a sealed bag and the bulb will keep for a short time in the vegetable drawer of your refrigerator. **Preparing:** Wash leaves and stems. Separate them. **Use:** Roasting is best, but steaming beets is also good. Salads or a borscht are great uses.

From the Pinehold *Archives*

Roasted Beet Salad

from *Vegetables Every Day* by Jack Bishop

4 medium beets, roasted and sliced	2 t. balsamic vinegar
4 cups beet greens and/or kale	2 t. red wine vinegar
4 T. olive oil	1/2 cup of walnuts, toasted in a dry skillet and roughly chopped
2 medium shallots, a small bunch of scallion or couple T. of onion, thinly sliced	1/2 cup or more of goat cheese
Salt and pepper	

Trim beet greens, leaving about 1 inch of stem on the beets. Wrap beets in aluminum foil and place into a hot oven (400 degrees) and roast beets until they can be squeezed a little. (We call this the Charmin test.)

Saute the onions or shallots in oil. Tear the greens and saute them lightly in the onions until wilted. Season with salt and pepper.

When beets are tender, the skins will slip off with paper towelling. Slice beets and arrange on the greens. Add walnuts and cheese. Drizzle the dressing over the salad.

Fridge Pickles

from Pinehold member Tammy Peacy

6 cups sliced cucumber
2.5 T. salt
1 1/2 cups water
1 1/2 cups cider vinegar
1/2 t. mustard seeds

1/2 t. celery seed
1/2 t. ground turmeric
1/2 t. ground cloves
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Place cucumbers in a large bowl; set aside. Combine remaining ingredients in a saucepan; bring to a boil. Cook and stir just until the salt is dissolved. Pour over cucumber mixture; cool. Cover tightly and refrigerate for at least 24 hours before serving. Yield: 6 cups.

Tomato & Onion Salad

From Pinehold member Gerry Mueller

5 medium plum tomatoes, halved lengthwise, thinly sliced or 2 lg slicing tomatoes, quartered and sliced, in chunks is you desire
1 sweet onion, quartered lengthwise and thinly sliced (vidalias or the Ailsa Craig sweet onion)
1/4 cup italian parsley chopped or half as much fresh oregano, minced (not sure that

basil would be a good choice here, since it needs to sit awhile, it would blacken) but substitute any fresh herbs that you want
2 tablespoons extra virgin olive oil
Salt
Freshly ground black pepper

Toss the tomatoes and onions with the chopped parsley, olive oil, salt and pepper. Make this ahead of time so the juices can draw out the intensity of the onion. You can also use about 3 T Italian dressing in place of the olive oil for a slightly different flavor.



AND THE WINNER IS. The Allysya Craig onion we've been delivering in succession with reddish Tropea onion has done very well this year in the field. This yellow sweet Spanish-type onion is a good raw and excellent cooked. And while many of the onions sized up nicely, this one tips the scales at a whopping 2.75 pounds. That's one onion folks. We've had a good onion crop and if it stops raining and we can dry out again for awhile, the onions will cure nicely in ground, but otherwise we will have to harvest them and move them into greenhouse to cure them sooner rather than later.

Collards: This hearty green from the cabbage family in enjoyed in countries that range from Portugal and Brazil to parts of Africa and along the Adriatic sea. And, of course, they are important in Southern cooking in this country. Collard can stand up to a lot of cooking and pair well with smoked and cured meats, such as bacon or acidic fruits such as tomatoes. For a touch of green in a soup or stew, collards would do well. They are high in fiber, minerals, vitamins and phytochemicals. The leaves can be stored in a sealed plastic bag in the fridge for a long time. Always remove the stalk and chop the leaves before cooking. Slow cooking them in braise or roasting pan or casserole dish is the best way.

Save The Date: Sunday, Sept. 7

Why? Pinehold Gardens Harvest Festival Open House

Time: 11 a.m. to 4 p.m.

What's Up? Kids cooking class, canning demonstration and cooking tips from local chefs.

To do: Bring yourself, family and friends and a generous dish to pass.