

Pinehold Gardens *Field Notes*

Vol. 23 Week 5

August 9, 2017

In This Box

- Carrots
- Expression onion
- Kale
- Hungarian hot peppers
- Pom Pom head lettuce
- Tasty Jade cucumbers
- Hoophouse grown tomatoes
- Some site green beans
- Some sites cherry tomatoes

Next Week?

- Beets
- Expression onion
- Potatoes
- Bell peppers
- Romaine head lettuce
- Cucumbers
- Hoophouse grown tomatoes
- Some sites cherry tomatoes

A DAY IN THE LIFE

Wasn't yesterday a beautiful summer day? It was mostly sunny with a nice westerly breeze instead of the all too often this year, a cold damp lake breeze. Our CSA harvest day is Tuesday and we have been oddly fortunate that Tuesday is almost always a beautiful day. Our workers that have been with us for many years remember only a couple of rainy ones.

But the weather is significantly different from when we were growing up. August was the height of summer with hot days, perfect for the "Up North" vacation or traveling west to visit the National Parks. Now we have cool fall like nights and we are sleeping with our windows open and listening to the sound of cicadas, katydids and crickets instead of the hum of the room air conditioner. A good site for listening to insect sounds is <http://songsofinsects.com> in case you are not familiar with the difference between a katydid and a cicada. We also noticed in the past couple of days that goldenrod and ragweed are starting to bloom which is three weeks ahead of time.

FIELD NOTES

This week we are spending all of "spare" time, which means our non harvest time, concentrating on weeding our fall crops as we fell behind because of the garlic harvest.

BOX NOTES

We neglected to tell you a couple of weeks ago when we last delivered basil that you should recut the ends with a sharp knife before placing the stems in a jar of water.

The Hungarian pepper is a mildly hot pepper, about the same or a little less heat than a Jalapeno. We felt it would be useful in kale recipes, whether in a saute, stew or soup or to add a little kick to a cold cucumber soup.

The Expression onion has a mild flavor compared with a fall storage yellow onion, but it is not as mild as the Zoey variety that was delivered the last couple of weeks. It can still be used raw, but it is a better cooking onion than the Zoey. Store in a cool area out of the sun.

Finally we are able to finish delivering green beans to everyone. The first planting was riddled by the bean leaf beetle and barely survived. The second planting was beans that we transplanted, as we feared any seed would rot in the ground with all the rain. The yield was passable and the few pounds we sold at the farm stand might have paid for the seed. The third planting partially survived the heavy rains and found their way into 75 boxes today. The fourth planting of transplanted beans and the fifth planting of direct seeded beans look great and should be in your boxes in three weeks.

The carrots, tasty, even if not the most beautiful, did manage to survive going under water four times.

We should call this the surviving vegetable box. The kale was decimated by flea beetles and finally now just grew out of the damage. We planted many of our crops for the first six boxes during the last week of May and if you remember the first two weeks of June were 90 degree hot and very dry and the bugs hatched or had just flown in and were very hungry.

We are almost through with the rotation of cherry tomatoes through all of the sites. The tomatoes have been enjoying the comfy home of a hoophouse and not worrying about floods, most diseases or the threat of wind and hail. We will have to figure out how to grow more tomatoes under plastic next year.



Fresh tomatoes: what a treat. These seasonal fruits of course can be preserved for future use but the first of the seasons harvests should be enjoyed immediately and without haste.

EXTRAS WE SHARE

We occasionally will have extras for you to take. At the farm there will be a crate on the check in table with a sign that says extras. At the pick up sites there will be a box also with a sign that says extras. Since the farm pickup members pick up over a four day period we do put out extras every day, not just on the first day

SUNDAY SUPPER RETURNS

Chef Peter Sandroni returns Sunday, Sept. 10, to prepare another Sunday Supper farm dinner for Pinehold members (and up to two guests). This all inclusive dinner will include numerous entrées, hors d'oeuvres and cocktails, beer and wine, all served hopefully under a fine autumn sky at Pinehold Gardens. Details about the price, which we try to keep around \$50, and signing up will follow in the next couple of weeks. If you know already you are interested, then go ahead and send an email and in the subject line write "Sunday Supper." We can accommodate 100 guests and 22 have already emailed an RSVP.

Note: This is an adults only event

EGG CARTONS & PLASTIC CONTAINERS

We have very few chickens and too many egg cartons so we would prefer if you find a home for your cartons at your local farmers market. We do welcome pint and quart plastic containers, but not deli or other miscellaneous size of plastic containers. Just leave them at your dropsite in a bag.

Tomato Cucumber Soup with Basil

by Martha Rose Shulman of
The New York Times

1 long cucumber, peeled and coarsely chopped.	cloves, halved
1 1/2 lbs. ripe tomatoes, quartered	2 Tbs. sherry or rice wine vinegar
2 slices of onion, rinsed	2 Tbs. extra virgin olive oil
2 large garlic	Salt to taste
	Silvered fresh basil leaves for garnish

Blend all ingredients in a blender, working in batches if necessary, and blend for two minutes or longer until smooth and frothy. Transfer to a bowl or container and chill for at least two hours before eating. Garnish each bowl before serving with slivered basil. *Note: A mild chile, such as a Hungarian pepper, lifts this gazpacho-like dish to a different plane.*



Kales There are a number of different varieties of kale. The distinctions are slight differences in texture and big differences in color and shape of the leaf. But what doesn't vary is the nutritional impact of kale. It's a rich source of vitamin K, A, B6, folate, manganese, potassium and phosphate. Kale offers itself up to a lot of different culinary uses. The leaves can be softened and made less bitter by soaking warm water and then used in a salad. Even without soaking the leaves, just leaving a kale salad of roasted beets, walnuts, goat or blue cheese and torn leaves of kale to absorb a simple vinaigrette, the leaves are softened or cooked in the vinegar. Of course kale is great as a side, sauteed in garlic and oil, used in a soup such as a minestrone or a spicy soup or stew. And the latest use is to turn kale leaves into chips by coating them with oil and sprinkle with salt and roast in the oven until crisp. To store kale simple keep it in a sealed plastic bag in the refrigerator.

Cucumber Peanut Salad

from Pinehold friend and employee Heather Hall based on a *101 Cookbooks* recipe

2 large Tasty Jade cukes, partially peeled	1 tsp. sugar
1-2 Hungarian chiles, stemmed and minced	1 Tbs. ghee, clarified butter, or sunflower oil
1/2 cup peanuts, toasted	1/2 tsp. black or yellow mustard seeds, toasted
1/3 cup dried large-flake coconut, toasted	1/4 tsp. cumin seeds, toasted
2 Tbs. fresh lemon juice	Scant 1/2 tsp. fine grain sea salt
	A handful cilantro, chopped

Mix all ingredients but leave the peanuts until last and add just before serving to preserve their crunch.

Mom's Apple Cider Dressing

from Pinehold friend and member
Patricia Heim

1 cup apple cider vinegar	1 tsp. celery seed
1 cup sugar	1 tsp. salt
3/4 cup corn or vegetable	1 tsp. dry mustard

Place all ingredients in a saucepan and bring to a boil. Stir well to mix. Then let cool. Pour into a glass container and serve with your favorite lettuce or other salad greens.

Caprese Tomato Salad

1 or more beautifully ripe tomatoes	Salt and pepper to taste
Thick slices of fresh mozzarella cheese	Olive oil or balsamic vinegar
A handful of large basil leaves	

Slice and layer the tomatoes and mozzarella with chopped or slivered basil leaves. A salt and pepper to taste and drizzle with olive oil or balsamic vinegar.