

Pinehold Gardens *Field Notes*

Vol. 23 Week 1

July 12, 2017

In This Box

- Red Vogue bibb lettuce
- Cerniglione mini bibb lettuce
- Scallions
- Fennel
- Garlic scapes
- Raven zucchini, Zephyr summer squash or Dario striped zucchini
- Basil, parsley, oregano and thyme herb plants

Next Week?

- Bright Lights Swiss chard
- Red beets with greens
- Freshly dug garlic
- Scallions
- Head lettuce
- Zucchini or summer squash

A DAY IN THE LIFE

As I said in last year's first newsletter, where has the time gone? We are now 61 years old and a lot has changed over the years. Who would have thought that when we plowed up our back yard to start our CSA 23 years ago that we would quit our jobs and own the property we were renting and be earning our living farming full time.

FARM ART FOR KIDS

Long-time friend and Pinehold member Jan Smith would like to invite Pinehold kids to a an art on the farm experience doing solar printing next Saturday, July 22, at 11 a.m. Let us know by email if your kids are interested. **Put Farm Art Camp** in the subject line of an email.

FIELD NOTES

This growing season has started out very similar to the last two years with a cold spring that lingered late into mid May and then suddenly it was summer in early June. But unlike last year where we had a severe rain deficit and ended up being in a drought from May 5 through mid August we have been awash with rain, too much rain and way too many cloudy days. The heavy clay soils of our farm along with our high water table much prefers

a drought. David has started wearing his lucky hat to keep away the torrential rains that Madison, Kenosha and our farm friends in Mukwonago have seen in the last couple of weeks, but our total of 8.5 inches since May 5 included three episodes of pounding rain that resulted in standing water in parts of our fields and the compaction of soil. So far we have lost radishes, sugar snap peas, spinach, about 15% of our potatoes, flowers we were growing for David's nephew's wedding, and about 50% of the shallots headed for our restaurant accounts.

The weather man last night said that we will be stuck in this jet stream flow for at least another two weeks with the threat of rain and severe weather lingering. Let's hope August's weather is more "normal". Somehow I don't think it is a good sign when the National Weather Service says "The atmosphere is not cooperating" as they try to predict last night's storms.

EVENTS THIS YEAR

Our biannual CSA members only dinner will be held this year on September 10, once again prepared by our good friend Peter Sandroni, owner of La Merenda and Engine Co and his staff. There will be more information on the dinner in the coming weeks, including when we will begin taking reservations.

We will also be holding a fund-raising dinner for the EcoJustice Center in Racine. That dinner will be August 20 and will be prepared by cooperative effort of a number of well known chefs, including James Beard award nominee Karen Bell of Bavette.

And to bring more community into the community of Pinehold Gardens we will be hosting occasional hour-long on farm education, art or farming events during our Saturday morning farm stand hours.



It doesn't look like much, but this will be a field of fall broccoli, cabbage, kale, cauliflower and other late season crops. We nearly finished the summer planting and now begin the fall planting, weather dependent.

STORAGE NOTES

Included in this box are garlic scapes. The scape is the flower stem and bud of the garlic plant. Store them in a plastic bag in the refrigerator. They can also be chopped up and frozen.

All leafy greens, including the lettuce in this box should be placed in a plastic bag before being stored in the refrigerator.

The zucchini and summer squash should be stored in the crisper drawer of your frig.

COOKING TIPS

The entire stem of the garlic scape is edible and tastes like fresh garlic, but slightly less strong than fresh garlic. Use it raw in pestos or salad dressing or saute the scape, like any other onion, in your favorite dish.

FLOUR CSA

The monthly flour CSA deliveries will start in two weeks. If you would still like to join, please email us this week and send us a check made out to Anarchy Acres. The details can be found on our website.

HERB PLANTS

The herb plants seem extraordinarily happy in their pots this year and you could easily harvest basil, oregano and thyme for use in this week's recipes. Eventually, especially the parsley, would like a bigger home, a pot will do or in the ground.

Anna's Touch of Sweet Vinaigrette

from David's Sister-in-law, Anna Kozlowski

1 cup olive oil
1/3 cup apple cider vinegar
1/4 cup honey

3 Tbs. chopped fresh basil
2 cloves garlic, minced

Mix all ingredients and toss with a bold, beefy lettuce or other greens.

Roasted Summer Squash and Fennel with Thyme

from *Eating Well*, August 2009

2 small summer squashes
1 1/2 cups sliced fennel bulbs (about one small bulb), plus 1 Tbs. chopped fennel fronds

1 Tbs. olive oil
1 Tbs. chopped fresh thyme
1/4 tsp. salt
1/4 tsp. ground pepper
1/4 cup thinly sliced garlic

Preheat oven to 450 degrees. Quarter squash lengthwise, then cut crosswise into 1 inch pieces. Combine the squash with the sliced fennel, olive oil, thyme, salt and pepper in a large bowl. Spread mixture evenly on a large, rimmed baking sheet. Roast for 10 minutes. Stir in garlic and roast until vegetables are tender and the fennel is beginning to brown, about 5 minutes more. Stir in fennel fronds.



Lettuce

There are four basic varieties of lettuce: Iceberg, Romaine,

Bibb or Butterhead and Loose-Leaf or Salad mix. Of these the familiar iceberg and romaine can be stored for weeks. The others for about a week

or so. **Store:** Keep in a plastic bag in the frig. Drain any excess water from the washed lettuce. **Preparing:** Use or discard the base of the ribs of the lettuce and tear into bite-size pieces.

Use: Most lettuce are eaten raw but lettuce can also be wilted and in the case of romaine even grilled or sauteed.

Preservation Tip

by Member and Friend Patricia Heim

In America, 40 percent, or 20 pounds of food per person every month, is thrown away. Here is a quick tip to help ensure that none of your beautiful Pinehold produce goes to waste. Make the freezer your friend. When I pick up my box I try to freeze those items I know I won't be able to use right away. I prep the vegetables as much as possible first so that cooking dinner on a weeknight is less time consuming. For example, in today's box you have garlic scapes. I finely chop all those scapes in my food processor. Then place them in a zippered plastic bag. Squeeze out all the air and flatten the scapes. Take any long object (I used a bamboo skewer) and press into the scapes to create squares. Freeze flat. Next time you need to add some garlic to a dish, you'll save some chopping time by simply using one of those squares.