

Pinehold Gardens *Field Notes*

Vol. 23 Week 7

August 23, 2017

In This Box

- Newham head lettuce
- Expression onion
- Kale or Swiss chard
- Jade green beans
- Basil plant
- Tasty Jade cucumbers
- Hoophouse grown tomatoes
- Some sites zucchini or summer squash
- Salsa bag
- Garlic chive flowers

Next Week?

- Kale or Swiss chard
- Celery
- Potatoes
- Peppers
- Green beans
- Head lettuce?
- Hoophouse grown tomatoes

A DAY IN THE LIFE

We hosted a fund-raising dinner for Racine's Eco-Justice Center's Youth Farm Corps Program this past Sunday evening. I think of the Eco-Justice Center as the Racine version of the Milwaukee Urban Ecology Center. We are sorry to say we did not get involved with a facility so close to our farm until our wonderful former employee Sarah became their program manager and our good friend Charlie Tennesen of Anarchy Acres became their board president. We want to thank Karen Bell of Bavette for organizing the dinner, Karen's staff and the chefs and staff of Good Kind, Amilinda, Sanford and La Merenda for contributing their time and talents. We also want to thank the dragonflies for keeping the mosquitoes in check around the dinner site.

The Farm Corps Program provides four high school students and one college intern hands-on opportunities to learn valuable skills. They raised most of the produce for the meal and the event raised about 20 percent of the program's budget needs for the year so we are so glad that we could help out.

FIELD NOTES

We could really use some of that rain we got earlier in the year right now. Only 0.75 inches of rain has fallen in August, about two inches below "normal." Once again we are

back to irrigating 24/7 as no rain is in the 10 day forecast.

We are finally almost done harvesting from our May planted fields and thank goodness as they are a weedy mess. I was directing traffic on the road before the dinner and when I walked back towards the field and saw so many people gathered around that weedy field rather than our beautiful fall field I wanted to shout out.....go the other way.

The fall field does look beautiful with full grown kale; almost full grown Swiss chard; turnips and rutabagas forming roots; and giant leaves of cabbage, broccoli and cauliflower that will soon be forming heads. Today's French Breakfast radishes and kale were harvested from that field.

As the summer months come to a close we find ourselves at the peak of tomato and cucumber harvest. Oddly both of those harvests are coming out of the summerish warm comfort of our hoophouses, rather than the foggy fall conditions of the great outdoors. Sadly we lost most of our upick paste tomatoes during the early summer rainy season.

BOX NOTES

The salsa bag is missing, in our opinion, a very important ingredient, cilantro. The herb area of our field went under water four times and we lost our parsley, oregano, thyme, dill and cilantro. The dill and cilantro were replanted but are not large enough to harvest. I have enjoyed many a salsa without cilantro.

The peppers in the bag are hot peppers, two green Jalapenos and one mildly hot yellow Hungarian. If you want to save them for use in winter chili, just freeze them whole and chop off frozen pieces when you need some. And please remove the tomatoes from the plastic bag and place in a bowl on your counter.

The air is very dry so the chard and kale might have wilted some and might have to be refreshed by a dunk in some cold water before being placed in a plastic bag in the frig.

This is week seven of having a head of lettuce in your CSA box, a record for us.



Kudos to Rejane Cytacki (left to right) executive director of the Eco-Justice Center in Racine, Karen Bell, chef of Bavette, Greg Leon, chef of Amilinda, Paul and Lisa Zerkel, chefs of Goodkind and Casey Davison, sous chef of Sanfords for a great farm-to-table dinner at Pinehold. Unable to make the dinner but essential to the dinner's success was Sarah Ronnevik, program and communications coordinator for Eco-Justice and Peter Sandroni, chef of La Merenda and Engin Company No. 3.

Growing lettuce is a challenge in the summer anytime, but especially when the weather is so unpredictable from season to season. It is was already difficult to pick the right varieties

SUNDAY SUPPER UPDATE

The Sunday Supper is sold out and has a waiting list of 10 people. We have now finalized the menu, Chef Peter Sandroni is working out the prices and David is ordering the tables and chairs so we should have a price in a confirmation email headed your way by the beginning of next week. Be sure to let us know ASAP if your plans have changed and you are no longer able to attend the dinner.

that will grow during each different part of the season, especially now that June weather is like August and August is like October. I did trial 15 varieties in our hoop house in early spring and planted two of them out in the field this summer, including this week's mini bibb variety.

We should be able to provide a bag of green beans regularly for awhile.

We never found the time or field space to plant the basil so we are hoping that if it is passed along to you it will find a happy home in your yard or in a pot. The plant is extremely root bound.

French Breakfast Radish Breakfast

Sliced radishes	Chopped herbs
Slices of a crusty bread	such as tarragon or mint (optional)
Butter, chevre or other light spreadable cheese	Seasonal fruit
Sprinkle of salt	Coffee
	Add the time to enjoy it

Spread the butter or cheese on the slice of baguette and layer radish slices with a sprinkle of salt. Place on the plate with seasonal fruit. Pour a nice strong cup of coffee, use cream if you must. Watch the morning develop and forget about everything that has to get done for just a few moments.



French Breakfast Radish In this increasingly globalized and homogenized food culture who is to say what is a traditional breakfast in any country. But usually at least in France, breakfast is a relatively light affair and the crepes and omelets are saved for lunch or supper. Breakfast is more likely to be coffee with a croissant or simply bread with butter. Sometimes a sweet jam and sometimes a savory radish or cucumber. Hence, we are guessing, the name of this week's radish: the French Breakfast radish. It is slightly different than a traditional round radish. The flavor is similar but the texture is less crisp, melding more with the butter on the crusty slice of baguette. For those light breakfast eaters, try this different take a breakfast and skip the donut.

Fresh Tomato Salsa from *The Art of Simple Food*

2 medium ripe tomatoes, diced	6 stems of cilantro, chopped fine
1 garlic clove, chopped fine	Juice of 1/2 lime
1/2 red or white onion, diced	Salt

Mix all ingredients and let sit for 5 minutes to allow flavors to develop

Variations:

- Add 1 jalapeno or other chile pepper, chopped fine.
- Add 1/4 tsp. crushed and toasted cumin seeds.
- Fold in 1/2 avocado cut into a medium dice.

Bean and Kale Minestra from *Sundays at Moosewood Restaurant*

1/2 lb. kale, about 4 cups chopped	6 fresh sages leaves (1/2 tsp. dried)
4 large garlic cloves, minced	1 tsp. salt or to taste
6 cups cooked cannellini beans (2 cups dry beans cooked)	Freshly ground black pepper
4 to 5 cups bean water, vegetable stock or water	1/2 cup ground cornmeal
2 heaping tsps. tomato paste	2 Tbs. fresh lemon juice
	Freshly grated Parmesan cheese

Remove the stems from the kale and coarsely chop the leaves. Soak the leaves in a bowl of cold water while you prepare the soup.

In a soup pot, saute the garlic in the olive oil for a just a half a minute. Add about half of the cooked beans and part of the stock or water. Puree the rest of the beans and stock in a blender or food processor along with the tomato paste and sage. Stir the pureed beans into the soup. Add salt and pepper to taste.

Drain the kale. Mix it into the soup and simmer for at least half an hour, until tender.

Mix the cornmeal with the lemon juice and enough water to make one cup. Pour this paste slowly into the simmering soup while stirring constantly to prevent lumps from forming. Simmer the soup for another 10 to 15 minutes, stirring constantly. Taste for salt and pepper .

Serve with a salad of slices of tomato and olives.