

# Pinehold Gardens *Field Notes*

Vol. 22 Week 3

July 20, 2016

## In This Box

- Red bibb lettuce
- Kohlrabi
- Cucumbers
- Escarole
- Expression onion
- Red Norland potatoes
- Provider green beans

## Next Week?

- Tomato (fingers crossed)
- Basil
- Cucumbers
- Collard greens
- Onion
- Beets with greens
- Zucchini or summer squash

### A DAY IN THE LIFE

Last week we wrote about the multitude of jobs that we do on the farm, but there is a lot that we could not do without the help of our worker shares. Of our 187 CSA members, 26 are paying for their membership by being a workershare and committing to working a four hour shift for the 18-week CSA season. The biggest crew is the summer Tuesday morning crew that harvests almost everything that gets packed into your box on Wednesday. On Tuesday afternoon three people join us after work to weigh and bag or bunch vegetables that were harvested in the morning. On Wednesday I am joined by two more workershares, my packing crew for the past four years, and we pack everything into the 187 boxes. On Thursday four workershares and one volunteer harvests and packs the restaurant orders. Also on Thursday one workershare helps David with equipment repair and maintenance, infrastructure projects and lots of other odd jobs. David's sister helps me with payroll, delivery and also helps out at the farm.

So technically our workershares are employees and they have to show up for work on time and make up time if a day is missed. They must take the job seriously and work hard in all weather conditions.

But in really they become like-family and friends. Pat has been with us the longest, this being her 11th year and on Sunday we will be at her house celebrating her husband's 50th birthday. We have watched many of their



We lucked out in our choice of cover crops for the summer. We seeded about 3.5 acres in sorghum sudan grass and a new legume plant called sunhemp on most of it along with oats and field peas on the rest. The latter was planted in early spring and took advantage of the moisture to grow well. The sudan and sunhemp (shown here) was planted later and loved the heat and does well in droughty conditions. We plant these crops, called cover crops, to prevent weed seed germination, build soil structure and provide nutrients for the soil biology.

children grow up and have been to their dance recitals, birthday partys and plays. Sharon, our second longest worker share at 10 years is my yoga instructor. Ken, on his 9th year, is a very close friend who has shared many a rough spot with David and I over the years.

We've had end of year parties, birthday celebrations and holiday get togethers. It is a large part of the community called Pinehold Gardens.

### FIELD NOTES

I've been referring to the Sunday morning 0.45 inches of rain that fell as "better than a poke in the eye with a sharp stick," a phrase David's mom used to use to put a "positive" spin on less than great news.

As you drive around the city it will be obvious from the number of brown lawns that the National Weather Service has now classified Southeastern Wisconsin as being in a drought.

### BOX NOTES

The Expression onion is a mild va-

riety that can either be eaten raw or used for cooking. Store out in the open. Once cut, store in the frig.

Provider green beans are always the first variety of bean we plant as they will almost reliably germinate in cool soil. If you remember back only two months ago when these beans were planted it was 46 degrees and the soil was cold and wet. It has a nice beany taste and can grow quite large without getting tough or stringy.

The first potato we plant and harvest is the Red Norland which is the variety that is often referred to as "new" potatoes or salad potatoes. They are freshly dug and the skins are thin so we deliver them unwashed. They keep better that way too. Keep them in the paper bag and store out in the open, and not in the frig. Norlands have a waxy texture good for boiling and roasting and in salads and soups.

## Good Kind's Caesar salad

from Paul and Lisa Zerkel  
chef and owners of Good Kind

The escarole salad is our Caesar salad. We toss the escarole with the Caesar dressing. Top it with Sartori SarVecchio parmesan.

1 egg	1/4 tsp mustard
2 yolks	powder
1 oz lemon juice	8 oz canola oil
1/2 anchovy	1/4 cup grated
2 cloves garlic	Parmesan
1/2 tsp black pepper	1/2 tsp salt
1/3 tsp Worcestire	

Put everything except the oil and Parmesan in food processor. Turn on. Slowly add oil to thicken. Then add the Parmesan and adjust seasoning.

Good Kind serves it with sourdough bread that is grilled, then rubbed with raw garlic and fresh tomato. Then sea salt and olive oil to finish the bread. It is a Spanish preparation called pan com tomate.

### Kohlrabi

Kohlrabi may be a hybridization of cabbage and turnip but it's sweet flavor and coarse apple-like texture seems to lift it above it's probable parents.

It looks like a root vegetable but it's actually a swollen stem. Like other vegetables in this family such as cabbage or broccoli, it is a nutritious as well as tasty. The leaves are edible but require a good bit of cooking as any cabbage or collard leaves. **Store:** Remove any leaves and keep the globe in a plastic bag in the refrigerator. It will last a long time. (We have composted fall harvested kohlrabi in the spring time still solid.) **Preparing:** Peel the globe and pare away any woody tissue on the root end. Slice, grate or dice it. **Use:** Kohlrabi is good raw as is or grated into salads and slaws. Saute it grated with butter or boil it like potatoes.

**Escarole:** The escarole in today's box is definitely not lettuce but it could be used as lettuce or even cooked.

Think of escarole as maybe romaine lettuce with attitude. It is in the same family as endive and radicchio, meaning it is a crisp and slightly bitter green. Escarole is also sometimes referred to as broad-leafed endive. It is the least bitter of this family of nutritious greens.

**To store it,** simply break leaves from the stem, wash, drain and keep sealed in a plastic bag in the refrigerator. It should keep easily for a week or more. **Use it** to jazz up a salad or use it as the only green in a salad. (See the Ceasar Salad recipe on this page.) It can also be cooked, sauteed or even lightly roasted with garlic, oil and red peppers flakes and tossed with a pasta of your choice.



### Sauteed Kohlrabi

1 medium kohlrabi	Parsley or other herbs
2 - 3 Tbs butter	Salt and Pepper
1 medium onion	
1/4 cup grated	
Parmesan	

Peel the kohlrabi and coarsely grate it. Melt butter and add grated kohlrabi and cook for 5 to 10 minutes or until tender. Add salt, pepper and Parmesan cheese. Stir in herbs if using.

### Bratwurst and Kohlrabi Soup

2 cooked bratwurst	2 cups of beef stock
1 cup chopped onions	1 cup diced potatoes
2 medium kohlrabis, peeled and chopped	1/3 cup sliced dill pickles
1/2 cup diced celery	1/2 tsp dill weed
2 tsp fennel seed	Salt and pepper

Brown bratwurst in butter or oil in a soup pot. Remove meat. Add kohlrabi, onions, celery and fennel seed and saute about 5 minutes and then add the stock, pickles, dill weed and potatoes and bratwurst with about 2/3 cup of water. Season with salt and pepper. Service with croutons.