

In This Box

- Estiva tomato
- Mokum carrots
- Gladstone onion
- Bavarian Purple garlic
- Cabbage OR kohlrabi
- Swiss chard
- Ace peppers
- Cucumber
- EZ pick beans
- Rotating: Cherry tomatoes, squash and eggplants

Next Week?

- Tomatoes
- Potatoes
- Pac Choi
- Yukina savoy
- Onion
- Basil
- Carrots
- Cucumber

A DAY IN THE LIFE

Our Saturday morning farm stand is, in its third year, finally attracting more members of our neighborhood community. As we are located only two blocks from a densely populated newer subdivision full of young families we had always hoped that this would be the case. Our friend and neighbor down the road and long-time gardener Ken Patnode oversees the stand most Saturdays with my father filling in when



Outstanding in the Field, a California-based company that arranges farm dinners internationally visited Pinehold on Monday, Aug.5, and featured in a sold-out in-the-field dinner the culinary skills of Dan Van Rite and staff of Hinterland.

Ken's not available.

Some of our friends from the South Shore market have also stopped by to shop and visit. I do miss seeing and chatting with everyone who I have gotten to know over the years, but truth be told, it's really nice to stay home.

If you could pass the word on that we do have a farm stand it would be much appreciated. It is open through the end of October from 9 a.m to 1 p.m. What is available for sale is listed under our website's Available Now tab.

FIELD NOTES

We are just about done planting our fall

crops. This past week we seeded carrots, spinach, radishes and turnips. The only things we have left to seed or transplant is crops that we plan to put under temporary hoophouses to sell at the winter market this November and December.

David is setting up irrigation on the new crops as we obviously can't count on weekly rain even with a predicted 80 or 90 percent chance.

Next week I will return to the fields to do lots of weeding as the cucumber and squash production is slowing down. Yippee some of you might say. My back and scratchy

arms from the spiny vines also say yippee. But the next plantings are not far behind, and there are small fruits on the field cucumbers.

BOX NOTES

The green peppers in the box are the first peppers I picked off the bottom of the plants, encouraging the plants to put more energy into growing more fruit. I usually do this when the fruits are very small and just compost them, but I never got around to it this year. The taste will be very green peppery and not sweet, but its a nice addition to this box as it is a main ingredient in my favorite cole slaw.

Food Bits

Garlic



Garlic has a long history as a seasoning in food. Raw it can be quite pungent and even hot. But sauteed or roasted it sweetens and imparts a much subtler flavor. It can even be dehydrated.

Store: Fresh garlic is best stored out of the light at room temperature.

Do not put it in the refrigerator or seal it in an air-tight container.

Preparing: Fresh garlic cloves can be easily peeled by crushing them slightly with the flat side of a knife. The peeling should pop off. Chop or mince the garlic. A new study shows that letting it rest for 5 to 10 minutes after chopping increasing the health benefits of garlic. **Methods of cooking:** Roasting or simmering in an oil, stock or sauce.

Kohlrabi

Kohlrabi is a delicious member of the cabbage family and can be eaten raw or cooked.



Store: Peeled or whole in sealed plastic bag. **Preparing:** Trim the tops and bottoms and peel the skin off. There may be

some woodiness on the top edge. Chop, slice or grate. **Methods of cooking:** Eat raw, steam or roast and mash. Add to soups or slaws.

A Thousand Words



Gradually you will get to meet these folks in our newsletter this season, but these are some of the faces behind the food that is delivered each week. Without them, the weekly box would not happen.



Recipes

by Annie Wegner Lefort

www.leforthomestead.blogspot.com

Pickled Carrots with Dill (Refrigerator Pickles)

1 lb. carrots, scrubbed and trimmed and cut into 4-inch lengths	1/2 t. whole black peppercorns, crushed
1/4 c. minced dill leaves or 2 whole dill sprigs	1 1/2 t. pickling salt
3 large garlic cloves, coarsely chopped	1 c. white wine vinegar
1-2 jalapeno peppers, seeded and sliced	1 c. water
	1/4 c. sugar or honey

Blanch carrots in boiling water, or steam them, for 2 min. or until they are barely tender. Immerse them in cold water until they are cool. Pack carrots and dill into a quart jar. In a saucepan, bring the remaining ingredients to boil. Cover carrots with liquid. Cap jar and let cool to room temp. Refrigerate jar for 2 days or longer before eating carrots. Refrigerated, they will keep for at least 2 months. Makes 1 quart.

Simple Summer Salad

2 c. shredded Swiss Chard (can cut it with a little salad mix/lettuce if you have it)	Bean/seed sprouts, to taste
2 carrots, peeled and shredded	2 T. toasted sunflower seeds (to toast, put on baking tray in over at 375 for a couple of minutes, shaking tray occasionally...can also toast in a toaster oven)
1/2 cucumber, peeled, halved, and sliced into half moons	Lemon Tahini Dressing, to taste
1 c. shredded or finely chopped green cabbage or kohlrabi (peeled and shredded)	

Lemon Tahini Dressing: 1 clove garlic, 1/2 c. sesame tahini, 3 T. lemon juice (about 1 lemon), 3/4 c. water, 1/4 t. salt, 1/4 t. ground cumin, cayenne or black pepper to taste. Puree all ingredients in a food processor and season to taste.

Combine chard, carrots, cucumber, and cabbage in a large salad bowl. Top with sprouts and toss in sunflower seeds. Drizzle outer perimeter of salad with dressing. Toss gently. Taste to adjust dressing as necessary. Serves 2 to 4.

Summer Squash/Zucchini, Green Bean Saute

2 slices bacon	1/4 lb. green beans, trimmed and cut into bite-size pieces, steamed for a few minutes then cooled in an ice water bath, drained
1 sweet onion, sliced thinly	
4 small zucchini squash, trimmed and sliced into 1/4-inch slices	
2 small yellow crookneck, trimmed and sliced into 1/4-inch slices	

In a 10-inch skillet, cook bacon till crisp; drain, reserving 3 T. drippings. Crumble bacon and set aside. Cook the onion in reserved drippings. Add squash/zuke, and beans and toss with onion. Season with 1 t. salt and 1/8 t. pepper. Cook, covered, over medium-low heat for 10-15 min.; stir occasionally. Drain off liquid. Stir in bacon. Cover; heat through. Makes 6 to 8 servings.

More recipes on the next page

Creamy Caraway Cabbage

1 small head cabbage, cored
and cut into wedges
1 large onion, sliced
1 c. sour cream

2 T. all-purpose flour
1 T. prepared mustard
1 t. caraway seeds

Slice cabbage by hand or with slicer blade for the food processor. In a 3-qt. saucepan bring 1/2 c. water and 1/2 t. salt to boiling; add cabbage and onion. Cook, covered, 7-8 min. or till crisp-tender; drain, reserving cooking liquid. Add water to make 3/4 c. Mix remaining ingredients, 1/2 t. salt, and 1/8 t. pepper; stir in cooking liquid. Fold in vegetables. Turn into 1 1/2-qt. casserole dish. Bake, covered, in 350F oven 20-25 min.; stir once. Makes 6 servings.

Tomatoes: My favorite way to enjoy the first slicing tomatoes of the season is on a BLT: sweet/salty thick-cut local pork bacon; crisp head lettuce, toasted whole-grain bread, fresh sliced tomatoes, and homemade mayo.

Homemade Mayonnaise

Note: This recipe calls for raw egg. When making homemade mayo, I always use eggs from a very reliable, clean source.

2 organic eggs, room temp.
1/4 c. red wine vinegar, room temp.
1 t. sea salt
1 t. dry mustard

1 1/2 c. neutral oil (I recommend grape-seed, sunflower, or olive oil...you could also add a little flax oil)

Place raw egg, wine vinegar, salt, and dry mustard in food processor (or blender at low speed) and add 1 T. of oil. Blend and then add remainder of oil in a slow steady stream until thick. Refrigerate.

Sandy's Favorite Coleslaw (David's too)

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

Dressing:
1/2 c. white wine vinegar
1/4 c. oil
1 t. salt
1 T. Dijon style mustard
1 t. pepper

Mix all slaw ingredients together in a large bowl. To prepare the dressing, boil all ingredients in a saucepan for 3 minutes, stirring well. Add to vegetable mixture, cover mixture and place in a refrigerator. Chill. Overnight is best.

The People's Sunday Farm Dinner

On Sunday, **Sept. 8**, we are opening our farm up for an all *inclusive catered dinner* to you our members and guests. The cost of the dinner will be between \$42 per person. Chef Peter Sandroni and his staff at LaMerenda Restaurant will be preparing the food, served with wine, beer and complimentary pre-dinner cocktail for those interested. **The time is 3 to 7 p.m.** We are planning on 100 people and would appreciate a prepayment for the dinner. Sorry kids, adults only. This dinner will alternate years with our Open House so look forward to that in 2014.



Photo: Melissa Klein