

Pinehold Gardens *Field Notes*

Vol. 20 No. 10, Week 8

August 27, 2014

In This Box

- White & Red Russian kale
- Red leaf head lettuce
- Bianca sweet bell pepper
- Hot peppers, Jalapeno & Santa Fe
- Slicing & paste tomatoes
- Italian Red garlic
- Red Tropea onion
- Cilantro
- Carrots
- Zephyr summer squash
- Rotating by dropsite: eggplant and cherry tomatoes

Next Week?

- Potatoes
- Leeks
- Lettuce
- Tomatoes
- Celery
- Peppers, sweet
- Shallots

A DAY IN THE LIFE

I kept saying yesterday as it rained yet again on a day that the weatherman predicted would be a beautiful day, that I was going to turn into a mushroom. David said that mushrooms were going to grow between his toes as he wears leather work boots that have not dried out for over a week. I finally found comfortable waterproof rain boots this past April that I have worn every day except for a couple of weeks in July. And since we only line dry our clothes and most every day we come in covered in mud, we might have to break our summer rule and use the dryer tomorrow so we have some clean work pants and socks. It is a sad comment on this “summer” which shockingly is ending this week. We have had some beautiful sunsets lately though.

SAVE THE DATE

Our semi annual Open House is Sunday, Sept. 7, which we hold rain or shine. Canning lessons and a kids cooking class will start at 11am followed by a pot luck lunch at 12:30 and chef demonstrations after lunch. We will provide beverages and tents for cover.

FIELD NOTES

Of course the big news is we have effectively lost the majority of our paste tomatoes

because of Late Blight. (See photo next page.) Late Blight is the disease that caused the Irish potato famine. Late Blight has been reported on tomatoes only in Milwaukee and Racine counties so far this year. Amanda Gevens of UW Madison said that strain US-23 has been detected in other Upper Midwestern states and can certainly blow in to our state and create disease when weather is favorable — and it has been very favorable this summer with cool nights, moderate days and lots of moisture.



We had blight last year on tomatoes and potatoes and were extremely careful this year to do everything we could to prevent it from occurring. We saved none of our potatoes for seed. There were no rogue tomato or potato plants sprouting up in the field. We did not compost any blighted plants or potatoes. The potatoes were actually thrown in the trash. We start all of our own transplants and bought the seeds from quality seed companies. The 1,000 paste tomato plants were started in April, transplanted in June, and staked with newly purchased white oak stakes from Maine. Countless hours were spent each week adding a new layer of twine to the stakes. They were weeded and mulched with straw. It was the best looking plot on the farm. Each beautiful plant probably had 10-15 pounds of tomatoes on it. Lost time, CSA box contents, CSA upick, canning tomatoes for our winter food, income, a punch in the gut. It is now obvious that we can only grow tomatoes inside a hoop house. Even when diseases find their way into a hoop house at least the tomatoes mature early enough because of the warmth



AND INTO THE NIGHT. Your box is not only brought to you by dedicated workers Tuesday morning, but also by a crew that comes in Tuesday afternoons that often works well after sunset to complete the work. Above: Tracy, Sandy, Amanda, David, Marie, Bridget and Chris. The occasion for the photo is Amanda's 24th birthday.

and will ripen before the disease kills the plant.

BOX NOTES

There are three kinds of peppers in your box today. The ivory colored one is a new variety of bell pepper, Bianca, that was recommended by a fellow farmer at a conference this winter. It is an early maturing mild sweet pepper. Like all peppers it would eventually ripen to red, but unlike green bell peppers it has a sweeter, less green taste. The two peppers in the plastic bag with the few paste tomatoes we salvaged are hot peppers. The green one is a mild Jalapeno and the pale yellow one is a hotter Sante Fe type.

The kale is a Russian type and beautiful looking as kale excels at maturing into the fall. When we list something as rotating by dropsite it means that not enough of something has matured to deliver to all the sites at once. After this delivery everyone should have received an eggplant, a full pint of cherry tomatoes and a partial pint of cherry tomatoes.

The second planting of Zephyr summer squash is producing a nice crop of squash. A great sandwich favorite of ours is sauteed slices of squash, pepper and onion on a pan fried toasted tomato, fresh mozzarella sandwich.

This week's lettuce variety is Teide, advertised as a heat tolerant and disease resistant variety. It did fairly well and it tastes great, but about half of the heads succumbed to tip burn on all the center leaves. This winter I will have to ask other farmers and my seed rep if others had this problem. The chickens will be enjoying many heads of lettuce later this week.

Late Blight's Path of Destruction



Moroccan Carrots

from Pinehold member Meredith Skelton

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| 1 lb. carrots cut diagonally into 1/4-inch slices | 1 1/2 T. ground cumin |
| 1/3 c. olive oil | 2 cloves garlic, chopped |
| 2 T. balsamic vinegar | 1/3 c. finely chopped parsley |
| 4 T. red wine vinegar | 1 t. salt or to taste |
| 1 1/2 T. sweet Hungarian paprika | |

Add carrots to pot of cold water. Bring to a boil and simmer until tender but still crisp.

Meanwhile, make the dressing with the oil, vinegars, and spices (Tip: Put the ingredients in a jar and shake).

Drain the carrots and while hot add to the dressing and stir to coat. Add garlic and parsley and toss. Let cool to room temp stirring a few times to keep coated with the dressing.

Best served at room temp but keeps for a long time in the fridge. If you like more heat, use Hungarian sharp paprika rather than the sweet.



Kale

All kale is similar but not the same. As we progress through this late summer and fall

season you will be treated to several different kales. Today we start with White and Red Russian kale. This kale is milder in taste and more tender than upcoming kales. It wilts quickly like spinach whether braised or saute. It can also be eaten raw in a salad. Kale is the oldest member of the cabbage family and a favorite in ancient Rome. **Store:** Keep in a sealed bag in the refrigerator. **Preparing:** Wash leaves and remove stems. **Use:** In soups and stews, sauted as a side dish with salt, pepper and little Parmesan cheese. In salads or pasta dishes.

Serbian Salad

from Pinehold member Gerry Mueller

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| 1 green pepper, chopped into small dice | pinch of garlic salt if desired |
| 1 onion, chopped into small dice | black pepper to taste |
| 2 tomatoes, chopped into medium dice | 4 oz feta cheese |

Mix vegetables, season as desired, place on shallow plate. Crumble feta over the top. Serve.

This is one of my favorites modeled after a salad I had at Three Brothers. The combo of ripe tomatoes and salty feta just can't be beat. This simple dish lets you really appreciate the quality of the ingredients you use.

Roasted Kale and Onions

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| 1 Red onion | 1 t. butter |
| 2 T. olive oil | 1 bunch of kale, stems removed and coarsely chopped |
| 1 T. chicken or vegetable broth or water | 1 clove of garlic |
| 1 T. balsamic vinegar | |

Add all ingredients, except balsamic vinegar, to a roasting pan or casserole and roast at 375 degrees, stirring occasionally. Toss with balsamic vinegar and serve.



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.