

Pinehold Gardens *Field Notes*

Vol. 23 Week 3

July 26, 2017

In This Box

- Lovelock head lettuce
- Basil
- Escarole
- Collard greens
- Zoey onion
- Garlic scapes
- Kohlrabi
- Cucumber
- Zucchini or summer squash
- Some sites green beans or cherry tomatoes

Next Week?

- Potatoes
- Onion and garlic
- Kale
- Simons Gardens sweet corn
- Muir head lettuce
- Cucumber
- Tomatoes???

A DAY IN THE LIFE

July is our busiest time of year. Along with the start of the CSA, farm stand and restaurant sales, July 15 is our target date for transplanting and direct seeding our fall crops. It is also our garlic harvest season. With the help of our part-time employees Heather and Becky, a few volunteers and of course our 19 worker share members who work four hours a week in exchange for a CSA box we got an amazing amount of work done. On Monday we transplanted 4,000 broccoli and kale plants and harvested 3,000 heads of garlic. Bright and early on Tuesday morning an early crew pulled the plastic over one of our greenhouses that was finally put back together after the 65 mph winds blew it apart in December of 2015. The Tuesday crew harvested the crops for the CSA boxes and harvested garlic. We also fit in transplanting 3,000 cabbage, cauliflower, romanesco, lettuce and scallion plants. David was kept busy preparing fields in advance of the transplanting crew. He also direct seeded our fall carrots, beets, turnips, rutabagas and radishes. On Wednesday morning we packed the CSA boxes and at 2:30 p.m. headed out on our CSA delivery routes. David stayed home cultivating weeds before the next storm hits at night. I swear he is stuck in the Groundhog Day

movie.....he cultivates to loosen the soil from the last pounding rains, then rain arrives and pounds the soil which eventually dries out in time for David to cultivate, for it to rain again.

Thursday we harvested the restaurant orders and for our Saturday on-farm stand.

Friday I delivered to restaurants and our Downtown CSA workplace dropsites. David and volunteers continued to harvest garlic. On Saturday we set up our farm stand and hosted our first Saturday morning community event, Art on the Farm, where the children in attendance under the guidance of member Jan Smith, made clay ornaments with impressions of natural objects. It was too cloudy to do the solar print project.

Like I said, busy week.

FIELD NOTES

Let the sun shine. When it rains, which it does at least once a week, there is no sun. And the day or two after it rains, the skies are usually partly cloudy. And then the day starts sunny and clouds roll in or we get a lake breeze. The nights have tended to be cool and dewey. The effect of all of this is that the ground really has never thoroughly dried out since April and our early fields have become anaerobic and the plant roots are literally suffocating and dying. David's continual cultivation has saved many a crop. Another effect is that bees don't fly when it is too cool or when it rains. Last Sunday David witnessed two columns of our honey bees racing to get back home and back into their hives before it starting raining. He said it was an amazing sight. But we need the bees to fly and pollinate. We have already lost summer squash and cucumbers due to lack of pollination and our winter squash is in full bloom right now.

And then we have the weekly threat of severe weather and flooding rains hanging over our heads. Should we plant beans, carrots and beets and risk them rotting or washing away? But we know that we are so fortunate



That was a beautiful four week old broccoli plant that was transplanted out into the field last week and was happily, rapidly growing. Its life and about 1,000 others were cut short by an invasion of cutworms, a worm that comes out of the soil at night and cuts the plants off at their base. This has never happened before at our farm so we will have to do some investigating as to the cause.

to not have experienced flooding, damaging winds and hail that others have experienced.

BOX NOTES

There are two kinds of cucumbers this week. A Japanese greenhouse variety and a traditional American cuke. I love a **simple salad of sliced cucumber, yogurt, salt, pepper, and some lemon juice and olive oil**. It helps to toss the cucumber in salt and place them in a colander with a freezer bag of ice cubes and water on top to remove some of the water.

The onion is an early maturing sweeter variety than can be eaten raw or cooked with. Store in the open on a counter.

The summer squash and zucchini yields have been below average. So what can one do with one squash? Zucchini cake or muffins of course or our favorite summer sandwich, sauteed onion and slices of squash on a toasted cheese sandwich.

The kohlrabi suffered from the flea beetle invasion during the hot dry first two weeks of June, but a new crop has been planted for fall. To prepare, cut off the bottom and the tough skin and eat raw, grate into a salad or sauté.

Most of the first three plantings of beans drowned. As the beans mature you will be receiving some rotting by drop site. The beans planted last week look great!

Some good news is that the greenhouse tomatoes have started to ripen. Some sites will receive cherry tomatoes.

Red Beet Salad

1 lb beets
Hardy greens such as romaine, escarole, endive or spinach
1 cup of walnuts, chopped
A few ounces of feta or blue cheese, crumbled
1 large shallot finely diced or about 1/2 cup of onion or a couple of garlic cloves,
smashed and chopped or
1/4 cup chopped scapes
2 Tbl red wine vinegar
2 tsp Dijon mustard
1/4 cup olive oil
Salt and pepper



Roast beets in a small casserole dish covered or wrapped in aluminum foil at about 425 degrees for about 40 minutes or until squeezable (the Charmin Test). Let cool until you can handle the beets then taking a paper towel “wipe” the skins off and slice off the root and stem end and slice the beets. Tear or cut the greens into bite size pieces. Whisk up the dressing. Assemble salad topping with dressing and cheese.

This salad is a regular at Pinehold and we often mix up the greens and use other roasted seasonal vegetables. For us a simple beet salad recipe has morphed into one our friend Chef Jack Kastner calls a farmer salad.

Escarole

Even those folks with a low tolerance for bitter — like the one half of the farmer-owners of Pinehold not named David — can come to enjoy the family of greens that include escarole, endive and radicchio. It's all in the preparation.



For those who enjoy a little bitter escarole can make an excellent addition to green salad, especially with a cheese added to the salad, such as feta or blue cheese, or a creamy dressing, such as a Parmesan dressing, to balance that bitterness. But neither is necessary for those seeking the crunch and tang of the escarole.

But raw is not the only way to treat this hardy green. It can be sauteed, grilled or stewed in a pot. Try pairing the escarole with a little ham or bacon. Another way is to cut the head in half or quarters and grill it on a medium high heat and glaze with balsamic vinegar, a little bit of honey and some black pepper.

Escarole is much more nutritious than lettuce, particularly high in vitamin A. Escarole will store a long time in a sealed plastic bag in the refrigerator, just make sure after washing the it, that the head or leaves are well drained.

Simple Cooked Collards

1 bunch of collards, stem removed, and rinsed
Salt to taste
About 4 slices of bacon
1 medium onion
Black pepper
Apple cider or red wine vinegar



Bring one cup of water to boil in a Dutch oven or casserole dish. Add the collards, and simmer until greens are tender, about 15 minutes.

Cook the bacon in a skillet until just crisp. Remove the bacon and use about 1 tablespoon of the fat to brown the onion.

Add pepper to the collards, and cook the greens to slightly for a soupy texture or until drier. Stir in the bacon and onions and cook. Season with salt and pepper and vinegar.

Another option: Use peanut oil rather than bacon. Add garlic and tomatoes to the onions with a pinch of cayenne pepper and about 1/4 cup of unsalted peanuts.

Garlic Scape Pesto

from *The New York Times*

1 cup garlic scapes, sliced crosswise (about 10 to 12 scapes)	1/4 Parmesan cheese
1/4 cup raw sunflower seeds	1/2 cup basil leaves
1/2 cup extra virgin olive oil	Juice of one lemon (or less)

Place the garlic scapes in a food processor and pulse for 30 seconds

Add the sunflower seeds and pulse for 30 seconds. Scrape down the sides of the bowl.

Add the olive oil and process on high for 15 seconds. Add the Parmesan cheese and pulse until ingredients are combined. Add the basil and lemon juice and process until you reach a consistency you like.

Add salt to taste.

(While traditionally pesto is a pasta sauce, it also goes great on bread with tomato, as a base for a pizza and on steamed or roasted potatoes - Editor's note.)



Basil: Basil, dill and parsley are probably the three fresh herbs most people recognize and know something about their use. Basil, also known as the kingly herb, is best used fresh and added at the last minute. Cooking significantly diminishes the flavor. And dried basil is almost a different herb from the fresh. It is best stored for a short time in a jar of water on the counter. And if you're lucky, any stems not used might root, which you then can plant for a new basil plant all your own.

Barley Salad with Cuke and Yogurt Dressing

from *How to Cook Everything*

1 cup pearled barley	or more to taste
Salt	2 Tbs. extra virgin olive oil
1 cucumber	1 cup yogurt
3 to 4 scallions, chopped	1/2 cup fresh dill, mint or parsley or a combo
Black pepper	
2 Tbs. fresh lemon juice	

Rinse barley and put into a large part and cover with about 2 inches of water. Add a large pinch of salt and cook over a medium high heat until barley is tender, stirring occasionally. About 20 minutes after the water boils. Drain and spread on a plate to cool.

Cut cuke into bite-size pieces, put into a colander and sprinkle with salt. Let cuke pieces sit for about 20 minutes, then rinse and let drain well.

Toss cukes, barley and scallions together. Whisk together oil, lemon juice and yogurt. Toss this dressing the vegetable mixture, adjust salt and pepper and add herbs.

Chocolate Chip Zucchini Cake

a passed down recipe from *Anna Kozlowski*

1/2 cup butter or margarine	1/2 tsp cloves
1 3/4 cups sugar	2 1/2 cups flour
1/2 cup cooking oil	1/4 cup cocoa
2 eggs	1 tsp. baking powder
1 tsp. vanilla	1 tsp. baking soda
1/2 cup sour milk	2 cups grated zucchini
1/2 tsp. cinnamon	1 cup chocolate chips
	1 cup chopped nuts

In mixing bowl, cream butter and sugar. Add oil, eggs, vanilla and sour milk, and beat well.

In another bowl, combine cinnamon, cloves, flour, cocoa, baking powder, and baking soda. Add to liquid mixture. Add zucchini. Mix well. Pour in greased 13 x 9 baking pan. Sprinkle chocolate pieces and nuts on top. bake at 325 degrees for 45 minutes. Cool in pan on rack. Cake needs no frosting.