

Pinehold Gardens Field Notes

Vol. 16 No. 6

August 25, 2010

In This Box

- Estiva tomatoes
- Muskmelon
- Jade green beans
- New York Early onions
- Romaine lettuce
- Zucchini for some
- Salsa bag: paste tomatoes, Hungarian hot pepper (yellow), and green pepper

Next Week?

- Melon medley
- Kohlrabi
- Tomato medley
- Basil
- Fennel

A DAY IN THE LIFE

Last week we had great difficulties with our outgoing email. We are not exactly luddites, but both of us prefer to have the technological phase of our lives in our past. My past includes converting the UWM Bookstore from IBM Selectric typewriters to PCs and textbook inventory control from a magnetic card filing system to a mainframe system.

The problem was is that we use an old Mac (OS 9.2.2), Eudora 6.1 for email processing and Parcom as our email provider through dial up service provided by TDS.

For those members who know us, our block has no cable and our phone lines cannot accommodate DSL.

Last year we had a similar problem and it was because TDS who was our email provider switched to gmail which required a security level that Eudora was not capable of handling. After many conversations with Parcom, they too had changed security settings without telling us and they finally fixed something which solved the problem. Are we the only people in the country using this combination of dial up, Eudora and Parcom that we

were the first to report problems? Are we that out of date? (No snickering.)

We know that we need to update our computer and software, a winter project that somehow never gets done. We want to stay with a Mac and we want to be able to run our design software, Quark, which does not run on newer Macs. (Any good I-Macs or I-Books gathering dust in the closet out there?) I'm sure we will figure it out this winter.

FIELD NOTES

There is a fungus among us. The warm humid weather not only affects our comfort level, it affects many plants. Oak wilt, a fungus usually found in northern Wisconsin, is hitting the southern half of the state. I read it can kill an oak tree in a couple of weeks. Note: do not prune your oak tree until late fall.

Late blight, the disease that devastated last year's tomato crop has been reported state wide in tomato and potato fields. Other fungal diseases are defoliating many home gardeners' tomatoes.

In our fields many crops have yellowing or bronzing bottom leaves which we are assuming is fungal related.

The fall crops are 90 percent planted and really benefitted from last Saturday morning's rain. Milwaukee only needs a quarter of an inch of rain to break the record for the雨iest summer ever, but there is no rain in sight. Too bad too. It's

Closing the Distance

From the window seat of jet flying across country, the world is a beautiful place. Swatches of fields are criss-crossed with roads that look like garden paths. Small towns and big cities punctuate the trip that during the day look like toy villages but at night, well at night even Las Vegas looks beautiful.

The scenes out the window, however, are not real in the sense that they are not life. From a window at 30,000 feet who can see the birth of a child, the death of a mother, a car crash, a wedding, a birthday party, a hug, a fight. There is no human touch to those scenes only human artifice.

Sometimes I think we all look down at our dinner plates from 30,000 feet. What do we know of the farmers and workers, citizens, documented and undocumented, who have had a role in the food on that plate. As a CSA member you know more of what brought a part of what you eat to the table than most people. But we don't provide all your meals, so the rest of what you eat is largely without a story, without voice.

What do you know of a Happy Meal or the bean burrito you or your family ate? Certainly there are nutritional and health issues here, but it's the human story more importantly that's missing. Someone handled the potatoes that made the fries. Who were they and what is their day like?

One could say this of anything we use, but the growing of food is perhaps the most human endeavor out of all the things we provide for ourselves. While this is true even on global industrial farms, it's the local farms that I have in mind. The hundreds of farms and farmers listed in the five Farm Fresh Atlases that cover nearly every square mile of the state, especially our own Farm Fresh Atlas of Southeastern Wisconsin.

The Farm Fresh Atlas is our window into the food that may cross your plate this harvest season. It's not at 30,000 feet, however, but ground level. Take a moment to get to know the farms and farmers in our area. Start by picking up a copy of the Atlas and by supporting its publication. Go to www.farmfreshatlas.org/southeast.

Recipes of the Week

TOMATO SALSA, Annie Wegner

3 cups tomatoes, cored and chopped
1 long green chili pepper, seeded and chopped, or Hungarian to taste
1 Jalapeno pepper, seeded and finely chopped, or to taste
1 small onion chopped
1 clove garlic, minced

1 Tbsp lemon or lime juice
½ tsp salt (or to taste)
½ tsp ground cumin
Pinch dried oregano leaves
2 Tbsp fresh cilantro, chopped
Combine all ingredients
Note: we also add some green pepper

GINGER MELON SMOOTHIE, Annie Wegner

1 cup canteloupe or muskmelon, cubed
¼-½ tsp ground ginger

1 cup milk, any kind
½ cup ice cubes

Put all ingredients in a blender and blend until smooth. Serve immediately.

TOSSED SALAD WITH RAW AND COOKED VEGETABLES, Annie Wegner

2 carrots, peeled and trimmed, cut into thin slices
2 lbs. potatoes, quartered
½ romaine lettuce
2 large tomatoes

3 oz. fontina or swiss cheese
4 Tbsp olive oil
2 Tbsp red wine vinegar
1 tsp prepared mustard
Salt and pepper, to taste

Cook potatoes in water until almost tender, adding carrots a couple of minutes before the potatoes are done. Drain and set aside. Cut the romaine into thin strips crosswise. Core the tomato and cut into medium dice. Cut the cheese into small matchsticks. Mound the lettuce in a shallow serving bowl and sprinkle with the tomato. Arrange the vegetables over the top and sprinkle with the cheese. In a small bowl, combine oil, vinegar, mustard, and seasoning. Beat lightly with a fork. Drizzle the dressing over the salad, bring to the table and toss. Serves 4

LEONARD'S CUCUMBER SALAD, contributed by Leonard Kozlowski

David's dad always has a batch of these in his refrigerator in summer. Some our members that pick up at his house in Greenfield requested this recipe after sampling them.

12 medium cucumbers, sliced
1 green pepper, cubed
1 onion, sliced or grated

½ cup salt
2 cups sugar
2 cups vinegar

Mix together and let stand 10 minutes. Put in jars and store in the refrigerator. They will keep for three months or more.

ZUCCHINI SAUTE, Annie Wegner, Serves 6

Oil for sauteeing
1 large garlic clove, peeled and finely chopped
1 small onion, peeled and quartered lengthwise then thinly sliced

2 lbs. zucchini, ends trimmed and sliced $\frac{1}{3}$ " thick
Juice of 1 small lime
2 Tbsp finely chopped parsley
Salt and pepper, to taste

Heat a large skillet over medium heat. Add the oil and heat then add the garlic and onion. Cook, stirring frequently, for 5 minutes reducing the heat as needed to prevent browning. Add the zucchini and mix well, loosely cover and cook, stirring occasionally, until tender, about 6-8 min. Stir in the herbs and lime juice. Season and serve immediately

OTHER SUGGESTIONS

Instead of a tomato salsa, you can roast the tomatoes, cut in half, with garlic or onion, salt and olive oil at a low temperature (275 to 300 degrees) for hours. The tomatoes will slowly roast and concentrate the flavors. Then place 2 cups into a one quart freezer bag. flatten, pressing out the air and store for winter. A major snowy night treat.

Or try a melon salsa. Recipes abound on the Internet, using the same ingredients. A new twist for taco night.

not that we want to break the record, we actually could use a half inch or so. Feast or famine as usual.

SUMMER FESTIVAL

This Sunday, August 29, we will be hosting our annual festival from 11 a.m. to 4 p.m. A farm tour starts the day followed by a bountiful pot luck lunch at noon. Remember to bring a generous dish to pass and a copy of your recipe. Also bring chairs, blankets and even a small table if would like. We will provide soda and beer, and the rumor is, homemade ice cream with a tasting for all kids, big and little.

BOX NOTES

The muskmelons in your box are one of three varieties, Halona, PMR Delicious 51 and Lil' Loupe. Three varieties means three degrees of ripeness. So you might find a melon that needs to be eaten right away or one that has a slight greenish tint around the stem end that might be benefit from sitting on your counter for a couple of days to continue ripening. We have rarely been successful at growing melons so each year we try a few varieties hoping to hit upon a winner.

The green beans are one of our favorite varieties. They do best late in the year when the soil and weather is warm. Most of the young plants survived the rains of a month ago, so everyone is receiving beans this week.

We have provided all the makings for salsa sans the cilantro as the post-rain planting of the delicious herb is not ready to harvest. It should be by the time we harvest our tomatillos for a nice round of salsa verde.