

## In This Box

- Estiva tomatoes
- Merlin beets
- Nelson carrots
- Korridor kohlrabi
- Head lettuce
- New York Early onion
- General Lee cucumbers
- Carmen pepper
- Cherry and yellow tomatoes
- Rotating: canteloupes

## Next Week??

- Salsa Bag???
- Potatoes
- Kales
- Canteloupe or watermelon
- Onion
- Romano beans
- Peppers

## A DAY IN THE LIFE

My suggestion to everyone who is living in a house, whether you own it or not, is to plant a fruit tree. We have lived here for 23 years and hesitated to plant any permanent crops until we bought it 9 years ago. We wish we would have planted trees when we moved in. A three-year-old fruit tree can be purchased for \$25 and peaches and pears can bear fruit in three years. We eat very seasonally and mostly only crops we grow so we are having a fruitful time.



## FIELD NOTES

The big news is the Late Blight that is killing our tomatoes. We picked the small yellow gold tomatoes last Tuesday and the plants were perfect looking — 200 early yellow and orange plants for the CSA boxes, 100 heirlooms for the restaurants, and 700 paste for the salsa bag, CSA upick, restaurant sales and our winter supply of canning tomatoes. On Saturday afternoon I was picking zucchinis next to it and looked up and saw mostly dead plants.

We are one of seven states that has blight. We have never had a

severe outbreak. We are using organically accepted sprays to kill the spores and contain the spread, but only time will tell if we are successful.

## BOX NOTES

For the Labor Day weekend we put together a salad box with Annie's recipes to match. We had hoped for enough canteloupes, but not enough have ripened.

The kohlrabi is a beautiful fall variety, milder and sweeter than the ones we grew in Spring.

Sorry, more cucumbers. A 175 row

yielded 700 cucumbers this past week.

Remove the greens from the turnip and radishes (you can use them to make pesto) and store separately from the roots.

The onion is a stronger cooking variety.

## WORKER SHARE PROFILE

Jen Kubacki is originally from the Chicagoland area, and Dave, her husband, is from Milwaukee. They met during their Peace Corps Service in the Republic of Georgia. They were both English teachers. Fast forward 12 years, they now try to relive their Georgian days, making fresh and delicious



foods (on a good day) thanks to their weekly Pinehold box. Their favorite so far has been tolma, stuffed cabbage leaves. Dave teaches middle school science and humanities. Jen takes care of their 2 young boys, and looks forward to her 4 hours of farm work.

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# Recipes

by Annie Wegner Lefort

www.leforthomestead.blogspot.com

## Summer Vegetable Salad with Creamy Feta Dressing

1 1/4 c. diced, seeded tomato	Dash of ground red pepper
1 c. diced seeded peeled cucumber	1/2 c. (2 oz.) crumbled feta cheese
1 bell or frying pepper, seeded and diced	2 T. boiling water
1/2 c. diced hakurei turnips	3/4 t. white wine vinegar
1/3 c. finely chopped fresh parsley	2 T. plain yogurt
1/4 c. thinly sliced onion	

*Optional: Cooked, chilled vermicelli (or other long noodles) Lettuce, washed and torn/chopped*

Combine tomatoes through dash of pepper in a large bowl and set aside. Place cheese, boiling water, and vinegar in a food process and process until smooth. Add yogurt; process until blended. Pour cheese mixture over vegetable mixture; toss well. Serve over chilled vermicelli or toss with lettuce and serve as an entree. Serves 4.

## Steamed Beet and Goat Cheese Salad

2 medium beets, washed and trimmed, greens removed, washed, torn and set aside	1/2 t. chopped fresh thyme (or 1/4 t. dried)
1/2 c. walnuts, chopped and toasted (in the oven or a toaster oven at 350F for about 5-7 min.)	1/2 t. salt
3 T. extra-virgin olive oil	1 head leaf lettuce, washed and torn into pieces
4 t. sherry vinegar	1/2 medium onion, thinly sliced
	3 oz. goat cheese, thinly sliced or crumbled

Steam beets until tender; when cool enough, peel and cut into thin wedges. Set aside. In a large bowl, whisk together olive oil, vinegar, thyme, and salt. Pour about 1 t. of dressing into bowl with beets and toss to coat. Add lettuce to dressing in large bowl along with onion and toasted walnuts, toss gently. Divide among four serving plates. Arrange beets on top of lettuce and a handful of beet greens, sprinkle w/ goat cheese, serve immediately. Serves 4.

## Cantaloupe Salad with Poppy Seed Dressing

1 good size cantaloupe, peeled, seeded and flesh scooped with a melon baller (or just cut into 1/2-inch chunks)	Juice or 1/2 lime
1/2 medium cucumber, seeded and cut into half moons	1 t. canola or olive oil
1 1/2 c. seedless grapes (optional)	1 t. water
	1 t. honey
	1 1/2 t. poppy seeds
	4 large fresh mint leaves, thinly sliced

*The grapes, not being local, are optional here, but they do add a nice acidity to the salad. You can certainly increase the amount of melon or add in another kind of melon too. This salad is great served as a complement to something spicy.*

In a large serving bowl, combine melon, cucumber, grapes (if using). Whisk lime juice, oil, water, honey, poppy seeds in a bowl or glass measuring cup, and pour over melon mixture. Top with mint, give a good stir, serve immediately.

**Roasted Beets:** While beets can be grated and juiced raw, most often they are cooked. Beets can be steamed or roasted. To roast beets, wash the beet and trim the greens, leaving about one to two inches of stems. Either wrap the beets in aluminum foil or place in a casserole dish with the lid on. Cook for about 45 minutes for lemon-size beets at 350-400 degree. The beets are done when they can be squeezed and give a little. Let cool a little, then skins can be wiped off using your hand or towelling.

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### UPICK TOMATOES

Most likely the upick tomatoes will be the third strike in our upick efforts this year. There are tomatoes ripening that are not infected by blight, at least not yet, so we hope to send out the salsa bag next week and then keep you informed of the status of the rest of the tomatoes. We have looked into whether you can preserve good fruit from a diseased plant, and of course the recommendation is that you use blemish-free perfect fruit, but the USDA says to adjust the PH by adding lemon juice. If the plants die we will have a green tomato upick

## More Recipes

by Annie Wegner Lefort

### Bibb Lettuce with Grainy Mustard Vinaigrett

1 T. red wine vinegar  
1 T. freshly squeezed lemon juice  
2 t. coarse-grain Dijon mustard  
1/4 t. salt, plus more to taste  
1/8 t. freshly ground black pepper, plus more to taste  
6 T. olive oil  
about 1 lb. Bibb lettuce (or mixture of lettuces), washed and cleaned

In a large salad bowl, whisk together all ingredients except lettuce. Add lettuce and toss well to coat leaves. Season with additional salt and pepper. Serves 4.

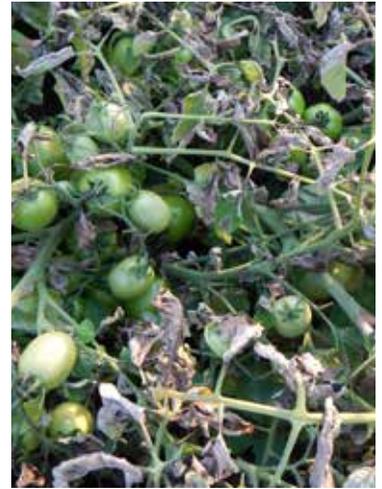
### Carrot and Kohlrabi Slaw

2 T. sour cream  
2 T. mayonnaise  
1 t. Dijon mustard  
1 t. finely chopped capers  
2 t. white wine vinegar  
3/4 t. kosher salt  
1/4 t. pepper  
1 large kohlrabi, peeled and shredded  
1 large carrot, peeled and shredded  
6 T. roughly chopped parsley

Whisk together sour cream, mayo, mustard, capers, vinegar, salt and pepper in a medium bowl. Add kohlrabi, carrots, and parsley to bowl and toss to coat. Serve chilled or at room temp. Serves 6.

## A Thousands Words

Blight has arrived. On the heels of last Thursday's storms came Late Blight, a fungus that can move quickly through a field. This particular strain is affecting tomatoes and potatoes. We were caught by surprise and have taken steps to stem the spread, especially to the potatoes. *Right: What an infected plant looks like. Below: What the fruit looks like. Lower left corner is a healthy paste tomato.*



## Food Bits

### Cantaloupe

Melons may be the quintessential summer fruit. Cantaloupes or muskmelon are distinguished by their netted yellowish skin and a central core of seeds. To some tastes, these melons have more flavor than watermelons, but both are good sources of nutrition. **Store:** Keep on the counter top until ready to eat. Once cut store in the refrigerator cut up in a plastic container or whole wrapped in plastic.