

Pinehold Gardens *Field Notes*

Vol. 22 Week 5

August 3, 2016

In This Box

- Red & orange tomatoes
- Red Norland potatoes
- Expression onion
- Bright Lights Swiss chard
- Expression onion
- Nelson carrots
- General Lee cucumber

Next Week?

- Tomatoes
- Celery
- Green & hot peppers
- Cabbage
- Onions
- Potatoes
- Garlic

A DAY IN THE LIFE

Our friend Jack Kaestner came to our farm stand last Saturday to shop and also to give me a lucky shiny penny. Jack has been following our lack of rain and sending emails of concern our way. Last week he even sent us a screen shot of the radar of the storm that was dumping a half inch of rain on his house. We thought about not letting him leave until it rained here, but we don't have a spare bedroom.

We met Jack about 15 years ago when he was the Executive Chef at the Oconomowoc Lake Club. At that time he was leading the local food movement way before it was popular. We used to call him the Grandfather of Local Food, but he's not that old, so we just tell people of the effort that he made to buy local food. I used to meet him in the parking lot of the Petit Center saving me a trip to Oconomowoc and it was an easy on/off freeway exit during his commute from his home in Whitefish Bay. And he didn't just cook with food, he tried to educate as many people as possible with the club newsletter and through the club hosting countless farmer seminars and conferences, the highlight of which was always the lunch. To introduce diners to farmers at the fund raising dinner for the Farm Fresh Atlas instead of hors d'oeuvres there was a grazing buffet with each farmer talking about the food that Jack and his staff had prepared using the farmer's food. And for all I know Jack is the creator of the



Sometimes it seems environmental issues are so big that we are unable to do anything about them. But last year we bought red milkweed plants to share with our CSA members because of the concern about the Monarch butterfly population. Member Pat Heim has proof that even one small step in the right direction can do some good. And we were happy to hear that last winter the Monarch population had rebounded from a disastrously low level the previous winter.

Farmers Salad, where instead of the usual cherry tomato, grated carrot and slice of cucumber, seasonal vegetables from beets to potatoes to baked winter squash adorned the salad.

Jack is our friend not only because of his support of our farm but because of the conversations we shared in that parking lot, at the dinners at the club, during the kid's cooking class at the club, and when he generously donated his time to give cooking demos at our Open Houses.

Jack was the Executive Chef at the club for more than 22 years. In July of 2012 he became a Culinary Instructor at MATC, a great match to inspire future chefs.

Over the years we have continue to develop close relationships with the chefs we work with. It is our community of chefs, similar to our farm stand community of customers and of course our community of CSA members that make what we do easier in even the most trying times. Next week I will discuss how we decide what to grow and sell to our 14 restaurant accounts.

FIELD NOTES

The fall crops are looking great. Its just a shame that we have to wait until September to enjoy them as we have lost a few of our summer crops due to the heat and drought

conditions. Plantings of lettuce bolted and the kale edges suffered severe flea beetle insect damage and tip burn. The first planting of the cucumbers and summer squash have dramatically slowed down and the second planting was lost to the larvae of the cucumber beetle eating the roots of transplants just days after they were put in the ground, a first for us.

While most of our fall crops were planted two weeks ago, we still have one more planting of carrots to get in as well as fall greens such as spinach and some Asian greens. We might even try for a fall crop of summer squash and cucumbers hoping that the cucumber beetles don't hatch another generation in September.

BOX NOTES

The carrots might be ugly looking and definitely not up to Pinehold's quality standards, but they definitely passed the worker share taste test. They were growing in concrete like conditions as we have been concentrating our irrigation efforts on the fall crops.

The beans are the same variety as the last two weeks, but it is a first picking of another planting and the beans are more tender.

The potatoes are the same variety as two weeks ago, great for salads, soups and roasting.

White Bean and Greens Soup

from member Rita Collen taken from *Delish.com*

3 cloves garlic, minced
2 T. extra-virgin olive oil
1 small onion, chopped
2 carrots, diced
1 cup dry white wine
4 cups chicken or vegetable stock
2 cups (or 1 15-ounce can) cannellini beans, cooked (or other white bean)

1 small zucchini or summer squash, diced
2 cups chopped beans
3 cups chopped greens (such as spinach, Swiss chard, kale, etc.)
1 cup grated Parmesan cheese
kosher salt, to taste
freshly ground black pepper, to taste

Heat the olive oil in a large pot over medium heat. Sauté the onion until translucent. Add the carrots and cook for 2 minutes. Add the garlic and cook for 2 additional minutes, stirring constantly. Add the white wine and stock, bring to a boil, and simmer for 5 minutes. Add the beans and zucchini; simmer until the vegetables are tender.

Add the peas, greens, and Parmesan cheese. Stir until warmed through and the greens are wilted and soft. Season to taste with salt and pepper..

Onions

Onions, members of the alium family that includes garlic, shallots and leeks, have been used for food for possibly

7,000 years. At

Pinehold we

start with a tiny

onion plant that

we transplant.

With plenti-

ful sunshine,

water and a planting date in April the onions will begin to bulb by mid-June and mature by early August.

We then harvest the earliest and cure them in our transplant house with shade cloth on it to protect the onion from too much sunlight. **Store:** Most onions

prefer cool and dry storage areas. **Preparing:** Cut off the dry skins and chop, slice or dice as needed. **Use:**

Onions are used globally in most savory dishes.



Swiss Chard and Feta Pasta

Kosher salt
2 Tbs olive oil
1/2 medium white onion, finely chopped
4 medium garlic cloves, finely chopped
Black pepper

2 lbs chard, washed, ribs removed, and coarsely chopped (about 11 cups)
1 lb penne pasta
About 3/4 cup crumbled feta

Heat the olive oil in a large pan over medium heat. When shimmering, add the onion and garlic, season with salt and pepper, and cook until the vegetables are translucent, about 3 minutes.

Add the greens and cook until just wilted, about 3 minutes. Season well with salt and pepper, remove from heat, and reserve. Meanwhile, cook the pasta according to the package directions and drain, reserving 1 cup of the water.

Return the pasta to the pot and place over low heat. Add the reserved pasta water and the green mixture, then sprinkle in the crumbled feta. Stir until thoroughly combined and heated through. Taste and adjust the seasoning as needed.

