

Pinehold Gardens Field Notes

Vol. 17 No. 4, Week 1

July 13, 2011

In This Box

- Mokum carrots
- Sugar snap peas
- Green onions
- Garlic scapes
- Tasty Jade cucumber
- Dill
- Green and Red oak-leaf head lettuce

Next Week?

- Romaine head lettuce
- Garlic
- Summer squash
- Cucumber
- Green cabbage
- Swiss Chard or kale

A DAY IN THE LIFE

The decision we made last year to delay the start of the CSA until July was one of the best decisions we have made for the farm.

We no longer have to work the ground in April when the soil is too wet and plowing it creates brick-hard clods. We don't have to waste seed by planting in cold ground only to have the seed rot or not germinate.

I no longer have to hound a frustrated David that we need to have a field ready to plant in April.

And the stress of what will go in the box somewhat decreases once we leave June behind.

A later season also allows us to have a worker share crew dedicated to planting and weeding before the harvest season begins.

So while you have many other CSA farm options, most with seasons that start earlier

than ours, we thank you for choosing us to be your farm.

CONVENTIONAL WISDOM

I thought I would add a new item to the newsletter that gives a glimpse into the supposed wisdom of conventional agriculture.

The New York Times had an article on a new proposal to make industrial egg production more humane.

"The proposed federal standards," The Times reports, "would include cages that give hens up to 144 square inches of space each, compared with the 67 square inches that most hens have today...The industry said the changes, in most cases would be phased in over the next 18 years at a cost of \$4 billion."

FIELD NOTES

It was with a big sigh of relief that we watched the rain from our front porch yesterday morning after 16 sunny, windy, rainless, perfect summer days. Just over a half inch fell and as our long-time members know plants need an inch of rain a week. But the leaves were washed off, everything got a good drink and our well pump got a day off.

Last week we finished planting the bulk of our main crops that we will be harvesting through September. This Friday we start seeding our fall crops of carrots, turnips, winter radishes and rutabagas and start transplanting thousands of broccoli, kale and cabbage plants. CSA and market growers need to succession plant many crops such as lettuce and beans for multiple harvests dur-

ing the season. It is one of the most difficult things to learn, the timing of crops.

HERB PLANTS

Parsley, basil, rosemary, sage, oregano and thyme plants were available at the strawberry upicks. If you did not get a chance to come to the farm to pick berries and would like herb plants let us know and we will bring them to your drop site next week.

BOX NOTES

All greens should be refreshed in cold water and placed in a closed plastic bag before being refrigerated.

The peas are the sugar snap variety and both the pod and the peas inside are edible. They have strings that need to be removed first. Grab the stem end and pull down along the curved side. Many people snack on the peas raw, but they can also be steamed or sauteed.

The garlic scape is the flower stalk of the garlic plant. We remove it so that the heads of garlic grow larger. The scape can be chopped up and used as you would garlic, in dressings, stir fries, egg dishes, on pizza, etc. They will keep for a long time if put them in a plastic bag in the frig. Next week we will include a recipe for pickled garlic scapes.

The carrots are a bonus item. They were planted in April in our greenhouse and they did surprisingly well.

The cucumber variety is a new item for us. The cukes were transplanted into the greenhouse in May and have been carefully trellised up a

string by my dad. Some of the plants are over 8 feet tall. One 90 foot row has produced 190 cucumbers so far.

FARMERS MARKET

Our on farm stand will open this Saturday. The hours are 10 am - 4 pm. There is no South Shore Farmers Market this Saturday. If you purchased Market Dollars you can use them at South Shore, the Farm Stand and at the Winter Market in November in December. The market dollars expire at the end of the year. Since we didn't make that clear last year, we will be honoring last year's market dollars through the end of the year.

SAVE THE DATE

We are planning far ahead this year so that you can reserve the date, Sunday, August 28, for our End of Summer Harvest Festival.

ONGOING SATURDAY OPEN HOUSE HOURS

On any Saturday from 2-5 p.m. feel free to stop by and walk about the farm, volunteer an hour or two to pull some weeds, or come and meet your farmers. You can also stop by any other day (except Sunday), but we probably will be busy and might not be able to spend time with you.

WORKER SHARES

We rely on worker shares who work four hours a week in exchange for their box of food. From the early season planters and weeders, to the harvest and weighing crew to the market crew, we say a big thank you to all.

Minted Cucumber and Pea Salad

1 c. seeded, chopped, peeled cucumbers	1 1/2 T. plain yogurt
1/4 cup snap peas, chopped	1 1/2 t. mayonnaise
1 T. chopped fresh mint	salt and pepper, to taste
2 T. other herbs, optional (basil, parsley, cilantro)	

In a medium bowl, toss together the cucumbers, peas and herbs. In a small bowl, stir together the yogurt, mayonnaise, and salt. Pour the dressing over the salad, grind pepper on top and toss to combine.

Sugar Snap Pea Saute

3/4 T. vegetable oil	2 T. vegetable stock
1 1/2 cup sugar snap peas, trough string removed	2 T. dry white wine
1/4 cup shredded carrots	2 T. chopped fresh parsley
1 garlic scape, minced	1/8 t. salt, or to taste
	ground pepper, to taste

In a large skillet, heat the oil over high heat. Add snap peas, carrots, and garlic scapes. Cook, stirring, until almost tender crisp, about 4 min. Add the stock, wine, parsley, salt, and pepper. Cook, stirring, until tender, about 3 min., or to taste. Serves 2-3

Dill Poppy Seed Vinaigrette

1/2 cup cider vinegar	1 1/2 T. Dijon mustard
1/2 cup olive oil (or 1/4 cup olive oil, 1/4 cup flaxseed oil)	2 T. fresh dill, chopped
1 1/2 T. honey	4 t. poppy seeds
	1 t. salt
	1 t. ground pepper

Combine all ingredients in a bowl and whisk. Taste for seasoning. Makes about 1/2 cup.

Herbed Green Goddess Dressing

1 cup mayonnaise	2 T. chopped fresh chives
3 green onions (white parts plus 2 inches of green), chopped	3 anchovy fillets in oil, drained and chopped
1 cup chopped fresh herbs of your choice	1 T. red wine vinegar
1/2 cup chopped fresh parsley	Freshly ground black pepper, to taste

In a blender or food processor, combine all ingredients except pepper until well mixed. Scoop into a bowl and season to taste with pepper. Cover and refrigerate before using. Makes 1 1/4 cup.

All recipes are provided by Annie Wegner LeFort unless otherwise noted.