

Pinehold Gardens *Field Notes*

Vol. 21 Week 3

July 22, 2015

In This Box

- Spinach
- Red Norland Potatoes
- Freshly dug garlic
- Kohlrabi
- Romaine head lettuce
- Provider green beans
- Slicing tomato or cherry tomatoes
- Red Ace beets
- Zephyr summer squash or zucchini
- Cucumber

Next Week?

- Fennel
- Basil
- Carrots
- Taglio Swiss chard
- Escarole
- Tomato or cherry tomatoes
- Onion

A DAY IN THE LIFE

Wasn't it a gorgeous summer day yesterday? Beautiful days really help us get through the 14-hour-long Tuesday harvest day. We would say that July is our most difficult month with the longest hours and a multitude of different things with deadlines that occur all in the same three weeks. First we have to get the CSA deliveries started making sure our database, worker shares, packing supplies and of course the vegetables are all ready. Our On Farm Stand opens the week the CSA starts and restaurant orders start to pick up as more items mature. Then we get slammed with three things that need to be done all in the same two weeks: harvesting our 12,000 heads of garlic, the planting of much of the fall harvested crops (broccoli, cauliflower,



Save The Date: Sunday, Sept. 13
The People's Dinner

cabbage, kale, romanesco, kohlrabi, turnips, rutabagas, radishes, carrots and beets) and the picking of black currants that we grow for our restaurant accounts.

EMAIL ISSUES

We finally solved the problem of the people that have Yahoo email addresses getting multiple copies of our emails by switching providers.

Now a new problem cropped up. I combined Address Book cards for those sharing a box or couples with different email addresses. Unfortunately the program apparently only lets you select one email address from the card. I will have to go back and create new cards for all the members who are not getting our email. I apologize and will have it fixed by the end of the week. In the meantime all of our newsletters can be found on our website under the News and Muse tab. A link is always with our email cover letter.

FIELD NOTES

Last Thursday David and Heather, one of our employees, did a marathon day of transplanting 6,500 plants, only taking a break for lunch. Workershare Jeff and Sarah, our other employee, took turns being the trailing person, making sure each plant was snugly planted in place. Ten minutes after they finished, it rained, a nice soft rain, 0.80 inch of rain. The plants are off to a great start but with no rain in sight we will be putting down more than a half a mile of drip tape in the next few days.

The rain, the few hot days and warmer nights and the nitrogen from the lightning has caused a rapid growth of the plants and, of course, the weeds. But it seems like the kohlrabi doubled in size in a week's time.

BOX NOTES

The garlic was just harvested yesterday and it is juicy and fresh. Although garlic is always cured before it is sold in a store, we think fresh garlic is so wonderful that we want to put it in the CSA boxes as soon as pos-



Heather placed 6,500 plugs of fall vegetables into the transplanter. A marathon day of planting.

sible. The wrappers around each clove are still waxy and will need to be peeled off each clove. If you don't use it right away just hang it someplace dry, like in your kitchen or garage with some air circulating around it to cure.

It is very difficult to grow lettuce once the summer heats up. The head of romaine is at perfect peak harvest, but some of the leaves of some of the heads did experience some tip burn, the brown edges on the center leaves, from last week's heat. Just trim off those edges.

The potatoes in the box are our new potatoes and the skins are very thin so they are unwashed. Keep the potatoes in a cooler place in the paper bag and do not refrigerate them. Red Norland is the classic "new" potato variety with a waxy texture, good for steaming, boiling or roasting, but not for mashing.

The tomatoes are just starting to ripen in our hoop house, a week earlier than normal. Two thirds of you will receive a slicing tomato, one third some cherry tomatoes. Cherry tomatoes will eventually make it to everyone.

Spinach in July?

You can thank those cool lake breezes and cold nights for us being able to harvest spinach, usually a spring and fall cool season crop, for the beautiful bunch of spinach in today's box. We planted it on a whim as you never can predict the weather. While the leaves are not as thick or sweet as fall frosted spinach, it is still very tasty.

Zucchini Parmesan

from *The New York Times*

Tomato sauce:	Zucchini Parmesan:
2 to 2 ½ lbs. tomatoes	2 to 2 ½ lbs. zucchini
1 Tbl. olive oil	Salt and pepper
1 small onion	3 Tbl. olive oil
2 to 4 cloves of garlic	½ to 1 tsp. red
Salt and pepper	pepper flakes
Pinch or two of sugar	¾ c. grated
1 Tbl. fresh basil	Parmesan

Heat oil in skillet over medium heat and add onion until soft then add garlic and stir. Next add tomatoes, salt, pepper, sugar. Cook until tomatoes have cooked down — 15 to 25 minutes.

Heat oven to 450 F. Line two sheet pans with parchment paper, trim ends of zucchs and cut them in half crosswise and then lengthwise and slice into thick slices of ¼ inch or more. Season with salt and pepper and toss in olive oil. Arrange on pans in one layer, sprinkle with red pepper flakes and roast for 12 minutes, until lightly browned. Reduce heat to 375 F.

Oil a 2-quart gratin dish and spread ¼ cup tomato sauce over the bottom and arrange ⅓ of zucchs over the sauce. Spread some sauce over the top of zuch and sprinkle with Parmesan. Repeat with two more layers. Drizzle olive oil on top and bake for 30 to 35 minutes. Allow to sit for 5 to 10 minutes before serving.

Buttered Parmesan Kohlrabi

by Jack Bishop,
Vegetable Every Day

A medium sized bulb	Salt and pepper
1-2 Tbl. butter fresh	Fresh minced parsley
1-2 Tbl. of Parmesan	

Peel the kohlrabi and shred it. Add butter to a pan and cook shredded kohlrabi until soft, about 8 minutes. Add salt, pepper and cheese and toss to melt the cheese. Add parsley and toss and serve.

Kohlrabi: The large white bulb with leaves attached is a kohlrabi. A member of the cabbage family, it is actually closely related to broccoli. Like other members of this family of vegetables it is very nutritious. The kohlrabi bulb should be peeled at either steamed or boiled or eaten raw in slices or grated for a slaw. The leaves are also edible and we are told are used by supporters of juicing. Store it like any other brassica family vegetable in a sealed bag in the frig.

Garlic



The “stinking rose” as garlic has sometimes been called, has a long culinary and cultural history. It’s relished both for its flavor in foods as well as its health benefits. Raw garlic is pungent and juicy, even hot. Cooked until soft it sweetens, and cooked until brown it takes a bitter sweet flavor. **Store:** NEVER put garlic in the refrigerator or seal it in a plastic bag. While whole store it in a drawer in a paper bag. Think cool, dark and dry. Chopped or with skins removed, store it in olive oil or butter. **Preparing:** Fresh garlic is easy to peel. Separate the clove from the head and slightly crush the clove with the flat side of knife. The skins should be easy to lift off. **Use:** Garlic heads can be roasted whole and squeezed from their skins as paste for bread or topping for potatoes. Chopped or minced garlic can used raw to flavor butter or oil or sauteed for practically anything you cook.