

## In This Box

- Estiva tomatoes
- Romaine lettuce
- Red bibb lettuce
- Red Norland potatoes
- Italian Red garlic
- Gladstone onions
- General Lee cucumbers
- Red Norland potatoes
- Broccoli or kale

## Next Week?

- Tomatoes
- Carrots
- Beets
- Collard Greens
- Onion
- Cucumber
- Peppers

## A DAY IN THE LIFE

All of our teacher worker shares are back in school and our early season worker share shifts are ending. We have 10 more weeks of CSA boxes to harvest plus the fall harvest for winter sales. We are a little short-handed going into the fall so if anyone knows of someone who would like to join our crew on Tuesday mornings from 9 a.m. to 1 p.m. for the CSA harvest or join me on Thursday mornings for restaurant harvesting, please

have them contact me.

## FIELD NOTES

The fall fields continue to look great. During last summer's heat and drought we had difficulty getting the direct seeded crops to germinate, especially rutabagas, winter radishes and spinach. This year they germinated so well that we will be thinning the crowded plants.

David finished laying out the last mile of drip tape this past week and we are irrigating 24/7, something we usually don't do in late August. It's been a weird weather year.

## BOX NOTES

Since summer has finally showed up it was perfect timing for the lettuce to be mature enough to harvest. We struggle to grow lettuce in summer, even a cool one. Long sunny days and heat will turn a lettuce from a beautiful head to a bolting (going to seed) bitter one almost overnight. They demand water and will wilt if irrigation doesn't return to them soon enough. The varieties in today's box are suggestions from two of our farmer friends.

We included a few cherry tomatoes and a new yellow tomato in a baggie to enjoy on your summer salad.



Martha Davis Kipcak, a friend, Pinehold member and owner of Mighty Fine Foods, won a first and second place at the American Cheese Society competition, for her Pimento Cheese spreads. The awards, an equivalent of an Oscar for cheese producers, represent a lot of hard work in launching her business and in recreating and bringing these ubiquitous cheese spreads from her Texas homelands to the Midwest. Her cheeses are available at stores and farmers markets around town, including Beans & Barley, Gloriosos, Riverwest Co-op, West Allis Cheese & Sausage Shop and Clock Tower Creamery, where Martha makes the cheese.

## WORKER SHARE PROFILE

My name is Marie Baumeister. This is my third year doing a work share at Pinehold Gardens.

I initially became interested because I didn't like the idea of buying food in a grocery store and not knowing where it came from. Now I feel connected to my local farmers, the food I eat and being part of the whole process is extremely



gratifying. I am a mother of two children—Tom and Emily and have had the amazing opportunity to work for MPS as a school psychologist for 18 years.

## UPICK TOMATOES

We have gotten a couple of inquiries about upick tomatoes. We have about 1/4 acre of lovely tomato plants full of green tomatoes. I am sure that this warmer weather will help, but I don't expect to be picking paste tomatoes before early September. And before we let members

(from page one)

pick tomatoes we have to harvest enough for our traditional salsa bag so we make sure all members get some paste tomatoes.

#### PINT CONTAINERS

We thought we had enough pint containers saved from last year, but now we have run out. If you have any blueberry or tomato containers, you can bring them to your dropsite so we can reuse them.

try and make mashed potatoes out of them. **Store:** Store all potatoes in a cool, dark place — in paper bag in closet, drawer or cabinet. Light is the enemy of all potatoes, turning them bitter. **Preparing:** Norlands have thin skins and can be left on. Lightly clean them with your hand or soft brush under running water. Leave whole or cut into chunks.

**Methods of cooking:** Boiled, steamed or roasted.

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## Food Bits

### Norland (New) Potato

Potatoes in general have been around for thou-



sands of years, spreading out from their home in Central and South Americas to become a staple in most cultures.

There are hundreds of varieties in colors that

range from purple that is nearly black to red and pink to a tan that is nearly white. Shapes can vary wildly. But most importantly is their culinary uses. Depending on the type of starch chains in a potatoes flesh, potatoes are usually classified as being more less waxy or more or less starchy. The latter are more typical of baking potatoes, dry and fluffy. The former are more typical of the potatoes we delivered today, more waxy. The Red Norlands are sometimes referred to as new or salad potatoes. They hold together well when cooked, but do not

### Broccoli & Kale

Broccoli, rarely known in the United States until the 1920s, was a mainstay in Italian cuisine for a very long time. The broccoli in today's box is summer broccoli, always a challenge for us to grow but we thought we would give a shot. It is a bit stronger in flavor than the milder and sweeter broccoli growing the fields now for fall harvest. The substitute in some boxes this week is kale, which has done well this summer, probably because of the generally cloudy and cooler days. **Store:** Store broccoli and kale in a closed plastic bag in the refrigerator. Use the broccoli within a week as it does not hold well in the frig. Kale should last longer than a week. **Preparing:** Broccoli should be washed and cut into serving size pieces. The stems of the broccoli are very good and should be chopped and cooked prior to the head of the broccoli. Kale should be washed, have the stem removed and chopped. **Methods of cooking:** Both can be steamed or braised and used alone, with garlic or onions and in soups in stews. Kale is also popular as chips.

# Recipes

by Annie Wegner Lefort

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## Grilled Chicken Mediterranean Pita

4 whole wheat pita rounds	1 large cucumber, chopped and lightly salted
16 oz. hummus	Fresh herbs, such as thyme or oregano
1 1/2 c. cooked chicken, shredded or chopped	Olive oil
1 c. crumbled feta cheese	Freshly ground black pepper

Place pita rounds on four separate plates. Spread a generous layer of hummus on each pita and top with chicken, feta, cucumber, the herbs, drizzle of oil, and pepper. Serves 4.

## Broccoli, Tomato, and Feta Frittata

*Adapted from Dinner: A Love Story by Jenny Rosentrach*

(For those who receive kale this week, it can be directly substituted for the broccoli in this recipe.)

1 T. olive oil	2 c. chopped broccoli (bite-size pieces)
2 T. chopped onions	4 eggs
Salt and pepper, to taste	1/3 c. crumbled feta, plus more for sprinkling on top
Handful of potatoes, thinly sliced into "coins" like thick potato chips (about 1/2 c.)	1 T. chopped fresh herbs, such as parsley or chives
1 large tomato, chopped	
1 garlic clove, minced	

Preheat broiler. In cast-iron (or ovenproof) skillet, heat the oil over medium heat. Add onions and salt and pepper and cook about 1 minute. Push onions to side of pan and add potatoes in single layer. Cook another 5 minutes, until potatoes are crispy and mostly cooked through. Add broccolis and tomatoes and cook, stirring for 1 minute. Whisk together eggs, cheese, and herbs in a small bowl. Pour egg mixture into pan and stir lightly to make sure the broccoli and potatoes are evenly distributed. Let cook without stirring about 2 minutes. When eggs are mostly cooked around edges, sprinkle more cheese on top and transfer to oven. Broil for 1-2 minutes, until eggs are cooked on top and cheese is slightly golden. Serve cut into pizza-like wedges.

## Basil Chile Eggplant Pickles

*Adapted from Tart and Sweet by Kelly Geary and Jessie Knadler. Can be made as refrigerator pickles.*

1 c. white wine vinegar	Per jar
1/2 c. water	2 cloves garlic
1 T. kosher salt	10 fresh basil leaves
1 lb. eggplant, ends removed, cut into 1/2-inch cubes	1 long strips lemon zest
	1 1/2 t. chili flakes
	1/2 t. black peppercorns

Bring vinegar, water, and salt to boil in a medium nonreactive saucepan. Stir to dissolve salt. Place garlic, basil, lemon zest, chili flakes, and peppercorns in hot jars. Pack eggplant in as tightly as possible without crushing. Pour in boiling brine, leaving 1/2-inch headspace and making sure eggplant is covered in liquid. Let cool and store in refrigerator for a few months.

**To Can Eggplant Pickles:** Check for air bubbles, wipe rims, and seal. Process for 10 minutes. in a hot water bath canner. Remove, let cool, label and store in a cool place.

Let the flavors meld for a few weeks before tasting.