

In This Box

- Garlic scapes
- Bright Lights Swiss Chard
- Green onions
- Dunja zucchini
- Zephyr summer squash
- Basil plant
- Lettuce
- Snap peas

Next Week?

- Escarole
- Dill
- Radishes
- Summer squash
- Cucumber?
- Green onions

A DAY IN THE LIFE

Welcome to our 19th season. It's a start. A slow one, but a start. We experienced some crop losses with the heavy June rains on top of already saturated ground, but we have managed to replant just about everything so we are moving forward. A friend once told me that we were the most resilient people she knew. I just wish we didn't have to make use of that character trait this year.

We are lucky to have our workershare crew helping us plant, weed and now that the delivery season has started, harvest the crops. Everyone who was with us



Workershare Jen Kubacki amidst a field of buckwheat, a beneficial insect habitat and soil improving cover crop.

last year has returned and we added a few new faces to this friendly, supportive group.

JULY 1ST CHECKS

July 1st post-dated checks, will be cashed this Friday, July 12th.

FIELD NOTES

Last year 2.7 inches of rain had fallen since May 1 and not a drop fell for the 24 days before the start of the season on July 11th. The Midwest was in a drought, but Pinehold Gardens was doing fine as we had everything on irrigation. We tell everyone that you can always add water, but you can't take it away. And where has our sun been hiding? I don't know how opposite two years can be, but I don't

think it can beat last year and this year.

Things are improving. The ground texture is less chunky, as it usually looks in the beginning of June. The basement didn't seep water when it rained yesterday. The beans are an inch long; the carrots are about the size of pencils; the potatoes and beets are the size of ping pong balls; the greenhouses are loaded with tomatoes and cucumbers; the melons are well weeded and had a happy home under row cover during those cold nights.

The crops that we decided to plant when it was so cool didn't fair so well, which is why we usually don't plant them in spring, as they do really well in fall.

BOX NOTES

The long skinny green things are garlic scapes, the flower stalk of the garlic plant. We remove them to send more energy to the developing garlic bulb. Store in a plastic bag in the frig. They will last for months.

The basil plant can be planted in the ground or in a pot.

The picture of the sugar snap peas (with winter squash interplanted) tells the story. We harvested what we could. Best use would be to destring (remember the pods are edible) and stir fry.

Everyone will get a head of some type of lettuce, of varying size and type. It is a special salad mix variety that was planted for the restaurants, but is in the CSA boxes instead as the head lettuce that was planted for the CSA experienced a couple week set back from the rain.

CODA

And I don't know how things are in your yards, but we might get carried away by the swarms of mosquitoes that are reaching heights that we haven't seen since 2008, the year of the June floods. Sunny days are ahead and plenty of good food and fun.

Food Bits

Swiss Chard



Swiss Chard is related to the beet and gets its flavor in part from oxalic acid in the leaves and stems. Ox-

alic acid is also in spinach and rhubarb. Chard comes in various varieties usually relating to the color of the stem and leaves including red chard, green chard and rainbow chard.

Store: Chard can be stored in a plastic bag in the refrigerator and will last for a week or more.

Preparing: Chard should be washed and the leaves torn or chopped. Stems should be chopped and cooked before adding the leaves. If braising or sautéing, cook the stems at least a couple minutes before adding the leaves. **Methods of cooking:** Steaming, braising and sautéing.

Summer Squash

Mark Bitman calls the summer squash, which includes yellow squashes and zucchini squashes, the quintessential summer vegetable. It's special characteristic is its mild flavor and propensity for picking up other flavors.

Store: Summer squash will last on the counter top or stored in the refrigerator for at most a week. Better to use fresh. **Preparing:** Trim off the both the bud and stem ends and slice into disks or chop into chunks. **Methods of cooking:** Steaming, braising, sautéing, frying and grilling.

A Thousand Words



Heat? Rain? A number of factors doomed the peas.



Sandy shows the close work of keeping weeds out of the melons.



Norland potatoes are flowering, meaning new red-skinned potatoes aren't far behind.

Pasta with Swiss Chard and Sausage

2 T. olive oil	3 oz. feta cheese, crumbled (or your favorite crumbly cheese)
1/2 lb. spicy sausage, sliced	1/2 c. kalamata olives, pitted and halved (or black olives)
1 bunch green onions, thinly sliced	1/2 lb. freshly cooked pasta (like penne or elbow macaroni), drained
1/2 lb. Swiss chard (or spinach), cut into chiffonade (shreds)	1/4 c. chopped fresh parsley
1/2 t. dried oregano or 1 t. fresh, minced	
1 c. chicken or vegetable stock	

In a medium skillet, heat the oil. Sauté the sausage until the raw color disappears. Remove and reserve. In same skillet, cook onion and chard until wilted. Add oregano and stock and bring to boil. Stir in cheese, and olives, and reserved sausage and heat through. Toss with pasta and sprinkle with parsley.

Rainbow Chard: Use in any recipe in place of spinach: soups, veggie lasagna, pasta. Chop stems and add first when cooking or reserve for another use. Chard and other greens can also be dehydrated and ground into a “powder” to use in smoothies or soups. Stems can be juiced (along with other veggies) and drunk or the juice could be added to soup.

Mustard-Garlic Scape Vinaigrette

1/2 c. extra-virgin olive oil	4 garlic scapes, minced
1/2 c. lemon juice	1/2 t. salt
1/2 c. red wine vinegar	Freshly ground pepper, to taste
1/4 c. Dijon mustard	

Combine oil, lemon juice, vinegar, mustard, and scapes in a blender, jar with tight-fitting lid or medium bowl. Blend, shake or whisk until smooth. Season with salt and pepper.

Garlic Scape Pinehold Pesto

3 to 5 garlic scapes (depending on how garlicky you like)	1/4 c. walnuts or pine nuts
2 to 4 chard leaves (depending on size and amount wanted)	1/2 c. or more of olive oil
1/3 c. Parmesan cheese	A bit of hot pasta water to thin if necessary or more olive oil

Combine everything into a blend or food processor, adding water or additional oil if necessary at the end. Serve with linguine or penne pasta, and a salad.

Rosemary-Scented Grilled Squash

1/4 c. olive oil	3 medium summer squash (or zucchini), sliced in thirds lengthwise
1 1/2 t. minced fresh rosemary	1 1/2 t. lemon juice
1 garlic scape (or garlic), minced	1 1/2 T. balsamic vinegar
1/4 t. salt	
1/4 t. ground pepper	

Preheat grill. Combine oil with rosemary, garlic, salt, and pepper. Brush both sides of squash/zucchini slices with oil and place on grill. Cook about 3 min. per side, or just until grill marks appear. Whisk lemon juice and vinegar into remaining oil until well blended. Pour over grilled squash and let marinate for about

Summer Squash: Shred and use in baked goods, freeze in the amount called for in your favorite baked goods recipe; juice; blend into a dip; or use a spiral cutter to make summer squash “noodles.” It’s also great for grilling. Cut lengthwise and toss with oil, salt and pepper. Grill until tender. Or thread onto kebabs and grill.