

# Pinehold Gardens *Field Notes*

Vol. 21 Week 5

August 5, 2015

## In This Box

- Caraflex cabbage
- Cosmos green beans
- Ailsa Craig onion
- Armenian garlic
- Dill and parsley
- Red Norland potatoes
- Ace bell pepper
- Red bibb lettuce
- Rover radishes
- Zephr summer squash or zucchini
- Estiva and Arabason tomatoes
- Cherry tomatoes for some
- Some sites-eggplant

## Next Week?

- Bell peppers
- Bright Lights Swiss chard
- Head lettuce
- Tomatoes
- Salsa bag
- Carrots
- Onion

## A DAY IN THE LIFE

Paperwork, computers, record keeping, details, details, details. Due to all of the above this will be an abbreviated newsletter. Last night I fixed the email address book problem I created by not completely understanding how Address Book worked, organized the honey delivery, created the flyer for the People's Dinner, wrote this newsletter and answered about 20 emails. Luckily the picking day went very



smoothly with the help of some beautiful weather.

The warm, sunny weather has brought on a flush of tomatoes in our greenhouse. We sometimes wonder how we ever grew tomatoes before these structures.

July was an extremely busy and stressful month. But with the garlic all harvested, most of the fall crops planted, more irrigation in place, and the record setting string of 80 degrees days now over, August should be much calmer. Some nice rain showers would be a great gift from the weather gods and go a long way of relieving more stress both for us and the plants.

It has been a pretty good lighting bug year, always a treat for us to see at the end of a long day. Another treat is the display of hundreds of dragonflies that have been flying above our fields this past week.

So while we do spend the majority of our time outside looking down and working, we do take the time to look up and hope you do too.

## FIELD NOTES

No hail, no damaging winds and 0.60 inches of rain that washed the dust off the plants and gave everything a nice refreshing drink. Unfortunately the ground was so dry it already looks like it never rained.

David has been preparing the fields for next year. The garlic field is going through a bare fallow period where he periodically takes a cultivator through to flush out weeds that are coming up. We also have decided to mulch our garlic again as our friend has started growing an heirloom wheat, and we finally have access to organic straw that is close by.

Another field is in a cover crop of oats and field peas which will be plowed in to increase the organic matter and soil structure.

## BOX NOTES

The onion is a mild onion that can



This box is for you, says Eleanor, certainly our youngest and cutest worker. Eleanor with her mother, Chris, help put together our packing boxes.

be used for cooking or eaten raw.

The Bibb lettuce really suffered from the heat and dry conditions. Many days the outer leaves just went limp and laid on the ground and then the wind and 94 degrees on Sunday just decimated the leaves. So while not pretty, or large in size, the Bibb will make a nice base for a big tomato salad.

I am calling this box Sandy's summer picnic box. I am a recipe driven cook and my recipes are limited and maybe too often repeated. So included in this box are the recipes for two of my summer favorites, potato salad and coleslaw.

The potato variety is the Red Norland also called "new" or salad potatoes, good for steaming, boiling, roasting, but not mashing.

## HONEY

If you ordered honey you should have received a confirmation email this morning. I hope I have not made any errors. If you think you ordered honey and you did not receive an email, please email me. If we do not have enough right now there will be more, but not a lot, in September.

## House Potato Salad

from Beans & Barley's *The Little Book of Beans*

4 cups red potatoes,  
cut into 1-inch cubes  
1-2 Tbl. vermouth  
1/4 cup radishes,  
thinly sliced  
6 hard boiled eggs  
(optional)  
1/4 parsley chopped

Dressing:  
1/2 cup mayonnaise  
1/2 tsp. celery seed  
1/2 tsp. fresh dill  
1/2 tsp. salt  
1/4 tsp. pepper



Steam potatoes until tender — about 20 minutes — and place them on a tray or cookie sheet. Splash the vermouth over the potatoes, then let them cool. Drain any excess. Combine the remaining ingredients

in a separate bowl, then add the potatoes. Makes about 6 servings.

## Cabbage

There are a lot of different cabbages but none as unusual looking as the one in today's box. This gnome hat cabbage is actually the Caraflex cabbage and it is



a great summer vegetable. It is dense with a small core but slices into ribbons very easily. It is sweet with a just a bit of cabbage tang, making it great raw or cooked. **Store:** In sealed plastic bag in the frig. **Preparing:** Slice into quarters and remove the core. Then chop or slice into ribbons. **Use:** Slaws, krauted or sauteed.

**Storing Vegetables:** Today's box is great example of the many ways produce should be stored. And while for many of us the go to storage unit is the refrigerator. While it's a great appliance for keeping many things, the frig can be a real freshness killer for some things. The refrigerator's great strength — cool air — is also it's great weakness — cool air means dry air. Any produce stored in the refrigerator should be kept in a plastic bag or any glass or plastic container to retain moisture. There are some exceptions, of course.

**Items that should not** be stored in the refrigerator in today's box are tomatoes, garlic, onion and potatoes. It will dehydrate them and destroy their flavor. Garlic should be stored at room temperature out of the light. The onion can be stored in a bowl on the counter top for a couple of weeks. If the onion has the skin removed and is cut, then it should be stored in a closed container. Tomatoes, if uncut should be stored at room temperature. And again, if cut, should be stored in a sealed container and in the refrigerator if you aren't going to use it in a day or two. (But use it now.) Potatoes should be stored at room temperature in a paper bag to prevent light reaching them.

## Sandy's Favorite Cole Slaw

from *Gourmet Mustards*

1/2 red cabbage, shredded  
1/2 green cabbage or all green cabbage, shredded  
1 onion, diced  
1 bell pepper, diced  
1 carrot, grated  
1/4 cup sugar

Dressing:  
1/2 cup white wine vinegar  
1/4 cup oil  
1 tsp. salt  
1 Tbsp. Dijon-style mustard  
1 tsp. salt

Mix all vegetables and sugar in a bowl. Prepare dressing by boiling all ingredients in saucepan for 3 minutes. Stirring well. Add to vegetable mixture, cover and refrigerate over night. It's worthwhile to experiment with different mustards and vinegars.

## Jeff's Dilly Beans

Brine:	¼ cup sugar
½ cup white vinegar	1 Tbsp. kosher salt
½ cup apple cider vinegar	4 - 5 garlic cloves
1 cup water	6 sprigs fresh dill



Put beans with garlic and fresh dill in a clean container such as a quart canning jar. Heat brine and when hot pour over beans. Cover and let cool on the counter and refrigerate for up to 3 months.



## Martha and Everything Zucchini

Three favorite recipes gleaned from *The New York Times*

### Zucchini Cakes

4 medium zucchini	1 large egg, beaten
1 tsp. kosher salt	½ tsp. mild paprika
1 small yellow onion, peeled	½ tsp. dried dill
½ cup low-fat ricotta	½ tsp. freshly black pepper
5 Tbl. whole-wheat flour	1 Tbl. olive oil

Trim the ends off the zucchini, then shred them into a colander, using the large holes of a box grater. (You'll need about 4 cups shredded zucchini.) Sprinkle the zucchini shreds with salt, toss well and set in the sink for 15 minutes to drain. Rinse the zucchini shreds under cool water in the colander. Then pick up handfuls and squeeze them over the sink to get rid of almost all of the moisture. Set the shreds in a large bowl.

Grate the onion into the bowl and stir in the ricotta, whole-wheat flour, egg, paprika, dill and pepper, just until the mixture is uniform and there are no streaks of dry flour anywhere.

Heat a large skillet over medium heat. Add oil, plop a ½-cup of the zucchini mixture into the skillet. Flatten the mixture into a thick cake and continue making more.

Cook until lightly browned, about 4 minutes, then turn them with a large spatula and continue cooking until lightly browned on the other side and a little firm to the touch, about 4 more minutes. Add more oil for more cakes if necessary.

### Zucchini Confit

1½ pounds of zucchini	Salt and pepper, for seasoning
¼ cup butter or olive oil, or both	Parsley for garnish

Cut 1½ pounds zucchini crosswise into ½-inch pieces, put in a microwave-safe bowl with butter or olive oil or both, season with salt and pepper and microwave, covered, stirring halfway, until tender, 4 to 6 minutes. Garnish with parsley.

### Cummin-scented Summer Squash

1 pound zucchini or other summer squash, thinly sliced or cut in ½-inch dice	¾ to 1 tsp. cumin seeds, lightly toasted and ground
3 Tbl. freshly squeezed lemon juice	Salt
1 garlic clove, minced or puréed	Freshly ground pepper
	¼ cup olive oil
	2 Tbl. chopped cilantro

Steam the squash for three to five minutes until just tender. Remove from the heat.

Mix together the lemon juice, garlic, cumin, salt, pepper and olive oil. Toss with the squash. You can serve this warm, in which case add the cilantro and serve. Alternately, refrigerate until shortly before serving. Toss with the cilantro and serve.