

Pinehold Gardens *Field Notes*

Vol. 22 Week 1

July 6, 2016

In This Box

- Romaine head lettuce
- Bright Lights Swiss chard
- Red beets with greens
- Radishes
- Scallions
- Garlic scapes
- Snow peas
- Raven zucchini
- Zephyr summer squash
- Basil, parsley, oregano and thyme herb plants

Next Week?

- Bibb head lettuce
- Kale
- Freshly dug garlic
- Carrots
- Spinach
- Fennel
- Zucchini or summer squash

A DAY IN THE LIFE

Where has the time gone? How in the world are we 60 years old? Although farming always throws us a curve ball or two we are much wiser but we definitely do not have the spring in our step as when we started our CSA 22 years ago. Working alongside us four days a week is a young 28-year-old woman who is choosing farming as a career. Her energy and enthusiasm not only helps us with the work but she also brings us fresh perspectives to our processes. Many young people including children of produce farmers we know are choosing to farm. It is a nice change from a couple of decades ago when farm parents discouraged their children from farming.

WELCOME MEMBERS

We welcome 99 returning members and 62 new members to our CSA. While the CSA movement across the country is struggling to retain and attract members we have consistently been able to count on at least 90 returning members and member referrals have brought us a third of our new members. We sincerely thank you for your support.

Please contact us if you ever have any questions or comments and remember we have general open house hours on most Saturday afternoons from 2-5. Satur-



This week's box, and all the others this season, are brought to you by a great group of workers and our employee, Heather. Without them Pinehold would be a lot different and not for the better.

days that we are not home will be posted on the calendar page of our website.

FIELD NOTES

This growing season has started out very similar to last year with a cold spring that lingered late into mid May and then suddenly it was summer. Also like last year we have a severe rain deficit. But unlike last year we have had bursts of very warm days which is not exactly great growing conditions for young seedlings trying to get established and send roots down deep. But with many, many hours of irrigation and patience the plants are now doing well.

EVENTS THIS YEAR

Our on farm dinner alternates every other year with an open house. This year we will be hosting our open house on a Sunday in early September.

We are growing late-blight-resistant tomatoes outside of our hoop house so keep your fingers and toes crossed that we will have a plentiful tomato uppick this year.

STORAGE NOTES

Included in this box are garlic scapes. The scape is the flower stem and bud of the garlic plant. Store them in a plastic bag in the refrigerator. They can also be chopped up and frozen.

All leafy greens, including the chard and lettuce in this box should be placed in a plastic bag before being stored in the refrigerator.

The beet greens should be removed from the beet roots and stored separately. Both should be placed in plastic bags. The greens will last about a week, the roots will store for many months.

The zucchini and summer squash should be stored in the crisper drawer of your fridge.

COOKING TIPS

The entire stem of the garlic scape is edible and tastes like fresh garlic, but to our taste is slightly less strong than fresh garlic. Use it raw in pestos or salad dressing or saute the scape, like any other onion, in your favorite dish.

Radishes and peas are cool weather crops so a warmer than normal June has made the radish spicier and a less sweet pea. The peas are snow peas and the pods and the peas inside the pods are eaten. Removing the string by pulling on the stem will make the peas even more delicious. Traditionally snow peas are stir fried or just sauté them and add them to your salad.

FLOUR CSA

The monthly flour CSA deliveries will start next week. If you would still like to join, please contact us by tonight. The details can be found on our website.

Salad Greens with Chinese Salad Dressing

from *Asparagus to Zucchini*, 3rd Edition

1/3 cup sesame or olive oil	2 Tbl fresh lemon juice
1 tsp. minced garlic or garlic scape	1 tsp. sesame seed
1-2 tsp grated fresh ginger root	1 Tbl chopped scallions
Dash of cayenne pepper	Salad greens

Mix all ingredients and toss with salad greens. This is also good lightly steamed and cooled snow peas.



Beet Burgers

from Martha Rose Shulman, *New York Times*

2 cups cooked rice	1 Tbl. fresh lemon juice
1 cup finely diced beet or roasted beet	1 egg
1/4 cup fresh herbs, such as parsley and dill	2 oz. goat cheese, crumbled
1 15-ounce can white beans, drained and rinsed	Salt and pepper to taste
	2 Tbl olive oil, as needed

Preheat oven to 375 degrees. Combine rice, beets and herbs in a large bowl. Puree the beans with lemon juice and egg and add to the bowl with rice and beets. Add the goat cheese, salt and pepper and mix. Moisten hands and form 6 patties. Heat 1 Tbl spoon of oil in a skillet and brown patties on one side for 2 minutes. Flip patties and place in the oven for 10 minutes. Serve as you would a burger.

Lettuce



There are four basic varieties of lettuce: Iceberg, Romaine, Bibb or Butterhead and Loose-Leaf or Salad mix. Of these the familiar iceberg and romaine can be stored for weeks. The others for about a week or so. **Store:** Keep in a plastic bag in the frig. Drain any excess water from the washed lettuce. **Preparation:** Use or discard the base of the ribs of the lettuce and tear into bite-size pieces. **Use:** Most lettuce are eaten raw but lettuce can also be wilted and in the case of romaine even grilled or sauteed.

Preservation Tip

by Member and Friend Patricia Heim

In America, 40 percent, or 20 pounds of food per person every month, is thrown away. Here is a quick tip to help ensure that none of your beautiful Pinehold produce goes to waste. Make the freezer your friend. When I pick up my box I try to freeze those items I know I won't be able to use right away. I prep the vegetables as much as possible first so that cooking dinner on a week-night is less time consuming. For example, in today's box you have garlic scapes. I finely chop all those scapes in my food processor. Then place them in a zippered plastic bag. Squeeze out all the air and flatten the scapes. Take any long object (I used a bamboo skewer) and press into the scapes to create squares. Freeze flat. Next time you need to add some garlic to a dish, you'll save some chopping time by simply using one of those squares.

