

Pinehold Gardens *Field Notes*

Vol. 24, Week 5

August 8, 2018

In This Week's Box

- Carrots, Napoli
- Onion, White Wing
- Swiss Chard, Bright Lights
- Summer squash &/or zucchini
- Kohlrabi or cabbage
- Hoophouse slicing tomatoes or cherry tomatoes
- Cucumber, Tasty Jade
- Sweet green pepper, Ace
- Fennel
- The rotating by dropsite crop: eggplant

In Next Week's Box?

- Celery
- Garlic
- Potatoes
- Beets
- Green beans
- Hoophouse slicing tomatoes

A DAY IN THE LIFE

As the sun is setting, Herbie and Herbina our resident bats, soar above our driveway devouring mosquitoes. Saying goodnight to us as we come into the house is the incessant chatter of Mr. Wren and the squawking of the robins. We rarely have the air conditioner on in the house, except for the humid 90-plus degree days. We aren't in the house much, so it really doesn't pay to turn it on except for comfortable sleeping. And without the air conditioning on and with the windows open we fall asleep to the sound of cicadas, katydids, and crickets. Crickets? Fall must be on its way.

FIELD NOTES

Monday, once again, Mitchell Field received more rain than Pinehold. Our total was just over a half inch. Mitchell's was just under an inch. And no, we did not get rain last week Wednes-

day. While it was pouring and hailing in Bay View and Cudahy, not one drop fell here. David had been rotating the irrigation lines and running them 24/7 for most of the past month so we did not lose any crops from lack of rain. I always say you can add water, but you can't take it away. Dry conditions and 90 degree temperatures can be quite challenging though.

The worker share crew finished harvesting the garlic today, three weeks after we started the process. Thank you crew!

David has been cultivating the weeds out of the bare fallow fields in preparation for next year's crops.

Speaking of weeds, we have a bumper crop of purslane this year. We have had it in a few places in the past, but parts

for reproduction. Lodgepole pines — tall, skinny trees with branches near the top, or crown — dominate most of Yellowstone's landscape. Some of their pine cones are sealed with a waxy resin and only open once temperatures reach above 113 degrees, which happened during the historic fires of 1988.

Unfortunately we really don't need another weed to reproduce here. We are still battling the grasses that emerged after the flood of 2008 when we received 13 inches of rain in two days.

BOX NOTES

Kohlrabi and cabbage. If you pick up at the farm you will receive a small cabbage. Everyone else will receive a kohlrabi. The consequences of the saturated fields are still haunting as

brassicas do not like wet feet and 75 percent of both crops were stunted and might not mature. The cabbage we planted three weeks ago looks great and should be ready in late September. Fall brassicas just do so much better.

While our fall harvested carrots are much sweeter, these are pretty good for a summer carrot.

Our heavy clay soil produces great tasting root crops. Califor-

nia's sandy soil produces something that to me tastes like soap.

The second planting of zucchinis and summer squash has started to produce so we picked a small fennel so you can enjoy Pinehold member and friend, Rita Collen's soup recipe.



Purslane thriving beneath the fennel plants.

of our fields are covered in a carpet of the slippery, squishy, succulent weed. Clark, one of our worker shares who lives down the road from us, also has it all over his yard. We think it must have been the rain. I call it the Yellowstone effect. As destructive as forest fires can be, sometimes fire is needed

Food Facts: Kohlrabi

by Jackie Jones, MS RDN



The word kohlrabi is German for “cabbage turnip” (kohl as in cole-slaw, and rübe for turnip) though kohlrabi is not a root vegetable at all. It’s a brassi-

ca—like cabbage, broccoli, and cauliflower—and they grow above ground, not below. Kohlrabi can be eaten raw or cooked and tastes a bit like broccoli stems, but a bit milder and slightly sweeter.

Kohlrabi is very low in saturated fat and cholesterol. It is also a good source of fiber, vitamin C, several B vitamins, magnesium, and phosphorus.

Swiss Chard Stem Relish

from *Root to Leaf Cookbook*, by Steve Satterfield

Submitted by Pinehold member Jan Smith

2 cups diced Swiss chard stems	1 teaspoon kosher salt
1 cup red wine	1/2 teaspoon freshly ground black pepper
1/2 cup red wine vinegar	
1/2 cup sugar	

Combine all the ingredients in a medium sauce pan. Bring to a simmer over medium heat. Cook until the stems are tender, 8 to 10 minutes. Remove the stems with a slotted spoon and reduce the liquid by half, about five minutes. Let the stems and liquid cool separately and then combine. Served chilled or at room temperature. Store covered and refrigerated up to four weeks. Serve it with cheese, game birds or charcuterie. You can also use this same recipe for beet stems.

Jan says, “I love the CSA season.”

Sandy’s Favorite Cole Slaw

Adapted from *Gourmet Mustards* by Helen Sawyer

1/2 red cabbage, shredded or sliced thinly	1 red onion, diced
1/2 green cabbage, shredded or sliced thinly	1 bell pepper, diced
	1 carrot, grated
	1/4 cup sugar
Dressing:	1 tsp. salt
1/2 cup white wine vinegar	1 Tbsp. Dijon-style mustard
1/4 cup canola or olive oil	1 tsp. pepper

(This recipe is very flexible. Sandy has made it using other vegetables. Options include kohlrabi and Brussel sprouts. For a more crisp slaw, omit heating the dressing. It does, however, help to let the dressing sit with the vegetables at least an hour before serving.)

Mix all the salad ingredients together in a large bowl and cover.

Dressing: Boil all ingredients in saucepan for 3 minutes. Stir well. Add to the vegetable mixture, re-cover the bowl and refrigerate over night.

Carrot Top Pesto

from *Bon Appetite*

3 Tbs. pecans, walnuts or pinenuts	2 cups carrot tops, roughly chopped
1 clove garlic	1/2 cup packed fresh basil

Place nuts and garlic into food processor and pulse until a rough paste forms. Add carrot tops and basil pulse until even a thicker, rougher paste is formed.

Add 1/2 cup or more of olive oil and blend until mixture is smooth, adding additional oil just a tablespoon at a time.

Store in a glass jar in the refrigerator.

Pesto is good for sandwich spread, pizza base or tossed with pasta or potatoes for a quick salad.





ZUCCHINI AND FENNEL SOUP

Adapted from AllRecipes.com
by Pinehold member Rita Collen

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| 2 Tbs. butter or olive oil | 1 summer squash, peeled and sliced |
| 1 onion, finely chopped | 2 cups vegetable stock |
| 2 Tbs. finely chopped garlic cloves or chopped scapes | Salt and pepper to taste |
| 1 tsp. mild curry powder | 1 tsp. lemon juice or white wine vinegar |
| 1 fennel bulb, diced, with greens reserved | A dash of red chilli flakes (optional) |

Melt butter in a large sauce pan. Add onions and saute until translucent. Add the garlic and saute for 1 or 2 additional minutes. Add curry powder and stir constantly for 1 minute. Add fennel and summer squash and cook until squash is soft and translucent.

Pour in vegetable stock and bring to a boil. Simmer over a low heat, covered, until the fennel is soft, about 15 to 20 minutes. Puree the soup. Season with salt and pepper and lemon juice.

Chop the green fennel tops and sprinkle over the soup.

Food Tips

The refrigerator is a great appliance for keeping fruits crisp and leafy greens fresh. But it is also good at drying things out. So anything you put into the refrigerator should be protected or packaged some way. Utilize the vegetable drawer if you have one. (If you have a dairy or cheese draw don't forget to put those things that have some dairy fat in them, such as cheese, butter or even chocolate. These fats tend to absorb refrigerator "flavors.")

Kohlrabi - Both the tuber and leaves are edible. Place both in a bag and keep in the refrigerator. The leaves are a popular item for kimchi for the fermentation crowd. The skin is tough and needs to be peeled off. Also the root end of the kohlrabi is usually a little woody and it is useful to trim a little of the bottom off.

Carrots - Remove the greens from the carrots and store both separately in bags if you want to keep the greens. There are numerous recipes for carrot green pesto.

Tomatoes - Now begins the tomato season. Here's one fruit you don't want to put into the refrigerator. Chilling it makes the flesh mealy. Eat as fresh as possible or cook it.

CARAWAY CABBAGE WITH POTATOES AND SAUSAGE

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| 4 Tbsp. butter or oil | 1/2 cup beef, chicken, or vegetable stock |
| 1 medium onion, thinly sliced | 2 Tbsp. red wine vinegar |
| 1 medium head green cabbage, coarsely shredded | 1 lb. polish sausage or bratwurst |
| 1 lb. potatoes, scrubbed and sliced | 2 Tbsp. hot-sweet mustard |
| 2 Tbsp. caraway seed | Salt and pepper, to taste |

In a large skillet, heat the butter. Add the onion and cabbage and cook until wilted. Add the potato, caraway, stock, and vinegar. Bring to a boil; cover, reduce heat, and simmer for 12 min. Add sausage and cook, uncovered, for another 6 min. Stir in mustard and season with salt and pepper. Serves 8.

A Quick Meal Tip



With pesto as its base, a french bread pizza is a quick and delicious lunch or supper. Add a small salad and it's quite nutritious as well.