

Pinehold Gardens *Field Notes*

Vol. 21 Week 8

August 26, 2015

In This Box

- Who Gets Kissed? sweet corn
- Yellow & green Romano beans
- Italian flat leaf parsley
- Peter Wilcox potatoes
- Ace sweet peppers
- Ailsa Craig onion
- Merlin beets
- Concept or Muir head lettuce
- Slicing tomatoes

Next Week?

- Celery
- Shishito & Carmen peppers
- Canteloupes for some sites
- Russian & Siberian kale
- Kohlrabi
- White Wing Onion
- Red radishes
- Head lettuce

A DAY IN THE LIFE

One of the questions we get asked in the spring when people are inquiring about our CSA is “Do you grow GMO vegetables?” Curiously some are even more concerned about GMOs than if we grow our crops organically. Currently there are only two vegetable crops where there is GMO seed being used, a sweet corn variety sold by Monsanto’s subsidiary Seminis and a zucchini variety. So no, we do not grow any GMO vegetables. And for the record, we do not knowingly grow any variety of vegetable that is owned by Monsanto.

Using USDA data, The Environmental Working Group (www.ewg.org/enviroblog/2014/04/corn) notes some 28,000 American farmers grew 3.1 billion pounds of

VOTE FOR CORN

Last week we delivered a super sweet hybrid variety of white sweet corn, grown for its high sugar content. This week’s variety is an open pollinated variety of corn that was grown for its sweetness but also for its corn flavor. The textures are slightly different and so is the flavor. We wonder what you might think about these two. Let us know by emailing us your preference. Put “Corn” in the subject line.

sweet corn in 2012, generating a market valued at \$822 million in 2012. But sweet corn, a natural mutation that is believed to have emerged in Pennsylvania in the mid-18th century, represents less than 1 percent of American corn production. Roundup Ready field corn makes up the rest. This means a lot of the herbicide Round Up is being used.

Our friend, Ken Knetzger, sent us a letter published in the *New England Journal of Medicine* that points out the risks of using this much glyphosate, the active ingredient in Round Up and other “non active” ingredients in the product. The letter sketches a landscape of complex concerns such as the protection of children, the potential for allergens, the complexity of testing soil and food contamination. The letter can be found at www.nejm.org/doi/full/10.1056/NEJMp1505660?query=TOC&#.VdXR8j9roQR.twitter

FIELD NOTES

Believe it or not we are back to irrigating. It must be so dry deep down that the rain never gets a chance to saturate the soil. Also the air is very dry, even at night.

We, mainly David and I and our employee Sarah, are making steady progress on weeding the very healthy towering weeds. If you didn’t come out to help us weed because you might not have a strong back we have small weeds that have to be carefully pulled in our fall carrot patch. It is a meticulous kneeling job. We also still have the strong back weeding job. Join us on Friday and Saturday, 9 a.m. to 5 p.m.

Everything looks very fall like in the fields with the goldenrod blooming and the winter squash vines dying back. At the same time everything looks very spring like, with recently planted radishes popping their red bulbs out of the ground and the broccoli starting to form heads.



We carefully pack each box each week in ways we hope delivers the produce in the best shape possible, always with an eye of how it looks when you open it.

BOX NOTES

The peppers are sweet bell peppers. They are not the stout blocky variety that you see in a store, but instead the variety Ace that grows very well for us in our microclimate. All peppers will eventually ripen to red. In your box there should be a green, a blushing red and a fully ripe red pepper. Non-organic peppers are among The EWG’s Dirty Dozen.

The potato variety, Peter Wilcox, is a new variety for us, replacing one of my favorites, Carola which we discontinued because of poor yields. It is a purple skinned, light yellow fleshed all purpose potato with a creamy texture.

Please eat the beautiful beet greens in a recipe or simply sauteed in olive oil with an allium of your choice.

Romano Beans alla Toscana

by Pinehold member *Jeff Marquardt*

This is a recipe I learned while living in Florence, Italy.

1lb Romano beans
4-6 medium to large tomatoes, diced
½ onion, diced
3 cloves garlic, minced
4 Tbl. oil, divided in half
Fresh herbs

Warm up a large sauté pan over medium heat. Drizzle in half the oil and add your beans, stir until they start to get soft. Remove from the pan. Add the rest of the oil to the pan and place over medium heat again. Add the onions and garlic and keep stirring until it is fragrant. Then add the tomatoes and cook for 3-4 minutes or until they start to break down. Season with a little salt and pepper. Add your beans to the tomato mixture and serve.

Autumn Tian

by Pinehold member *Jenny Lee-Adrian*

3-4 medium red and/or gold beets
1 medium onion, thinly sliced
Extra-virgin olive oil
Fresh thyme leaves as needed
Salt and pepper to taste
1 lb. potatoes, peeled and cut into ¼-inch slices
1 lb. plum tomatoes (about 3), cut crosswise into ¼-inch slices

Preheat oven to 400 degrees. Wrap beets tightly in foil. Roast on a baking sheet until tender, about 1 hour, 20 minutes. Let cool completely. Peel. (They can be roasted a couple days ahead.)

Increase oven temperature to 425 degrees. Toss sliced onion with 1 Tbl. oil and season evenly with thyme leaves. Season onion with salt and pepper and arrange in the bottom of a 3-quart round or oval gratin dish, or Dutch Oven pot. Slice roasted beets, tomatoes and potatoes, and put them in separate bowls. In each bowl, season sliced beets, tomatoes and potatoes with salt, pepper and thyme leaves. Alternate slices of beet, tomato and potato in a ring around the dish or pot. Drizzle with 2 Tbl. oil. Cut a circle of parchment paper to fit on top of the vegetables. Cover pot or gratin dish with a lid or tin foil.

Bake 30 minutes. Uncover; drizzle with remaining 3 Tbl. oil. Then bake, uncovered, until vegetables are tender and tomatoes are caramelized, about 30 minutes more. Let cool slightly before serving.

Breakfast Hash

by Pinehold member *Jeff Marquardt*

You can use any vegetables that you have in this hash as well. Swiss Chard, beet stems, fresh beans, fennel bulb, spinach, squash, etc. are all good additions. Just add them at the correct time and everything will be fine. Firmer things like squash or beans can go in at the same time as the peppers and onions whereas things like spinach or chard should go in at the end and only cook lightly.

1-2 potatoes, diced
1 bell pepper, diced
1 tomato, diced
½ onion, diced
½ jalapeno, minced with the seeds removed (optional)
Salt and pepper, to taste
Fresh parsley, chopped
4 eggs

Heat a wide, heavy skillet over medium heat. Add about 2 Tbl. of cooking oil. Add the potatoes first and cook for about 4-5 minutes, stirring occasionally. Next add the onion and peppers, stir and cook for another 5 minutes. If the potatoes are soft and cooked through add the tomatoes. If they aren't, cook a few minutes longer before adding the tomatoes. Cook the tomatoes for about 1-2 minutes and season the whole pan with salt and pepper.

In a separate pan, cook your eggs the way you like them. I like over-easy for hash because the yolk acts like a sauce.

Serve the eggs on top of the hash and sprinkle some of the parsley over the top.

Sweet Corn: Judging by the number of roadside stands with piles of sweet corn, summer is still among us despite the cool temps. If you get a chance to get your hands on piles of sweet corn, remember that it is easy to freeze for future use in soups, chilis, chowders and stews. Simply shuck the ear of all leaves and silk, blanch the whole cob in boiling water for a few minutes, let cool and cut the kernels from the cob. Spread these kernels on a cookie sheet and freeze, then store the frozen kernels in a freezer bag.

Our friend and Pinehold member Martha Davis Kipcak loves Martha Rose Shulman's recipes in The New York Times. Here are two of Ms. Shulman's five recipes for stuffed peppers. All her recipes and photos can be found at http://well.blogs.nytimes.com/2013/10/18/five-ways-to-fill-a-pepper/?_r=1

Sweet and Sour Peppers

3 cups water	2 medium-size fennel bulbs, diced
1/3 cup sugar	2 garlic cloves, minced
1/3 cup sherry vinegar	2 cups cooked red, brown or black rice, or bulgur
1 onion, sliced	Freshly ground pepper to taste
6 garlic cloves, sliced	1/2 cup chopped fresh mint, parsley, dill or chervil, or a mix
Salt to taste	1 to 2 ounces feta, crumbled (optional)
1 bay leaf	
4 sprigs fresh thyme	
4 medium or 3 large red peppers, cut in half, seeds and membranes remove	
2 Tbl. extra virgin olive oil	

Simmer the peppers. Combine the water, sugar, vinegar, sliced onion, sliced garlic, salt, bay leaf and thyme in a large saucepan and bring to a simmer. Add the peppers, turn the heat to medium and boil gently for 15 minutes, checking and spooning liquid over the peppers from time to time if they are not submerged. Remove from the heat, allow to cool, cover and refrigerate until cold.

Heat the olive oil over medium heat in a large skillet and add the fennel and a pinch of salt. Cook, stirring often, until the fennel is tender and fragrant, about 5 minutes. Add the garlic and continue to cook, stirring, for another 30 seconds to a minute, until fragrant, then stir in the rice or bulgur and mix together. Season to taste with salt and pepper and remove from the heat. Stir in the herbs.

Set a strainer over a bowl and drain the peppers. Blot them dry with paper towels and arrange on a platter or on plates if serving cold. Arrange in a lightly oiled baking dish if serving hot, and preheat the oven to 350 degrees. Fill with the rice mixture and spoon 2 teaspoons of the marinade over the filling of each serving. Sprinkle on the feta. Serve or chill if serving cold. If serving warm place in the oven for 15 minutes, until the cheese softens.

Stuffed Roasted Peppers in Tomato Sauce

4 medium-size bell peppers	2 ounces Manchego cheese or Parmesan, grated (1/2 cup)
2 Tbl. extra virgin olive oil	Salt and freshly ground pepper
2 garlic cloves, minced	1 1/2 cups marinara sauce (tomatoes, garlic and a little sugar and basil)
1/2 cup chopped fresh parsley	
1 1/2 cups cooked quinoa	

Roast the peppers over a flame, under a broiler or on a grill until uniformly charred. Place in a plastic bag or a tightly covered bowl and allow to cool. When cool enough to handle, remove all of the charred skin, rinse briefly and pat dry.

Carefully cut away the stem from the peppers. Cut a slit down the side of each pepper, from the stem end to the bottom. Gently open out and remove the seeds and membranes; tip out the juice. Try to keep the peppers in one piece. Set aside.

Heat 2 tablespoons of the olive oil over medium heat in a large, nonstick skillet and add the garlic. Cook, stirring, until fragrant, about 1 minute. Stir in the parsley and quinoa and mix together until the quinoa is coated with oil. Remove from the heat and stir in the cheese. Season to taste with salt and pepper.

Preheat the oven to 350 degrees. Oil a baking dish large enough to accommodate all of the peppers. One at a time, lay a pepper in the dish and fill with the quinoa mixture. I do this by gently opening up the pepper, mounding the filling onto one half, and folding the other half back over the filling, overlapping the edges slightly. Lay the peppers in the dish. Cover the baking dish with foil or a lid and bake the peppers for 20 minutes. Meanwhile, reheat the tomato sauce.

Ladle the tomato sauce onto serving plates or a serving platter. Top with the stuffed peppers and serve.