

Pinehold Gardens *Field Notes*

Vol. 21 Week 2

July 15, 2015

In This Box

- Bibb head lettuce
- Provider green beans
- Mokum carrots
- Green onions
- Cucumber
- Maribor kale or collard greens
- Zephyr summer squash or zucchini

Next Week?

- Spinach
- Potatoes
- Kohlrabi
- Summer squash or zucchini
- Escarole
- Kale or collard greens

A DAY IN THE LIFE

Yesterday was a great day. All but two members of our worker share crew have returned to join us this year. Many members of our crew have been with us for four or more years and we have all become friends. We were interviewed by Outdoor Wisconsin and one of the questions I was asked was “What do you like most about what you do?” I immediately replied, the people.

What’s harvest day like? At 9 a.m. sixteen workers arrived to work their weekly four hours in exchange for their CSA box. Thirteen were split up into five harvest crews to harvest and wash the items in today’s box. Sarah, who was with us last year as an employee for one day a week, has now joined us three days a week. I am transitioning over the supervision of the crew to Sarah, a huge step for our business. David has two workers who help him with tractor repair and infrastructure projects. Pat, now in her 11th year, has become our landscaper and also assists me with some of my projects.

At 3 p.m., two more workers arrive to weigh, bunch and bag what was harvested in the morning. This week they weighed out 175 one pound bags of beans and bunched 175 bunches of carrots.

Today, two workers help me pack everything into the 175 CSA share boxes.

On Thursday a crew of four worker shares, one volunteer, Sarah and our new employee Heather, pick, wash and pack our restaurant orders.

On Friday Heather and one worker share does field work and picks for our Saturday morning on-farm stand.

Thanks to all of them because could not do make Pinehold happen without them.

HONEY PREORDERS

We have a very strong bee hive that not only survived the winter, but started producing honey early in the season. Yesterday David spun 27 frames of honey that came from three boxes of that hive. Our honey is popular and is available only by preordering it. Currently it is only available to our CSA members and with a limit of two pints per share. Last year we sold out in four hours and had to cut the limit to one pint. It is available in half pint (8 oz.) jars or pint (16 oz. jars). The cost is \$5 per half pint and \$10 per pint. The air bubbles need to settle out of it before we bottle it, so it will be available in two weeks.

FIELD NOTES

Guess what? Most of the rain once again missed us. We received four tenths of an inch early Monday morning, but none in the evening. Luckily the winds also missed us to and there was no severe weather so no dreaded hail. The plants did enjoy the burst of nitrogen from the lightning and the cleaning off of the dust from their leaves. We are getting very tired of sleeping to the sound of our well pump and we are sure our well pump is getting tired also as it is just a house well, not a dedicated agricultural well. We keep hoping that some day we will have an extra \$10,000 to \$15,000 in the budget, which is the cost of drilling a new well and plus the money to bring another electric service.

The few days of warmer weather have resulted in a dramatic growth spurt in our crops. On Sunday we when we walked the fields we didn’t think there were that many green beans or summer squash. We anticipate some really nice boxes coming up.



Because this hoophouse moves on rails, it provided shelter for today's carrots and last week's beets, now growing outside, and also the cucumbers you will be receiving, which are growing inside the hoophouse along with tomatoes and basil.

WANTED: GARLIC PULLERS

In the very near future, probably next week Thursday and Friday, July 23 and 24, we will be harvesting our 10,000 heads of garlic. Although I just told you about all the wonderful worker shares we have, their days are already booked with weekly tasks so we are looking for some volunteers to help us out. The job is straight forward, but there is a lot of bending and you do need a strong back. David pulls an undercutter bar behind the tractor which loosens and lifts the garlic partially out of the ground. Your job is to pull the stalk of the garlic out of the ground, brush the dirt off the roots of the garlic and place it in a crate. Please email us if you are interested, even if you can only help out for an hour or two. We start at 9 a.m.

BOX & STORAGE NOTES

If something is listed as an “or” item that means some dropsites will receive one thing this week and the other thing in a week or two. This week you will either receive kale or collards and either a summer squash or a zucchini.

COOKING TIPS

I fell behind in the task of harvesting the summer squash and zucchini so they are a little larger, still great for grilling, stir frying or sautéing.

Recipes by *Jeff Marquardt*

I hope everyone had a great week and enjoyed the first box. I'm back again with a few ideas for this week's box.

Grilled veggie pasta is a very simple recipe that keeps the house nice and cool. *Fire up* your grill and fill a heavy bottomed steel pot with salted water and put it on your grill. *Bring* it to a boil, and cook your pasta according to the instructions on the box. Meanwhile, *toss* some kale, sliced squash, carrots, and broccoli raab with some oil and salt. *Grill* them until they are tender and have some nice grill marks. (Use as much as you want of each, its completely up to you) *Cut* the grilled veggies into small pieces. *Put* the drained pasta back into the pot with about 1/2 cup of heavy cream and put it back on the grill. *Add* the pieces of grilled veggies and 1/4 cup of parmesan cheese, stir and serve.



Bread and Butter Pickles

1/2 onion, thinly sliced	1/2 teaspoon
1 cucumber, thinly sliced	mustard seeds
1 cup water	1/2 teaspoon turmeric
1 cup cider vinegar	1/2 teaspoon
1 1/2 cups sugar	celery seeds
Pinch kosher salt	1/2 teaspoon
	pickling spice

This is a nice, sweet summer pickle. *Simply put* the onions and sliced cucumbers in a jar. *Combine* all other ingredients and bring to a boil, pour over the cucumbers and onions and let cool on the counter. This will keep in the refrigerator for up to three months.

Summer Pasta Salad

1/2 box pasta, short pastas work best
2 green onions, sliced thinly
1/2 cucumber, sliced thin or diced into small pieces
2-3 carrots, peeled and shredded
Green Beans, blanched and cut into pieces
Garlic scapes, blanched and cut into small pieces

1Tb mustard, any kind is fine
1Tb apple cider vinegar
Salt and
pepper to taste
About 1 cup mayo

Cook the pasta according to the instructions on the box, but after you drain the pasta, return it to the pot and fill it up with cold water to cool down the pasta. Drain the pasta again and move to a mixing bowl. *Add* all the veggies, the mustard, the vinegar, and mix to combine. *Then add* the mayo and mix. I say about 1 cup because some people like it very creamy and some don't, make it your own.

Blanching Vegetables: This will tenderize the veg while keeping it's color and flavor. To blanch, just bring a large pot of water to a rolling boil and add some salt. Add more than you think you need. Add the vegetables to the pot (separately because they each need a different amount of time in the water). The green beans will only need about 30 seconds in the water while the scapes will need a little bit longer. They are done when they bend slightly to the touch, use a tongs for this. Once they are done, pull them out of the pot and put them directly into a large bowl that is filled with ice water. This is called shocking the vegetables, it cools them very quickly and preserves the color.

Collard greens can be cooked in exactly the same way as last week's cooked green recipes. In fact, I think collard greens are better for that recipe. You can serve the cooked greens with mashed potatoes and a piece of grilled meat or fish. I like to eat them with white rice and some black beans.