

# Pinehold Gardens *Field Notes*

Vol. 22 Week 2

July 13, 2016

## In This Box

- Music garlic
- Fennel
- Siber Frill kale
- Focus, green bibb lettuce
- Parade green onions
- Summer squash or zucchini
- Carrots
- Cucumber
- Dill

## Next Week?

- Red bibb lettuce
- Kohlrabi
- Cucumbers
- Escarole
- Onion
- Potatoes?
- Green beans?

## A DAY IN THE LIFE

Married couples have a division of labor in the home, often by necessity but also if lucky by preference. Farm couples, like us, both working full time together running a business have no choice but to divide and conquer what has to get done building on the skill sets we have acquired over the years.

One of my titles is Office Manager which includes all the paperwork for taxes, insurance, bills, invoicing, budgets, seed ordering, crop planning, worker share hiring and scheduling and managing the CSA database. I also manage our greenhouse and the scheduling and planting of our transplants. So right now I am over the hump with many large projects out of the way until winter and I can settle into the routine of the CSA, restaurant, and farm stand scheduling and picking.

David meanwhile is in the thick of things and running on all cylinders. We kiddingly refer to his jobs as the noisy, dirty, stinky ones. He is our main tractor driver, repair person, mechanic, electrician, heavy lifter, equipment purchaser, irrigation mover, greenhouse assembler, mechanical weed cultivator, wheel hoe weed cultivator and seeder of direct seeded crops. He also manages the field planning and layout, soil fertility, cover cropping and irrigation design. So right now he is moving irrigation four times a day, preparing a field for our fall crops, harvesting garlic, managing the cover



Those beautiful bunches of kale in your boxes start out as backbreaking work for our working members.

cropped fields and tractor cultivating weeds.

We both share in writing the newsletter and harvesting and delivering the CSA boxes.

## FIELD NOTES

If one goes back and reads the Field Notes from the past you will find that I mention rain a lot. Two years ago it was very cold into July and it rained multiple times every week. Last year and this year we have the opposite problem of very little rain only this year it is much warmer and windier, leading to more evaporation. Next week the weather hopefully will make a turn and the rain will stop missing us as next week we plant our fall crops. We have to make sure that the young transplants survive and get the direct seeded crops of carrots, beets, rutabagas, turnips and radishes to germinate so irrigating that field will become the priority and we hope the rest of our crops are well enough established to survive.

## BOX NOTES

The carrots are trying to grow in soil that has become very hard from the lack of rain and some forked carrots are the results. Everyone always anticipates the arrival of Pinehold Gardens' carrots. While these are good tasting, they are not as sweet as our fall harvested ones. Many things taste sweeter when they mature into the coolness of fall rather than the heat of summer. It stands to reason; they preparing for a long winter's rest. Besides carrots, the taste

of kale and broccoli improve greatly in the fall.

The kale variety we have chosen to grow this spring is a tender variety that can be cooked or added raw to a salad. I picked a frilly variety thinking that the frills would discourage the flea beetles. The flea beetles were thirsty voracious feeders early on but luckily they are more abundant in the early spring and the kale has taken off. *Be sure to refresh your kale in cold water and place it in a plastic bag in the frig.*

Another voracious feeder and killer of cucumbers, melon and squash plants is the striped cucumber beetle. The damage that you see on the skin of some of the cucumbers is from the beetle. You could choose to peel the cucumber, but it is just fine to eat as is.

The garlic is freshly dug and not cured. You can hang the garlic to cure it so the clove wrappers dry to a papery texture or you can eat it right away and just peel the waxy papers off of each clove.

The dill keeps best set in some water in a jar or glass.

## WE NEED PINT CONTAINERS

We reuse pint containers to pack our cherry tomaotes. Since blueberries are in season if anyone has been buying blueberries please save the containers and just leave them at your dropsite. Thank you.

**We are temporarily not accepting egg cartons.**



Clockwise from the top left: Weeding leeks with Eco Justice Center workers (before and after), taste testing this week's scallions, and lunch with Sister Kristin (upper right with hat), Eco Justice workers and our crew.

## Twist on Zucchini Bread

from Member Heather Hall  
from *101cookbooks.com*

1 1/2 cups chopped walnuts, plus a few to sprinkle on top	2 tsp vanilla extract
1/3 cup poppy seeds (optional)	3 cups grated zucchini, skins on, squeeze some of the moisture out and then fluff it up
Zest of two lemons (optional)	3 cups whole wheat pastry flour
1/2 cup crystallized ginger, finely chopped (optional)	1 1/2 tsp baking soda
1/2 cup unsalted butter	1/2 tsp baking powder
1 cup sugar	1 tsp salt
1/2 cup fine grain natural cane sugar or brown sugar, lightly packed	1 tsp cinnamon
3 large eggs	1 Tbs curry powder (optional)
	Makes two loaves

Preheat your oven to 350°F. Butter the two loaf pans, dust them with a bit of flour and set aside.

In a small bowl combine the walnuts, poppy seeds, lemon zest, and ginger. Set aside.

In a mixer, beat the butter until fluffy. Add the sugars and beat again until mixture comes together and is no longer crumbly. Add the eggs one at a time mixing well and scraping down the sides of the bowl between each addition. Stir in the vanilla and then the zucchini.

In a separate bowl, combine the whole wheat pastry flour, baking soda, baking powder, salt, cinnamon, and curry powder. Add these dry ingredients to the wet ingredients in two batches, stirring between each addition.

Fold in the walnut, poppy seed, lemon zest, and crystallized ginger mixture. Save a bit to sprinkle on the tops.

Divide the batter between the two loaf pans. Bake for about 40-45 minutes. Keep in mind it will continue to cook even after it is removed from the oven as it is cooling.

### Garlic

Fresh garlic is juicy and potent, and delicious.

**Store:** In a paper bag or drawer out of the light.

**DO NOT** put in the refrigerator. **Preparing:** Break a clove from the head and crush lightly to break skins free. **Use:** Everything is better with garlic.

## Tip! Produce's take on

**Fennel:** Fennel (large vegetable with a fat bulb and lacy fronds) – Fennel is a 'swing vegetable'; it can be used raw or cooked. Clean well and slice as thinly as possible for use in raw salads. It is good simply prepared with olive oil, lime or lemon juice, salt and shaved parmesan cheese. Cooking softens and sweetens fennel, and mellows its anise flavor. Both the bulb and leaves are edible. Here are ideas from **Alice Water of Chez Panisse** about how to use fennel: "It's strong anise characteristic seems to suit fish particularly well. ... We use fennel all the time. We add the feathery leaves to marinades for fish and to numerous salads, sauces and soups and we use them as a garnish, too. ... The bulbs are sliced and served raw in salads in various combinations with other vegetables, parboiled for pastas; caramelized and served as a side dish; braised whole; or cooked in vegetable broths & fish stocks."



## Barley Salad with Cucumber and Yogurt-Dill Dressing

from *How to Cook Everything*

1 cup pearly barley	2 Tbs olive oil
Salt	1 cup yogurt
1 to 3 cucumbers, depending on size	1/2 cup fresh dill or mint or parsley or a combo
3 or 4 scallions	
Black pepper	
2 Tbs fresh lemon juice	

Rinse barley and place in a pan with water to cover by about 2 inches. Add a large pinch of salt and cook until barley is tender — 20 minutes or so. Drain.

Slice thinly or cut into chunks the cucumbers. Place into a colander and sprinkle with a tablespoon of salt and let sit for about 20 minutes.

Toss cukes, barley and scallions together in a bowl and sprinkle with pepper. Whisk together lemon juice, oil and yogurt and toss with the cucumber mixture.

Options: add smoked salmon or snap peas.