

Pinehold Gardens *Field Notes*

Vol. 22 Week 9

August 31, 2016

In This Box

- Yellow & green Romano beans
- Pinehold Carole canteloupe
- Carmen red Italian peppers
- Argenta Swiss chard
- Head of lettuce
- Expression Onion
- Field grown slicing tomatoes
- Cherry tomatoes for the rest of the sites
- Red radishes & Hakurei turnip

Next Week?

- Kale
- Celery
- Carrots
- Potatoes
- Onion
- Peppers

A DAY IN THE LIFE

When I left my full-time career job for farming I happened upon a wonderful part-time job working in the box office of Next Act Theatre. There I met a great community of people, in many ways similar to the CSA farming community. From the actors to the painters and set designers to the office staff, they are in a profession they love but dependent upon the support of the community for the product they produce. In their case plays, in our case produce.

This past weekend we took a break and went to see two plays at American Players Theatre in Spring Green. We were fortunate to see two Milwaukee actors, Brian Mani as Willie Lohman in *Death of a Salesman* and Jonathan Smoots as King Lear. The amazing part of watching a play at APT is that a bare-bones stage and minimal set design, focuses attention on the acting and the words.

Please support a local performing arts group of your choice this winter.

FIELD NOTES

Be careful of what you ask for or as Bridgette, one of our worker shares told me last night, be specific in what you ask for. For instance, don't say, we need rain, say we need two inches of rain.

About 5.1 inches of rain has fallen in the last 11 days, the same amount that had fallen in the previous 101 days.



Farmer Dave letting future Farmer Phillip take over driving, which led to the following conversation between Phillip and his mother on the way home. Phillip: "I am going to be a farmer. I'm going to have 100 tractors!" Mother: "Who is going to use all those tractors?" Phillip: "Me!" And my wife. Like Farmer Sandy."

VOLUNTEER SOME OF YOUR TIME

Weed seeds that had been dormant in the ground sprung to life with the rain. We were just making headway weeding the fall field until today's monsoon hit. The field should be dry enough by Saturday to start weeding again. If anyone can spare an hour or two we would appreciate the help. Show up anytime between 9 and 5. No advance notice necessary. Closed shoes, not sandals are necessary. Gloves are helpful.

HONEY

We will have honey available at the Farm Stand this Saturday and for delivery to your drop site or pickup at the farm next week. The cost is 10.75 per pint and 5.75 per half pint. The jars are canning jars and we would like them to be reused instead of recycled so the 75 cents is a refundable deposit. We would appreciate it if you could pay by check made out to Pinehold Gardens even if you are picking up at the farm.

BOX NOTES

The chard variety is Argenta, a milder tasting chard. It is a great substitute for spinach in omelettes, pasta dishes and casseroles.

We have trialed about 20 kinds of canteloupe over the years looking for one with uniform ripening without splitting, disease resistance and of course great taste. When

David was out at Simons Gardens last summer picking our sweet corn he tasted the Carole. If this year is any indication it is a keeper. Good thing too as we put all our eggs in one basket and only grew the Carole variety. Seed is available from Willhite seed, a family owned company for over 100 years.

We transplanted the lettuce in the heat and dryness of late July and hoped for the best. One month later there is a romaine, leaf or bibb lettuce in your box. We included a few radishes and a salad turnip as toppings for your last days of summer salad.

The Carmen pepper is an Italian frying pepper, great raw, roasted or sauteed.

TOMATO UPICK

The 500 paste tomato plants that were planted for the CSA member only upick are just starting to blush light red. They might be ready starting late next week. Each CSA membership is entitled to one 2.5 gallon bucket, which is 11 pounds at no charge. After everyone gets a chance to pick, if there are any tomatoes left, they will be sold at 1.50/lb, upick.

Roasted Cabbage and Bacon

from thekitchn.com

This recipe was recommended by Pinehold member Judy Bartell. *Photo: Faith Durrand/thekitchn.com*

1 head of cabbage
Olive oil
Coarse kosher salt and ground black pepper
4 slices thick bacon, 6 to 8 ounces

Heat the oven to 450°F. Cut the cabbage into quarters and slice the bottom of each quarter at an angle to partially remove the stem core. Cut each quarter in half again so you have eight wedges. Lay these down on a large roasting pan or baking sheet and drizzle very lightly with olive oil. Sprinkle generously with salt and pepper.



Cut each slice of bacon into small strips and lay on top of the cabbage.

Roast for 30 minutes, flipping the cabbage wedges once half-way through. If the edges aren't browned enough for your taste after 30 minutes, put them back in for five-minute increments until they are.

Romano Beans alla Toscana

by Former Pinehold member *Jeff Marquardt*

1lb Romano beans
4-6 medium to large tomatoes, diced
½ onion, diced
3 cloves garlic, minced
4 Tbl. oil, divided in half
Fresh herbs

Warm up a large sauté pan over medium heat. Drizzle in half the oil and add your beans, stir until they start to get soft. Remove from the pan. Add the rest of the oil to the pan and place over medium heat again. Add the onions and garlic and keep stirring until it is fragrant. Then add the tomatoes and cook for 3-4 minutes or until they start to break down. Season with a little salt and pepper. Add your beans to the tomato mixture and serve.

Pinehold Honey



There are more efficient ways to



produce honey. Our process is effective, getting the job done, but labor intensive. First there's lifting the supra off, which can weigh 65 pounds, using a finger-tip grip. Then there's removing each frame from the supra, brushing the bees off and placing the frames in plastic tote with a cover. And there is cutting off the wax with serrated knife and spinning two frames at a time with our hand-cranked stainless steel spinner. Finally gravity pushes the honey into a five-gallon pail through a 600-micron filter to remove any large pieces of wax. After the honey sits awhile letting any bubbles rise to surface, we tap the pail of honey into half pint and pint jars. Pinehold honey seems to be popular so for now there is a limit of one pint per member.

Swiss Chard



In the season of greens, after spinach and before the fall kales comes Swiss chard. Although it is a member of the beet family, it has very little of the beet flavor that is present in the oxalic acid of that root crop. It is not typically eat raw, but some chard varieties can be used in salads. The variety is today's box, Argenta, is a mild tasty variety but is still best cooked.

Preparing: While the whole leaf is edible, even cooking requires that the stems either be removed and used in soups and stews or thrown first in the pan well before the leaves. **Use:** Braising, roasting and sautéing are the usual cooking methods. Chard pairs well with fats such as cheeses and proteins such as bacon or eggs. It can be used in place of spinach, beet greens or kale in recipes. **Store:** Wash and store in sealed plastic bag. It should store for a week or so.

Braised Chard with Olive Oil and Ricet

from *How To Cook Everything*

1 lb. chard, stems removed	roughly chopped
1/3 cup olive oil	Salt and Pepper
2 small carrots,	1/4 cup white rice
	Juice of 1/2 lemon

Cut the chard leaves into wide ribbons and slice the stems.

Put all but 1 tablespoon of oil in large skillet over medium heat. When hot add chard stems and carrots with sprinkling of salt and pepper. Cook, stirring occasionally, until tender. Add chard leaves and a little more salt and pepper, the rice and 1 1/2 cup of water. Let simmer for about 30 minutes or until the water is just absorbed. Serve hot, at room temperature or cold. Serve with remaining olive oil and the lemon juice drizzled over.

Swiss Chard Tortino

from Pinehold member Margaret Kozlowski

1 to 2 bunches chard	3 large eggs
4 Tbl. olive oil	1/4 cup Parmesan cheese
1 medium onion	6 Tbl. bread crumbs
1/4 cup mushrooms, sliced	1 Tbl. parsley
2 cloves of garlic, smashed and chopped	Salt and pepper
	Unsalted butter

Preheat oven to 375 degrees. Trim chard and separate. Chop both. Place stems in a large pan and cook in a scant bit of water. After a few minutes, add the leaves. After the stems are just tender and the leaves wilted, remove the press out any water.

Place the olive oil and onion in a skillet and cook over a low heat until the onion is soft. Add the mushrooms and garlic and a cook a few minutes. Add the chard and stir, cooking about 5 minutes. Let cool, then transfer to a bowl. Add the eggs, cheese, 2 tablespoons of the bread crumbs, parsley, salt and pepper and mix.

Butter a baking dish and sprinkle it with 2 tablespoons of bread crumbs. Add the chard mixture and smooth the top. Sprinkle the top with remaining bread crumbs and bake for about 30 minutes or until golden brown.