

Pinehold Gardens *Field Notes*

Vol. 23 Week 4

August 2, 2017

In This Box

- Red Norland Potatoes
- Crunchy Royale radishes
- Zoey onion
- German red garlic
- Tasty Jade cucumber
- Simons Gardens sweet corn
- Muir or Lovelock head lettuce
- Hoop house tomato
- Some sites cherry tomatoes

Next Week?

- Beets
- Carrots
- Expression onion
- Kale
- Hungarian hot pepper
- Pom Pom head lettuce
- Cucumber
- Tomatoes

A DAY IN THE LIFE

We are definitely burning the candle at both ends. Yesterday I spent the morning in the ER. with my recently turned 93-year-old father who had fallen. Luckily he is fine. On April 7 my dad joined my 89 year old mother at an assisted living facility she has resided at for the past two years. As way too many people know, the challenges of caring for aging parents both emotionally and time management wise can be overwhelming. David never knows when I might be pulled away from the farm at a moment's notice to attend to a medical need or the paperwork nightmare of household, medical or estate issues. We are working with a great elder care lawyer in case anyone is in need of one.

While David is running ragged holding the farm fields together, I manage the paperwork and communications and then depend on our employees Heather on Tuesday and Becky on Thursday to manage our worker share harvest crews. Heather who also co-owns her own farm, Fine Fettle Farm, a few miles from here is also indispensable when it comes to knowing what needs to be done and is a great tractor driver for transplanting, which means evenly spaced and perfectly straight rows which makes David's cultivating so much easier. And I have to mention our worker share crew, all

but two returning from past years who harvest efficiently and produce beautiful end results. Thank you all for helping us during this stressful weather challenged farm year and a year that is also full of personal challenges.

FIELD NOTES

Hasn't it been a beautiful week with sunny skies, low humidity and cool nights for sleeping? The crops that were planted in July for our fall harvests look great. To keep the young plants and seedlings growing strong and to help them set deep roots David has been irrigating this past week. That may sound strange but it doesn't take many sunny days for the top inch or two to dry out which is the home for the young plants..

BOX NOTES

Welcome to August and our summer picnic box with corn for roasting, potatoes for salad, and all the ingredients for a summer lettuce salad.....tomatoes, onions, radish and cucumber.

Two weeks ago we covered our second greenhouse with plastic. The cucumbers that were planted in the ground were surviving but not growing much. By last week they were starting to produce a few cucumbers. This week, the plants are five feet tall and everyone will be able to get a taste of the wonderful Tasty Jade cucumber, the long skinny variety. Some people will also get a field grown General Lee cucumber, a more traditional looking cucumber. Keep the cucumber in your crisper drawer.

We always devote one of our greenhouses to tomatoes, mostly the slicing variety with a few cherry tomato plants mixed in. With our late start to the season and our proximity to Lake Michigan and its cool nights, the only way we can dependably grow tomatoes is in a hoop house, a plastic covered structure, similar to a greenhouse except the plants are planted directly into the ground. They have just started to ripen. You will receive either a red, orange or dark pink variety. The pink is new to us this, extremely tasty, but extremely fragile so pardon the cracks and eat quickly. Some with green shoulders may need a day or two ripening on



Members and guests gathering around the table at Pinehold's last Sunday Supper, one of two farm-to-table dinners Pinehold is hosting. The other is a fundraiser for the Eco.-Justice Center.

your counter. Never refrigerate a tomato as it will become tasteless and mealy in texture.

The potatoes were dug yesterday and are very fresh and have very thin skins, therefore we deliver them with the field dirt on them. Also unwashed potatoes store so much longer than washed ones. Store in the paper bag, in a cool, dry place, but NOT in the frig

During last summer's 3.5 month drought it almost became impossible to grow lettuce.

SUNDAY SUPPER RETURNS

Chef Peter Sandroni returns Sunday, Sept. 10, to prepare another Sunday Supper farm dinner for Pinehold members. This all inclusive dinner will include numerous entrées, hors d'oeuvres and cocktails, beer and wine, all served hopefully under a fine autumn sky at Pinehold Gardens. Details about the price and signing up will follow in the next couple of weeks. If you know already you are interested, then go ahead send an email and in subject line write Sunday Supper.

During this cool wet year our lettuce supply has been very dependable, not only because of the weather, but because we transplant 480 heads of lettuce into the field every two weeks.

Radishes will keep for months in a plastic bag in the frig if you remove the greens. The greens are great for making into a pesto, rather than using basil leaves.

Corn with Cumin, Chile and Tomato

from *Vegetarian Cooking for Everyone*

6 ears of corn, kernels and scrap-
ing removed separately
1 garlic clove
1 tsp. ground, toasted cumin seed
Salt and pepper
2 Tbs. corn oil or butter

1 onion, finely diced
1 chile, such as Anaheim, roasted and diced
1 tomato, seeded and diced
1 Tbs. chopped parsley, cilantro or dill

In blender, puree 1 cup of the corn kernels with 1 cup of water for 3 minutes. Strain, pushing out as much liquid as you can. Meanwhile, pound the garlic, cumin, 1/2 tsp. salt and a little pepper in a mortar until smooth.

Heat oil in a wide skillet with the onion, pounded garlic and chile. Saute over medium-high heat for 4 minutes. Stir in remaining corn kernels, scraping and corn milk. Lower the heat, cover the pan and simmer for 5 minutes. Add the tomato at the end and cook until warmed through. Taste for salt, stir in the parsley and serve.

Sweet Corn

Anybody who has seen the documentary *King Corn* about the growing and processing of Number 2 Dent field corn will recognize immediately that sweet corn must be an entirely different vegetable. In truth, it is not.



Sweeter but still starchy tasting corn was grown and eaten by Native American tribes as well as cultures all over the world. At one time, we needed to add sugar

to the sweet corn to make it more palatable. Not any more. Today's super sweet varieties have enhanced sugar in the kernels that are slow to turn to starch so even a day or two old, the sweet corn is still sweet.

While in other countries, sweet corn is often eaten with a protein sources such as peas, dairy or beans, we prefer to roast or boil our corn and serve it with plenty of salt and perhaps a dollop of butter.

Those who do the cooking of corn have their methods. Some prefer roasting with the husks attached. Some with the husked removed. Some like to let it boil away in a pot of water for no particular amount of time and some are sticklers for leaving it in boiling water, off the heat for only 3 minutes. That's Sandy's preferred method. Some prefer to do away with the cooking altogether and just eat it freshly husked, raw and juicy.

In any case, sweet corn is a staple of August right along side the tomato.

Whole Roasted Garlic

1 or many heads
of garlic
Olive oil or butter

Roasted garlic, particularly a whole head of garlic, is like an entirely different vegetable than the more pungent raw vegetable we are more familiar with. Roasting the head in a casserole dish with a drizzle of olive oil or butter over it, sweetens the garlic and turns the cloves into a delicious paste. Spread the soft garlic onto a slice of baguette or crostini, tossed on roasted potatoes or stirred into a salad dressing with some Parmesan cheese — an ideal dressing for hearty greens such as endive, escarole or radicchio.

Simply place the head or heads of garlic in a casserole dish or roasting pan, drizzle oil or place a small slab of butter on each upright head, cover with a lid or aluminum foil and roast in a 350 degree oven until soft — about 45 minutes.

Squeeze the now garlic paste out of each clove and use immediately or cover with olive oil and place in the refrigerator to preserve for a day or two.

Fennel Orange Muffins

Barb Knetzger's adaptation of an A-Z cookbook recipe

Combine:	Combine:
1 orange zest	2 1/4 cups flour
1/3 cup orange juice	1 1/2 teaspoon baking powder
2 eggs	1/2 teaspoon salt
1/2 cup (1 stick) butter, softened	Handful of chopped walnuts
3/4 cup brown sugar	
1 tsp. vanilla	
1 grated fennel bulb	
1 grated apple	

Preheat oven to 350 to 375 degrees.

Mix, but DO NOT overmix the wet and dry ingredients

Spoon into muffin cups. (15 regular or 30 small) and bake 20 to 25 minutes for regular cupcakes or 18 minutes for small cups.

Optional: Frost sparingly with powder sugar frosting.



Alliums

Alliums is the name of the plant family that includes onions, garlic, shallots and leeks. You will be receiving all of those at times this

season. An essential, we feel, to any cooking, alliums form the base of the initial seasoning of a dish. Within anyone one kind of allium, onions for instance, there can be difference in flavor. Today's onion, the Zoey, has a lot more water contained within the bulb making sweeter, milder onion, fine for cooking but also can be used judiciously raw on sandwiches and in salads. These early varieties like Zoey also should be stored in the refrigerator in a sealed container to preserve that freshness. The garlic that you will be receiving, on the otherhand, should never go into the refrigerator. It, like most onions, should be stored at room temperature out of the light, such as in a paper bag.

House Potato Salad (or Sandy's potato salad) from the 1998 Little Book of "Beans"

4 cups red potatoes, cut into 1 inch cubes	1 hard boiled egg(optional)
1-2 Tbs vermouth	1/2 tsp. celery seed
1/4 cup radishes	1/2 tsp. dill weed (fresh is best)
1/4 cup scallions, thinly sliced, or minced	1/2 tsp. salt
onion	1/4 tsp. pepper

Steam the potatoes until tender, approximately 20 minutes. Then place them on a tray or cookie sheet and splash the vermouth over the potatoes, then let them cool. Drain any excess.

Combine the remaining ingredients in a separate bowl, then combine all and refrigerate.

Cod with Fennel and Potatoes from Everyday Food by Martha Stewart

1 Tbs. olive oil	1 lb thinly sliced potatoes
1 small onion, diced	14 oz. chicken broth
3 garlic cloves, minced	2 Tbs. tomato paste
1 fennel bulb, cut into 1/2 inch pieces, reserving fronds	3 strips of orange zest, sliced 1/2 in. wide

In a 12 inch skillet, heat the olive oil over medium heat. Add the onion and garlic. Cook, stirring frequently, until the onion is soft, about 7 minutes

Add the chopped fennel, cook, stirring frequently, until crisp tender, about 5 minutes

Add the potatoes, broth, tomato paste and orange zest: season with salt. Boil for 10 minutes

Place the cod filets on top: reduce the heat. Cover, simmer until the fish is opaque throughout, about 10 minutes, Serve with the chopped reserved fennel fronds.