

# Pinehold Gardens *Field Notes*

Vol. 24, Week 4

August 1, 2018

## In This Week's Box

- Garlic, Armenian
- Kale, Madeley or Collard greens
- Cucumber
- Lettuce, Summer crisp
- Potatoes, Dark Red Norland
- Basil
- Broccoli for all who did not get it
- Rotating by drop site: cherry, slicing tomatoes, eggplant, summer squash

## In Next Week's Box?

- Celery
- Onion, White Wing
- Swiss Chard, Bright Lights
- Summer squash
- Kohlrabi or cabbage
- Hoophouse slicing tomatoes
- Carrots?
- The rotating crops

## A DAY IN THE LIFE

We ended July on a high note. It was another beautiful Tuesday CSA harvest day as oddly, it rarely rains on Tuesdays. The worker share crew almost finished harvesting the garlic. David finished most of the fall planting, has already tractor cultivated it once and it is all set up all on irrigation. Yes, this is the Day in the Life column, but during the month of July our life is all about farming. Except for a couple of afternoons off for weddings and enjoying hearing our musician worker share members perform at festivals we have not taken any time off.

And just when you feel like you have some part of your life under control nature interrupts it. It seems every few days during the past two weeks I am telling David that he has to add something to his to do list. I am sure that our "honey do" list is not part of the marriage "I do" vows. Some examples are: the deer discovered the beautiful new beet bed and he needed to go to Farm and Fleet and buy another solar

electric fencer and set it up; some of the tomatoes in the greenhouse have blossom end rot and he needed to foliar feed with calcium; the newly planted broccoli and cauliflower plants are being chewed off by cutworms so he needed to spray Bt (a digestive disruptive that only affects caterpillars); there is powdery mildew on the old zucchini patch so he needed to spray an organic fungicide as a preventive on the winter squash field; a crew is coming over today so he needed to loosen some of the garlic rows so they could be harvested, etc.

We have been farming together full time for the past 14 years and have been married 29 years.

## FIELD NOTES

Rain statistics: The month of July ended with Mitchell Field receiving 2.83 inches, .73 inches below normal. Pinehold Gardens received 1.8 inches, well below the inch a week needed.

The damp, cool, dewy mornings, while great for sleeping, are not great for the prevention of foliar diseases spreading such as downy mildew on the squash plants. The cool nights are also not great for the ripening of tomatoes. This weekend's forecast is for much warmer weather so I would think that there would be a beautiful ripe tomato in everyone's box next week.

## BOX NOTES

Most everyone might be glad to hear that the cucumbers in the greenhouse have slowed down so there will not be a cucumber in your box

next week.

As I have mentioned, I read other CSA farmer's newsletters and I always wondered why some farms delivered so much basil. I now know why. Downy mildew has become a serious fatal disease of basil in the last few years affecting most commercial basil growers and basil has become the leading culinary herb for the wholesale market. Researchers are working hard to develop a mildew resistant tasty basil. Just like imported insects, the disease has been imported. So after a successful fall crop in one of our hoophouses last year, we decided to plant an early crop in one of our hoophouses. It has done exceptionally well, but like the cucumbers, it is slowing down and it might be your last basil delivery.

**Kale & Collards.** Today you will receive collards if you pick up in Cudahy, Bay View, La Merenda, Davis & Kuelthau, Shorewood and Racine



Garlic harvest is almost done. It's a labor intensive crop for Pinehold. The cloves are planted by hand and the beds mulched with organic straw by hand. Then there is the harvesting by hand. Now it goes into our greenhouse to cure. The greenhouse is temporarily covered with shade cloth to keep the garlic cooler and out of direct sunlight.



The potato crew (l-r): David, Carmen, Caden, Clark and Sandy.

## Garlic-Herbed Parmesan Potatoes

from Pinehold member Jackie Jones

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|--|---|
| 1 1/2 lbs of red potatoes,<br>halved or quartered depending on<br>size | 1/2 tsp dried thyme<br>1/4 tsp dried oregano<br>1/4 tsp dried basil |
| 2 Tbs olive oil  | 1/4 cup grated parmesan cheese                                      |
| 3 cloves of garlic, minced   | 1 Tbs unsalted butter, cut into cubes                               |
| 3/4 tsp kosher salt  | 1 Tbs fresh parsley, minced   |
| 1/2 tsp black pepper   |   |

Preheat oven to 400 degrees and lightly spray a large baking sheet with cooking spray. In a large bowl, toss the potatoes, olive oil, garlic, salt, pepper, thyme, oregano, basil, and Parmesan cheese until evenly coated. Turn the mixture out on to the baking sheet and arrange in a single layer.

Bake for about 35 to 45 minutes turning with a spatula 2-3 times until golden brown. Pull the tray out and sprinkle with the small butter cubes and stir to melt the butter.

Remove from the oven and sprinkle with the fresh parsley. Serve immediately

## Food Facts: Potatoes

by Jackie Jones, MS RDN

Potatoes often get a bad rap as more and more folks toss away carbs from their diets. But to toss potatoes aside means that you are tossing away some great nutrients too. Potatoes are an excellent source of vitamin C. They also provide more potassium than a banana and are a good source of vitamin B6 and iron. They are fat-free, sodium-free and cholesterol-free by themselves. If you consume the potato skin as well as the flesh, you'll also get about 3 grams of fiber. Just beware of how you cook them and what you top your potatoes with. This is often where the extra calories and fat come from.

1 medium red potato: (2-3 in. diameter)

Calories: approx. 150

Carbohydrates: 34 grams

Sugar: 2.5 grams

Fiber: 3 grams

Protein: 4 grams

## Food Tips

**Garlic & Tomatoes** Leave these out on a counter. Do not refrigerate. The refrigerator will turn the tomatoes mushy and dry out the garlic.

**Kale, collards and lettuce** These love cool and humid conditions so place them in a sealed bag in the refrigerator.

**Broccoli** We tried an early broccoli with minimal success. This should be eaten right away. It has a tendency for the flowerets to open if stored too long.

**Potatoes** The potatoes were harvested yesterday. As fresh potatoes, the skins are very thin and would wash off and damage the potatoes so we leave the skin and the dirt on. Also unwashed potatoes keep longer than washed potatoes. Store them in the paper bag and keep in a cool place.

