

Pinehold Gardens Field Notes

Vol. 24, Week 8

August 29, 2018

In This Week's Box

- Head lettuce, Magenta crisphead
- Basil
- Onion, Expression
- Garlic Scapes
- Slicing tomatoes
- Kale, Toscano
- Beets without greens

In Next Week's Box?

- Head lettuce, two mini heads
- Dill
- Carrots
- Potatoes
- Slicing tomatoes
- Sweet peppers
- Nash's Green & Olympic Red kale

A DAY IN THE LIFE

My hair is becoming unpigmented, which is the thoughtful, kind way of telling me my hair is turning gray or white or whatever color other than blond by the woman who cuts my hair. I am sure it is stress. I try not to dwell on it but it is a very difficult phase of life watching your parents age as the visits now include feeding both of them. They are both on Hospice Care in an Assisted Living facility, together and happily married for 68 years. I also have a troubled brother living in an Assisted Living facility since March.

So when you add in the threat of severe weather including wind, hail, heavy rain and flooding, any of which would affect our livelihood, I struggle. I hold my grandmother responsible for my fear of wind. Back in the days before tornado sirens she would listen to the radio and call us if severe weather threatened and my mom would send us into the basement.

But for some reason the weather gods have been very kind to us this past week and the rain has either missed us or only a half inch or less has fallen

at a time. Maybe they are trying to make up for May and June when we received all the rain that the counties north of us were not getting. Or maybe they know that I am living on the edge and find some perverse pleasure in trying to push me over.

FIELD NOTES

The fall fields of broccoli, kale, cabbage, cauliflower, turnips, beets and carrots look great, especially the transplanted crops as they were mechanically cultivated to lessen the weed pressure. Weeds are definitely loving the humidity and heat of the last couple of weeks. They seem to grow inches a day. The carrot and beet direct seeded crops are in some serious need of hand weeding but we are slowly getting to that, a row at a time (and that is 20 rows times 250 feet, a total of 5,000 feet).

We are about half way through harvesting onions. We are surprised and very happy with the yield of what we have harvested so far. They were planted the last weekend of April, right before the monsoon rains hit that left us not only unable to mechanically weed them but we could not even walk into the fields to weed for many weeks. By late May we weeded what we could,



A garlic party was in progress at Pinehold on Tuesday when this crackerjack crew led by Becky (in yellow t-shirt) finished the harvest and packing early enough to trim garlic. The crew was cutting off the now dry roots and stems to consolidate a decent harvest of garlic. Clockwise from lower right: Becky, Tracy, Carmen, Nancy, Leah, Scott, Caden, Clark and Sandy. And a fond farewell, a big thanks and best wishes to Caden who heads back to school next week.

even spending a weekend crawling on our hands and knees with shears clipping the now large weeds off at ground level.

BOX NOTES

The thunderstorm at 5 a.m. yesterday left us with very muddy harvest conditions. The lettuce has been sprayed and dunked but is still very muddy. This is the last large head of lettuce for the year. It is a crisphead variety, Magenta, one of the very few varieties that will not bolt and become bitter in the heat of summer.

The beets are topless as the fungal disease, Cercospora Leaf Spot, is brought on by warm, humid weather. We have saved and washed the best of the greens and they will be in the extras box at the dropsites. Grab a handful for you Labor Day omelet.

TOMATO SECONDS

The u-pick tomatoes were planted too late and might not mature. If you would like to be put on a list to receive 10 lbs. of seconds, please email us.

Food Facts: Tomatoes

by Jackie Jones, MS RDN



Tomatoes are an excellent source of vitamin C and other antioxidants such as lutein and lycopene. Antioxidants can help combat the formation of free radicals, which are known to cause cancer. Lutein and lycopene specifically can help to protect the eye against light-induced damage.

One cup of chopped or sliced raw tomatoes contains about:

32 calories (kcal)

1.58 g of protein

2.2 g of fiber

24.7 mg of vitamin C

1499 international units (IU) of vitamin A

Cooking tomatoes appears to increase the availability of key nutrients—namely the antioxidants. Here are some great ways to put more tomatoes in your diet.

- Dip grape or cherry tomatoes in hummus or plain yogurt dip and consume them as a side or a snack.
- Add sliced tomato to sandwiches and wraps.
- Used canned, diced, or stewed tomatoes in soups.
- Eat a piece of toast with avocado and tomato slices.
- Make a quick salsa with diced tomatoes, onion, jalapeno, cilantro, and freshly squeezed lime.
- Dice fresh tomatoes and add them to rice and beans, quesadillas, or tacos. Add them to omelets or scrambles for breakfast.
- Drizzle freshly sliced tomatoes and sliced mozzarella with balsamic vinegar, and top with chopped basil.
- Make a bruschetta as an appetizer.

TOMATOES WITH CRISPY BREAD TOPPING

from member and sister-in-law Anna Kozlowski

- 4 Roma tomatoes, cored, cut in half lengthwise
- Kosher salt
- Freshly ground black pepper
- 1/2 slice whole wheat bread (to make 1/4 c soft crumbs)
- 2 Tbs. thinly sliced green onion
- 1 Tbs. chopped fresh thyme
- 1 Tbs. chopped fresh Italian parsley
- 1 tsp. chopped fresh tarragon
- 1 Tbs. grated Parmesan cheese
- 2 tsp extra virgin olive oil
- 1 clove garlic, minced

Preheat oven to 400°F.

Sprinkle the cut sides of the tomatoes with kosher salt and pepper and arrange tomatoes, cut sides up, in a shallow baking pan. Set aside.

In blender or food processor process bread into coarse soft crumbs. In a small bowl combine bread crumbs, onions, herbs, Parmesan cheese, olive oil and garlic. Sprinkle atop tomato halves.

Bake, uncovered, for 15 to 20 minutes or until the tomatoes are heated through and the bread crumbs are browned.

RAW VEGETABLE SALAD

from *Moosewood Cookbook*

Dice into 1/2 in. bits any combo of these:

Carrots, peppers, celery, cabbage, broccoli, zucchini, beets, cucumber, Swiss chard and any others. Toss with the dressing.

Dressing:

1 cup cider vinegar or wine vinegar

1 3/4 cups olive oil

1 large clove garlic, crushed

1/2 tsp. salt

Black pepper

Chopped fresh basil or 1 tsp. dried basil

1/2 tsp. oregano or marjoram

Pinch of celery salt

Juice from one lemon and 1 orange

FOOD PLAY

Workershare member Leah says:

“Don’t worry. Beet happy.”



For the bug geeks, a new never before seen pest in the

CAPRESE SALAD

from *How To Cook Everything*

- 4 ripe tomatoes
- Salt
- 8 1/4-in. slices of fresh mozzarella cheese or more
- 8 large fresh basil leaves
- Freshly ground black pepper
- Extra virgin olive oil for drizzling

Core and cut the tomatoes into about 1/4-in. thick slices. A little sprinkle of salt will help pull out some of the water. Set them at an angle so the water can drain into the sink or a bowl. (The water can make a refreshing drink.)

Layer the tomatoes, mozzarella and basil on a plate. Sprinkle with salt and pepper and drizzle the olive oil.

If a dressing is preferred, here's a simple vinaigrette.

- 1/2 cup olive oil
- 3 Tbs. or more of good wine vinegar
- Salt and freshly ground pepper
- 1 large shallot or clove of garlic, minced (optional)
- Options: herbs, honey, mustard, roasted garlic, lemon

BASIC RISOTTO WITH BEETS

adapted from *Sundays At Moosewood Restaurant*

- 5 cups vegetable stock
- 2 Tbs. olive or vegetable oil or butter
- 1 yellow onion, finely minced
- 1 1/2 cups Arborio rice
- 1/2 cup dry white wine
- 1/3 cup Parmesan cheese
- Optional: Shredded beets works well with this basic risotto.

Heat up stock and hold at a simmer. Meanwhile, heat up oil or butter in a large, heavy skillet or saucepan. Sauté onion. Add rice and stir for a minute or two, coating the rice thoroughly with oil and letting it turn slightly translucent.

Add the wine and stir constantly until it is absorbed. (A wooden spoon works well because it won't easily break the rice kernels.) Add stock 1/2 cup at a time. Stirring occasionally until the stock is absorbed. Continue adding stock as the rice dries out. It should take about 20 minutes to cook the rice. Reserve 1/4 cup of stock.

When the rice is nearly cooked, add beets. Continue to cook until the beets are cooked. Remove from the heat and add the 1/4 stock and Parmesan cheese.

Food Tips



photo: craig john photography

We've probably have let you in on this before, but if you find you don't have time to cook the beets you are getting remember they will store a long time if they are kept in a plastic bag or some container and put in the refrigerator. A long time? We're talking like months.

The same with garlic scapes: place them in a bag and put in the frig. They won't last months but weeks for sure. Perhaps better yet is to place them in food processor or blender, reduce them to a paste and freeze them in ice cube trays. Then you have fresh garlic flavor to add to dishes in the wintertime.

Onions and garlic are different. They need to be kept dry and cool. But once you cut the onion or garlic, then place them in sealed container and put them in the refrigerator.

Tomatoes? Eat them as fresh as possible, cook them if you don't eat them or freeze them. Even tomatoes with soft spots or a little rot can be used. Cut the bad spot out, cook down in a pot and use a food mill (inexpensive ones can be picked up at most stores) to remove the skins and seeds. This tomato sauce can then be frozen, turned into pizza sauce and pasta sauce in the winter.

