

Pinehold Gardens Field Notes

Vol. 17 No. 6, Week 4

August 3, 2011

In This Box

- Red beets
- Gladstone onions
- Chrysalis Red garlic
- Field cucumbers
- Zephr squash
- Kohlrabi
- Bright Lights Swiss chard

Next Week?

- A greenhouse tomato
- Potatoes
- Onions
- Summer squash
- Green Beans?
- Lettuce?
- Cucumbers

A DAY IN THE LIFE

July rolled right into August with the oppressive heat slightly hampering our ability to work our normal 14-hour days this time of year. We're not complaining, we just wish that we could finish the garlic harvest so we could put a big check mark on our to do list. If anyone has a free hour or two this Saturday afternoon from 2 to 5 p.m., we would welcome the help.

CONVENTIONAL WISDOM

In a time when resources are growing scarcer, energy-intensive hydroponics are being offered as an engineered solution to local food production. An article on hydroponics in The New York Times, suggests the look and taste of the food is being engineered as well.

"Jenn Nelkin, the 32-year-old greenhouse director of Gotham Greens, said that 'we create our nutrient recipes

from scratch, and there is a different recipe for each plant.' Flavor, she added, comes from sugars and essential oils, and 'if it's picked ripe the flavor will be there as well.'" With energy costs and labor costs (one employee per 480 square feet of production) factored in Gotham hydroponic lettuce costs \$4 for 4.5 ounces of lettuce.

FIELD NOTES

Crops are looking great, that is if you can look past the weedy areas. Six tenths of an inch of rain fell last night and an inch last week, so we are really lucking out with rainfall, not too much, and almost just enough although the young plants could use a bit more.

The tomatoes in the greenhouse are starting to ripen quickly so we hope to have the first tomato of the season in next week's box. We have eaten a few, and they are delicious.

We sprayed Mildew Cure (organic cottonseed oil, corn oil and garlic extract) on the summer squash because we saw powdery mildew on Friday. The high dew points, warm temperatures and foggy mornings are ideal conditions for mildews and funguses. About a third of the beet leaves are horrible looking with Cercospora, a fungus that affects the leaves causing brown spots that dry up and fall out so some shares are receiving leafless beets this week. So far, knock on wood, the melons, winter squash, and tomatoes are looking good with no major signs of fungus, mildew or blight.

A number of people have been asking me about blossoms dropping from their tomatoes, especially on their heirlooms, and young fruit on their zucchini plants shriveling up. Both seem to be pollination problems mostly caused by high nighttime temperatures, which cause the blossoms to drop, and high dew-points creating sticky pollen.

BOX NOTES

Gladstone onions are classified as a sweet onion, which typically means it is a fresh eating onion, but it can also be used in cooking. It's a new variety for us and we grew it in an effort to provide more alliums, an essential vegetable in our opinion, throughout the season.

Remember to refresh the Swiss chard in cold water and place it in a plastic bag before you refrigerate it.

The woody or tough outer skin of the kohlrabi needs to be removed with a knife. "Kohl" means cabbage and "rabi" means turnip and botanists believe it is a hybridization of the two vegetables. It's high in fiber, vitamins A and C and low in calories. It can be eaten raw, steamed, sauteed, or my favorite use, grated and used in a slaw. The leaves are similar to Collard greens and can be cooked.

We love roasted beets. For new members who might not be familiar with this way of cooking beets it's a really simple way to cook beets. Leave about 1 inch of the root and stems on, do not peel and do not puncture the beet. Wrap in aluminum foil and place on a grill off to the side of the coals

and cook until the flesh gives a bit with squeezed. Remove the skins with a paper towel.

END OF

SUMMER FESTIVAL

Remember to save the date of August 28th and join us for a day at the farm.

Activities include a cooking demonstration by Peter Sandroni, owner of La Merenda, and a canning demonstration by Chris Ward. I could use some suggestions and help with children's activities.

Carmen Nickerson and Ted Jorin will be providing the entertainment.

HONEY NEWS

We are currently sold out of honey. David hopes to remove some supras or boxes from the hive by the end of the month.

We only have one hive and the bees arrived a month late this year so our honey supply won't be as plentiful as in past years.

We may have some honey for sale from Charlie Tennesen, a friend and urban homesteader in Racine County.

EGG NEWS

Rose Skora and family really appreciates your support of their farm with your egg purchases. The farm has a facebook page with a few pictures of the animals and children.

BRING BACK THE BOXES

Please remember to bring back your box to your dropsite each week. Thank you.

Parmesan Baked Kohlrab

Bread crumbs for dusting	1 Tbsp. bread crumbs
3 cups sliced kohlrabi (1/4-inch thick pieces)	1/8 tsp. pepper
1 Tbsp. butter, melted	1/4 tsp. salt
2 Tbsp. grated Parmesan cheese	

Preheat oven to 350 degrees. Grease an 8-inch round cake pan and dust with bread crumbs. Cook the kohlrabi in boiling water until just tender, about 7-10 min., drain. Toss with the melted butter. Place the kohlrabi in the prepared pan, then sprinkle with Parmesan cheese, 1 T. bread crumbs, and the salt and pepper. Bake 1 hour or until topping is browned. Serves 2 - 3

Beet and Bean Salad with Garlic-Dill Vinaigrette

4 beets, cooked until tender, peeled and cut into 1/2-inch cubes	Dressing:
1 lb. green beans, cooked until tender and cut into 1-inch pieces	1/4 cup fresh dill
1 1/2 cup cooked white beans	2 cloves garlic
1 small onion, diced	3 Tbsp. red wine vinegar
2 Tbsp. capers, rinsed and drained	1/3 cup olive oil
	Salt and pepper

Combine beets, both beans, onion, and capers in a salad bowl. To make dressing: place dill, garlic, and vinegar in food processor; process until smooth. Add the oil slowly, until dressing is emulsified. Season with salt and pepper and pour over beet mixture. Toss well to combine. Serves 4

Rosemary-Scented Grilled Summer Squash

1/4 cup grapeseed oil	1/2 tsp. freshly ground black pepper
1 1/2 tsp. minced fresh rosemary	3 medium yellow squash, sliced in thirds lengthwise
1 clove garlic, minced	1 1/2 tsp. lemon juice
1/4 tsp. salt	1 1/2 Tbsp. balsamic vinegar

Preheat grill. Combine oil with rosemary, garlic, salt, and pepper. Brush both sides of squash with oil and place on grill. Cook about 3 min. per side, or just until marks appear on squash. Whisk lemon juice and vinegar into the remaining oil mixture until well blended. Pour over grilled squash and let marinate for about 1 hour at room temp. Before serving. Serves 3.

Refrigerator Pickled Kohlrabi

Adapted from a recipe from beckyintherootcellar.com

2-3 large kohlrabi, peeled and sliced into 1/4-inch slices	3 garlic cloves, roughly chopped
2 Tbsp. salt	1 tsp. dill seeds
1 cup white vinegar	1/2 tsp. brown mustard seeds
1 cup water	2 dried chile peppers
2 Tbsp. sugar	6 black peppercorns, crushed
1 1/2 tsp. pickling or kosher salt	

Place the kohlrabi in a colander with 2 T. salt and let sit for an hour. Combine all other ingredients in a saucepan. When kohlrabi is done draining, rinse and pack into the quart jar. Boil remaining ingredients until all of the salt and sugar are dissolved and pour over kohlrabi. Cover and allow to cool on the counter then refrigerate. Let sit in fridge for 2 days before tasting. Should be good for about three weeks. Makes 1 quart.