

Pinehold Gardens *Field Notes*

Vol. 20 No. 4, Week 2

July 16, 2014

In This Box

- Romaine head lettuce
- Radicchio
- Zucchini
- Garlic scapes
- Carrots, small bunch
- Cilantro
- Kale or collard greens depending upon drop site
- Summer squash-rotating by site

Next Week?

- Crisphead head lettuce
- Basil and dill
- Freshly harvested garlic
- Sweet onion
- Escarole
- Zucchini/summer squash
- Green beans?
- Red radish?

A DAY IN THE LIFE

My dad turns 90 this Sunday. Where did the time go? Dad has seen and helped this farm grow from one member 20 years ago when I heard about CSAs at a workshop in East Troy and we decided to plow up the backyard. Wasn't it just yesterday that we both were driving 27 miles from our homes to our rented land before we were able to buy this farm and David was still working full time? I still think working on the farm contributed to the arthritis in his hip. He tells me the work kept him going. It still keeps him going. Mom and dad seeded 3,264 plants yesterday. I am lucky to have both my parents. Mom turned 86 last month.

FIELD NOTES

Last Thursday, July 10, was the first time we could take a tractor onto the field, since June 11, unless you count the time I made David till mud so we could transplant lettuce. We seed lettuce into trays and transplant the four week old plants into the field every two weeks, so we could not miss a planting. By last Thursday the soil had barely dried out enough, but we had lots of time to make up. The crew planted leeks, summer squash, and potatoes, including replacing the potatoes that rotted during the last month. David tilled beds and we planted

from sunup until sundown through Saturday. Our third planting of beans, the fourth of carrots and the fall rutabagas and turnips were direct seeded. Then we started transplanting the fall crops. There were 6,900 plants ready and waiting to be transplanted into the ground. We got just under 2,000 in by Saturday nightfall and called it a day hoping that we would get some rain to help settle in all those new plants. Around 10 p.m. it started to pour. An hour and a half later 2.5 inches of rain had fallen. We hope that the weather predictions for a warm, dry, sunny week hold true so we can finish transplanting and also harvest our beautiful garlic.

MILKWEED FOR MONARCHS

We still have some Red Milkweed plants. If you would like to plant one in your garden please email us and we will leave it in a bag with your name on it at the dropsite next week. The Red Milkweed is not the Common milkweed. It prefers full sun and moisture.

BOX NOTES

In last week's newsletter in the Next Week? box we inadvertently listed sweet potatoes and Brussels sprouts. That was a cut and paste error as we were using one of last fall's newsletters as a template. Or you could think of it as a test of your seasonal vegetable knowledge.

We have never had much success in growing romaine lettuce. Somehow we grew these 2 pound heads. Was it the new variety we tried? The rain and cool weather? It is a hearty lettuce with a beautiful blanched heart. Be sure and put it in a plastic bag before you put it in the frig.

The small carrot bunch will add a little color to your salad. The carrots were planted in early May, plenty of time for them to grow. They weren't growing much, probably due to the lack of sun, but some were starting to split so we harvested them and sent the largest, nicest ones your way.



Chased from the farm by the 2.5 inches of rain on Saturday night, we headed for Bastille Days in downtown Milwaukee to see our friend and Pinehold worker share, Carmen Nickerson, sing with Willy Porter and his band. It was a sunny, warm day spent with music in our ears and friends at our side, and a few libations and morsels of fest food for the heck of it.

One of the areas of the farm that is being affected the most by the excessive moisture is the greens and summer squash field. There are more than enough kale, collard and Zephyr summer squash plants, but about 40 percent of them are struggling to survive and are producing only small leaves and squash. Therefore only some of the members will receive summer squash, and the rest will receive it next week. In a couple of weeks those who got kale will get collard greens and those who received collards will get kale. The kale variety is Rainbow Lacinato, a heartier kale, that holds up better to the chewing damage from the flea beetle insect.

When I am reading the seed catalog in the winter I am being more drawn towards the hundreds of varieties of greens that are used in many cuisines, from Asian to Italian. The radicchio in the box is called Bel Fiore or "beautiful flower" in Italian. The plants varied quite a bit from tight heads to open flowers. The taste is mildly bitter.

COOKING TIPS

Cilantro is an herb people either love or hate. It is a key ingredient in salsa, which by the way we have made with strawberries before the tomato season starts. Try it. Chop it fresh and put it in salads or on sandwiches. Pairs very well with beans.

The collards greens should be destemmed as the stems are tough. Fold the leaf in half along the stem and make one cut to take it out.

Recipes by Annie Wegner LeFort

Zucchini Dip

1 Zucchini or Zephyr squash
2 c. white beans, such as cannelli or navy
Handful of chopped cilantro

1 t. ground cumin
½ c. whole milk yogurt
Salt and pepper to taste

Cut squash in half and grill it. Cut into chunks. Puree squash with beans and cilantro, cumin and yogurt.

Grilled Radicchio: The summer grilling season doesn't mean just brats and beer. Vegetables make great grilled items for your supper or picnic table. To grill radicchio, cut it into quarters, brush on olive oil and grill until grill marks are evident. Serve with salt, pepper and olive oil. Or try a balsamic vinegar glaze by combining the vinegar with honey or brown sugar.

Herbed Green Goddess Dressing

By Pinehold member *Meredith Skelton*

1 c. mayonnaise
3 green onions (white parts plus 2 inches of green), chopped
1 cup chopped fresh herbs of your choice (Mere uses basil)
½ c. chopped fresh parsley

2 T. chopped fresh chives
1 T. red wine vinegar
freshly ground black pepper, to taste
[optional 3 anchovy fillets in oil, drained and chopped]

Put all ingredients except pepper in a blender or food processor and combine until well mixed. Scoop into a bowl and season to taste with pepper. Cover and refrigerated until use. Makes a little more than a 1 cup. Excellent as a dip for the delicious Pinehold sugar snaps.

From the Pinehold *Archives*

Grilled Chicken Breasts on Greens

by Annie Wegner LeFort

4 servings	keeping stems separate
2 Tbsp honey	separate
1 tsp dry or sweet sherry	4 boneless, skinless chicken breast halves (4 oz each)
1 Tbsp ground cumin	1 tsp olive oil
1 garlic clove, finely chopped	¼ cup fresh lemon juice
¼ tsp salt	
⅛ tsp pepper	
1 lb. swiss chard or kale washed and chopped roughly,	

Preheat grill or broiler. Combine honey, sherry, cumin, garlic, salt, and pepper in a small bowl; set aside. Place greens in a steamer over 1 inch boiling water. Steam stems first for a couple of minutes then add the chopped leaves and steam for 4-5 minutes, or until just wilted; set aside to cool. Brush chicken with oil and place on the broiler pan or grill. Brush tops with half of the honey mixture. Broil or grill for 4 minutes. Turn, brush with remaining honey mixture and broil 4-5 minutes longer, or until just cooked through. Meanwhile squeeze excess water from greens. Toss with lemon juice and spread on a serving platter or divide among individual plates. Top with chicken breasts and serve at once.

Radicchio



Radicchio is in the family of a number of bitter greens, including endive, chicory and escarole. The variety of radicchio in this week's box is very mild and can be eaten raw

or grilled. It can add a little bite and texture to a simple lettuce salad or make a fine, attractive side dish sauted or grilled. **Store:** Keep in a loose plastic bag in the frig. Drain any excess water and it should last for more than a week. **Preparing:** Trim and wash just as you would do for a head of lettuce. **Use:** Raw, sauteing, braising and grilling. It is done when still soft but still firm enough to hold together. You don't want to turn it into mush.