

# Pinehold Gardens *Field Notes*

Vol. 23 Week 8

August 30, 2017

## In This Box

- Simons Gardens canteloupe
- Peter Wilcox potatoes
- Sweet peppers
- Jade green beans
- Kale or Swiss chard
- Sonja or Tasty Jade cucumber
- Tan Tan mini romaine lettuce
- Hoophouse grown tomatoes
- White Wing onion
- Eggplant for some sites
- Zucchini or squash for remaining sites

## Next Week?

- Toscano Kale
- Celery
- Garlic
- Peppers
- Green beans?
- Head lettuce, the last for now
- Hoophouse grown tomatoes

## A DAY IN THE LIFE

Our lives at Pinehold beyond the fields can be complicated. Elderly parental care and health issues, personal health issues and the unstable weather patterns that have impacted the financial well-being and sustainability of our farm model have combined to worry us this past year.

One issue with a happy ending that came out of a family crisis was our relationship with my niece Amanda. Her parents were going through a difficult divorce and I still remember sitting on the couch and receiving her phone call asking us if she could move in with us. Amanda grew up in Mukwonago in a busy household with four step brothers. Little did I know then how close we would become. Although we have adopted many CSA family's children throughout the years, we did not have children of our own and now we suddenly became parents, at the age of 58, of a confused 24 year old. I never expected to have to scream at someone "What, you are paying someone to dye pink streaks in your hair while you are not paying rent to live here?" That might have been our low point.

This past weekend Amanda celebrated her 27th birthday in her home that she owns with her partner Caine and their beautiful 20-month-

old child, Piper. Amanda and Piper now work on the farm every Thursday and we love being the quasi-parents and quasi-grandparents we never knew we could or would be.

## FIELD NOTES

We still could really use some of that rain we got earlier in the year. We still have only received less than an inch of rain in August, as the rains have parted to the north and the south of us these past three days. The Mitchell Field weather station has recorded almost an inch these past three days. We are irrigating during the day, but no longer during the cold nights as moisture is being held longer in the ground with these unusually cool August days and nights.

Cold damp nights have caused Powdery Mildew to settle into our summer and winter squash patch like snow falling onto a field. So this will be the last delivery of summer squash and zucchini. The winter squash has hopefully matured enough to survive the effects of both powdery and the deadly downy mildew, which has become a pervasive disease in the Midwest these past few years. Powdery mildew has also overtaken our cucumber fields so this will be the last delivery of cucumbers. It was a fairly good cucumber yield this year with cucumbers included in five deliveries.

The fall crops of peppers, kale, broccoli, cabbage, turnips, rutabagas, Brussels sprouts, leeks, onions, beets and carrots continue to look great. Please keep your fingers crossed that we do not receive an early frost. More times than I want to remember a frost has hit as early as September 20th.

## BOX NOTES

The lettuce train will be stopping next week, delivering the last head of the summer season. For lettuce lovers, there is more planted for the fall.

The White Wing onion in today's box is a relatively mild onion. It will store on the counter top for quite awhile.

The long ripe peppers in the box are sweet peppers. Nice to see ripening peppers already.



A nice field of buckwheat in full bloom is providing pollen and nectar for all kinds of insects in this time with little blooming. Unfortunately, we were hoping full bloom would be in time for our Sunday Supper, Sept. 10. Off by a week.

If you aren't going to use them right away, store them in a plastic bag sealed in the refrigerator.

The greenhouse continues to provide nice ripe tomatoes and should continue for some time. The paste tomatoes, however, did not do well this year and it is unlikely we will be

## SUNDAY SUPPER UPDATE

We have set the price for the Sunday Supper at \$54. We could keep the price below \$50 for the last two suppers as we used Milwaukee Public Television's tables and chairs. MPTV has closed down their auction space and the chairs and table are now in storage. You will be receiving an email confirming your reservation with your amount due. We are not accepting any more people for the wait list as it now exceeds 10 people.

able to have our traditional u-pick tomato days. More on this in the next newsletter.

Today's melon, a canteloupe type, is from our friends and fellow farmers, a father and son team, Chris and Jordan Simon with Simon's Gardens, near Mukwonago. If you like it, they have plenty at their store on 147th and Greenfield or at their market stand on Sunday at Konkel Park in Greenfield. Thanks to our late start to the season and the cool August weather our canteloupe, still green and growing, will not be ready for awhile.

## Chicken Package with Mix Vegetables from *How To Cook Everything*

4 chicken breast, skinless	summer squash and carrots
4 thick slices of ripe tomato	Salt and pepper
Mix of grated seasonal vegetables, such as onion,	Tarragon, basil or dill leaves
	2 Tbs. olive oil
	A little flavorful vinegar

Tear off 1 foot square pieces of aluminum foil. Place the grated vegetables on first, the breast on top of them and the tomato on top of the chicken. Sprinkle the herbs on and dash with a little vinegar. Place on the grill off the coals or in the oven at 450 degrees and cook for about 20 minutes or so. The chicken should be white and tender.



**Eggplant** The eggplant is in the same family as some of our most loved summer vegetables including tomatoes and peppers, but unlike them it is often received, once one gets past the beautiful color and smooth skin, more with disinterest to disdain except by those who love this more tropi-

cal plant. All should embrace this versatile vegetable, however.

Once thought to be poisonous, along with its cousin tomatoes, eggplant is now a seasonal treat for many. Low in calories and high in fiber, eggplant absorbs the flavors of whatever it is cooked with. Many varieties exist but the most common is the one delivered today with its pear-like shape and smooth dark purple skin.

Eggplant is best used fresh but can be stored on counter top for up to week. Do not refrigerate. It can be baked, pricking the skins first to release steam; breaded and fried; sauteed; and steamed. It goes well on skewer with other seasonal vegetables, brushed with garlic oil and sprinkled with salt. And as a dip such as baba ghanouj, made with lemon, tahini and salt.

## Green Bean Pesto Salad from *Moosewood Restaurant Cooks at Home*

4 large hardboiled eggs	1/3 cup pine nuts
Pesto:	2 cups steamed green beans
2 cups loosely packed basil leaves	8 small potatoes, quartered
1/3 cup loosely packed parsley leaves	2 tomatoes, cut into wedges
3 cloves of garlic	1/2 cup thinly sliced red onion
1/2 cup olive oil	Sliced Fontina, fresh mozzarella or Jarlsberg cheese
1/2 cup grated Pecorino, Parmesan or Romano cheese	

Place pesto ingredients in a blender and puree. Steam green beans and potatoes separately. Peel and halve the eggs. Arrange the potatoes on a platter surrounded by the green beans, tomatoes, onions, cheese and hardboiled eggs. Mound the pesto in the center. Serve still warm or cover and refrigerate to serve later.

## Grilled Eggplant Red Pepper Caviar adapted from *From Asparagus to Zucchini*

2 red peppers	1 large tomato
1 medium to large eggplant	2 cloves of garlic
1 onion, thickly sliced and brushed with olive oil	Salt and pepper
	3 to 4 Tbs. olive oil
	Oil-cured black olives
	Crusty bread

Prepare grill. When the coals are hot and begin to flame, roast the red peppers, turning often, to blacken the skins all around. Remove to a cutting board and scrape off the skins and finely chop the flesh.

When the coals have burned down to a medium high heat, grill the whole eggplant and sliced onions, turning often until tender. Peel the eggplant and let it drain in a colander for a few minutes, then chop or mash the eggplant and minced the onions.

Combine eggplant, peppers and onions with the tomato in a bowl. Mince garlic and sprinkle it with a little salt, then mash it into a paste with a fork. Stir olive oil and garlic into the eggplant mixture. Serve with olives and hunks of crusty bread.