

Pinehold Gardens *Field Notes*

Vol. 22 Week 4

July 27, 2016

In This Box

- Red & orange tomatoes
- Basil
- Collard greens
- Sweet corn, white & bicolor
- White Wing onion
- Red Ace beets with greens
- Cucumbers
- Provider green beans
- Ace sweet bell pepper
- Zucchini or summer squash for some dropsites

Next Week?

- Tomatoes
- Carrots
- Swiss chard
- Green beans
- Onion
- Cucumber
- Zucchini or summer squash

A DAY IN THE LIFE

Last week I did not mention one of our worker shares, Amy Whalen, who runs our On Farm stand. This is the fourth year that we have chosen to not attend any summer markets, instead choosing to stay home and build our community of market shoppers who find that a CSA doesn't fit their lifestyle or schedule. Amy was a Tuesday morning worker share for the past two years, but now has a full time weekday job. I asked Amy why she has chosen to spend Saturday mornings with us and here is her answer:

"OK...so you want to know why after, spending 40-plus hours each week in my cubicle, I would sacrifice time that could be spent with family and friends, running errands, gardening, working out, or just relaxing, to man your farm stand...."

"Well, it is not as simple as wanting to get outside...I have cute, little back yard I've been working hard to spruce up, and a nice front porch with a comfy rocking chair. I also live just a couple of blocks from a beautiful public park...."

"It's also not just about the produce. Although the quality and value would not be as great, I could get everything I need to prepare wholesome and nutritious meals for my family at Outpost or Whole Foods or any

of the many local farmer's markets...."

"I think the real reason I don't want to give up my worker share now that I'm back in the 'real world' is because being on your farm offers me something intangible I don't have in the other parts of my life. I get to marvel at the growing process; it's amazing that in a such a quiet and peaceful environment, so much is actually happening! I also get to be part of a community that values the same things I do – taking care of the earth, having access to safe and healthy food for our families, etc. I have a lot of respect for farming, especially organic farming, so I really value the opportunity to make a small contribution each week to something so great."

FIELD NOTES

Last Thursday, at 11 a.m. the wind blew hard, the dust gathered into dust devils, the clouds looked ominous, but only 0.10 inches of rain fell at Pinehold. The wind and the misty rain plastered the dust onto the front of our house. I felt like I was watching a PBS show about the year of the Dustbowl. We did get 0.62 inches on Saturday, a very timely rain as we had transplanted over 8,000 plants and direct seeded 2,500 row feet during the week. Water is supplied to those plants by 7,840 feet of drip tape and a mini wobbler sprinkler set up, but we only have enough water pressure to water a quarter of them at a time, a very tedious process. At least we have the ability to irrigate, unlike a number of market growers we know..

BOX NOTES

I was thinking last night as David, Ken, and I were harvesting basil in the coolness of the late evening as the sun was setting that some of you may not know that with the excep-



Beekeepers call this grouping of bees outside the hive "bearding." The bees cluster in drooping masses on the exterior of the hive on hot days to keep the temperature of the hive on the inside below 95 degrees. Some of the bees will fan their wings at the entrance to move cooler air inside. We also tipped the top lids to help ventilate the hive. Beekeepers say bearding is a sign of a healthy hive.

tion of some of the cucumbers and squash everything in the box was picked yesterday. Over the years many people mention how good our produce tastes. Part of it is its freshness.

Finally, tomato season has arrived, at least hoophouse grown tomato season. Years ago we made the decision to invest \$10,000 in a hoophouse so we could reliably grow tomatoes. The tomatoes are still grown in the ground, but the enclosed structure provides warmth and some protection from disease. We were able to plant the tomatoes in mid April, a month before our last killing frost.

There are two kinds of cucumbers in your box. A Japanese greenhouse variety and a traditional American cuke. Some of them got a little large as they loved last week's heat.

The White Wing onion should be a little milder than last week's variety, although the heat and lack of rain makes onions stronger.

The sweet corn was grown by our farmer friends Chris and his son Jordan Simon, the third and fourth generation farmers of a family farm founded in Brookfield in 1852, now in Mukwonago. Other than using fungicide-treated seed, the corn was grown using some early low impact weed suppressor and no insecticides; the fertilizer was organic.

Red Beet Salad

from member Kate Howard

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| 1 lb beets, peeled | 1 Tbs capers, rinsed and roughly chopped |
| Salt and pepper | 1/4 cup olive oil |
| 1 large shallot finely diced or about 1/2 cup of onion | 3 Tbs chopped parsley |
| 2 Tbl red wine vinegar | 3 Tbs thinly sliced scallions |
| 2 tsp Dijon mustard | 12 cornichons |
| 1 tsp finely chopped jalapeno or a generous pinch of cayenne or red pepper flakes | 2 hard-cooked eggs, quartered or chopped (optional) |

Grate beets and put in a bowl and season with salt and pepper. Put the shallot or onion in a small bowl and add the red wine vinegar and a good pinch of salt. Stir in the mustard, jalapeno and capers, then whisk in the oil to make a thick dressing. Add the parsley and scallions. Dress the beets with the mixture and let marinate for 10 minutes. Garnish with cornichons and egg.



Tomato

Anybody who has let their tomato plants flop over may have noticed the stems rooting into the soil. This is for a good reason. Tomatoes are really a vine crop we train to maintain as a bush. It yearns to crawl on the ground but this, however, encourages disease so we restrict it's natural ambition. Native to South America, the tomato is actually a berry and therefore a fruit but because it has relatively low levels of sugar culinarily it is considered a vegetable, except when it comes to canning when it is considered a fruit.



Store: Never, ever store tomatoes in the refrigerator. Use them as fresh as possible or freeze them. **Preparing:** Wash, core, eat, or chop or dice. **Use:** Almost anywhere garlic and onions are used, Sandwiches, soups, stews, sauce.

Simple Cooked Collards

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| 1 bunch of collards, stem removed, and rinsed | 1 medium onion |
| Salt to taste | Black pepper |
| About 4 slices of bacon | 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.



A crew of Ken, David, Chris, Bridgette and Marie sorting and packing just picked Simon's Gardens corn into crates for today's delivery. And yes, sometimes work is fun.

Grilled corn, tomato and onion salad from *Vegetables Every Day*

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| 4 medium ears of corn | minced |
| 2 medium ripe tomatoes, chopped | 2 Tbs. olive oil |
| 1/2 small red or white onion, | 1 1/2 tsp red wine vinegar |
| | 8 fresh basil leaves, cut into thin strips |
| | Salt and pepper |

Grill corn until kernels are tender and lightly charred. When cool remove the kernels and place in a large bowl.

Add tomatoes and onion and toss with the corn. Drizzle oil and vinegar over and add basil, salt and pepper and toss gently.

Also, chopped green pepper can be added in the vegetable mix.

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.

Green Bean Two Ways: With Tomatoes and With Ginger adapted from *Vegetables Every Day*

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| 1 Tbs olive oil | 8 large black olives, pitted and chopped |
| 3 medium garlic cloves, minced | 1 tsp capers |
| 1 lb. green beans | 1 Tbs. fresh basil |
| 2 large tomatoes, chopped with juice or canned tomatoes | Salt and pepper |

Saute onion and add beans, stir to coat. Add tomatoes, olives and capers. Bring to boil and reduce heat to simmer, until beans are tender. Cook out any liquid, take off the heat, and then stir in basil and salt and pepper.

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| 2 Tbs olive oil | 1 lb. green beans |
| 2 medium garlic cloves, minced | Salt and pepper |
| 1 Tbs fresh gingerroot, minced | |

Preheat oven to 450 degrees. Combine oil, garlic, ginger, salt and pepper in a small bowl.

Place beans on a baking sheet and drizzle mixture over the bean and toss with your hands.

Roast for about 15 minutes, turning the beans once.