

Pinehold Gardens *Field Notes*

Vol. 21 Week 1

July 8, 2015

In This Box

- Green & red bibb head lettuce
- Bright Lights Swiss chard
- Cucumber
- Radishes
- Snow and sugar snap peas
- Red beets with greens
- Basil plant

Next Week?

- Bibb head lettuce
- Kale or collard greens
- Green onions
- Summer squash or zucchini
- Green beans?
- Broccoli Raab
- Carrots

A DAY IN THE LIFE

As I sit typing this newsletter on July 7th in my winter pajamas and wrapped in a blanket as the temperature drops into the 40's I worry about the heat-loving plants, but then I think about how well all the leafy greens are doing and I am thankful that we have the support of our CSA members who have agreed to receiving whatever the season brings them.

As we approach the garlic harvest season I think about my parents and the countless hours they spent here the last 20 years helping us out, especially at garlic harvest time. Dad sorted and graded the bulbs and mom cleaned and trimmed them. They just celebrated their 65th anniversary. Three months ago dad, and eventually I, came to the conclusion that he, at 90 years old, could no longer help care for my 87 year old mom. I would say making that decision and trying to find a great place for mom was one of the most difficult things I have ever done. Ramsey Woods in Cudahy ended up being that great place staffed with wonderful caring people. They even have raised bed gardens and garden days. Maybe mom, dad and I can still clean some garlic together on their patio this summer.

WELCOME MEMBERS

We welcome 86 returning members and 60 new members to our CSA. 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 to 5 p.m. Saturdays that we are not home will be posted on the calendar page of our website.

FIELD NOTES

Last year we were asking for at least a week without rain as our soils were saturated and we were losing crops. Yesterday yet another storm system and the rainfall missed us. We continue on in a near drought-like state irrigating 24 hours a day. The more mature plants are doing fine, but the new transplants need frequent watering and the newly seeded crops are struggling to germinate.

The upside to the lack of rain is less weeds. Many of our worker shares have been with us for a few years and they all commented how great everything looks.

Contributing to that look is a new planting system of planting in single rows rather than beds of double rows. We replaced our old tank of a Belarus tractor with a compact, energy efficient Kabota which is what prompted the change. The single rows are easier to weed and harvest and yes, they do look nicer.

SAVE THE DATES

We will be hosting two dinners on the second weekend of September. On Saturday, Sept. 12, there will be a Channel 10 fund raising dinner with Chef Darin Yenter of Juniper 61 planning the menu. Assisting Darin with the event is Bruce Evans, instructor in the MATC Culinary program at the downtown campus along with some MATC students. For more information go to MPTY.org/events.

On Sunday, Sept. 13, we will be hosting our biennial CSA Sunday Supper with Peter Sandroni, owner of La Merenda and Engine Co. No. 3 and Kyle Pett, Chef de Cuisine of La Merenda teaming up again, and taking on the challenge of besting their wonderful dinner of two years ago.

BOX & STORAGE NOTES

Included in this box and in subsequent



The new addition to the farm with the old transplanter. The weights in the front balance the weight of the transplanter and the person riding on the transplanter. This system makes for more efficient, easier transplanting.

boxes are garlic scapes. The scape is the flower stem and bud of the garlic plant. Store them in a plastic bag in the refrigerator.

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.

Cucumbers do not like it very cold. Store on your counter for a few days or in the crisper drawer or in a bag in a warmer part of the frig.

Many of the snap peas did not germinate in April's cold soil so the bag of peas includes mostly snow, the classic stir fry pea and a few snap (the fatter ones) that are often eaten raw. Be sure to remove the string from the straight rib of the snap pea.

COOKING TIPS

The entire stem of the garlic scape is edible and tastes very similar to 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.

The radish leaves are edible. In fact combined with some garlic scapes and the usual nuts, Parmesan cheese and olive oil, they make an interesting pesto.

Recipes by Jeff Marquardt

The very first thing I would like to do is include a very basic pickling recipe. This is a refrigerator pickle, which means you won't have to worry about canning or storing, just pour the brine over the veggies, let them cool on the counter and move them to the refrigerator, they will keep in the refrigerator for up to three months. The best thing about refrigerator pickles is that as long as you keep the basic ratio the same, you can add any kind of flavors you want to your pickles.

So to start, here is the basic ratio for refrigerator pickles:

1 cup vinegar (any kind except balsamic) ½ cup sugar
1 cup water 1 Tablespoon kosher salt

Mix all ingredients in a pot and bring to a boil over high heat. This will create what is called a brine. Carefully pour the brine over your veggies and let them come to room temperature. Cover and put in the refrigerator. In the coming weeks we will play around with this recipe quite a bit. You can pour it over your fresh garlic scapes or over the stems of the swiss chard (just cut the stems thinly and pour the brine over).

Beet Salad

1 Head Fresh Lettuce, cut into bite sized pieces
Pickled or roasted beets, sliced thin
Fresh peas
Sliced Cucumber
Toss with Pickled Garlic Scape Dressing
Cut the greens off the beets and save them. Rub the beets with oil and a little bit of kosher salt and roast in a 350 degree oven for 45 minutes to an hour. (They are done when you can stick a fork into them.) Let the beets cool on the counter, then take a paper towel and rub the skins off of the beets. Slice the beets thinly and save for your salad. You can also make a batch of pickle brine and pour it over the roasted beets. Adding a few cinnamon sticks, cloves, and allspice to the brine will give you a delightful brine for beets.

Cooked Fresh Greens

1 Small Onion 1 cup Stock
4 Cloves Garlic 2 tsp salt
3 Tbs olive oil 1 tsp black pepper
8 Swiss Chard Leaves ¼ tsp red pepper
4 Beet Greens 1 tsp flake (optional)
1 ½ Cups Chick- ½ cup heavy cream

Dice the onion and garlic, cook over medium heat until slightly browned. Cut the chard and beet greens into medium sized strips and add to the pan. Add the chicken stock, the salt and pepper, and the pepper flake. Cook until the greens are tender and the stock has reduced by half. Add the heavy cream and cook until the greens have thickened slightly.



Jeff dirties his hands while sharpening his thoughts as a workershare at Pinehold. He is currently working at St. Paul Fish Market and previously worked at Sanford and Goodkind restaurants.

Pickled Garlic Scape Dressing

5 pieces pickled garlic scape
1 clove garlic
1 Tbs dijon mustard
½ cup olive oil
¼ cup red wine vinegar
1 Tbs sugar
1 tsp salt
2 tsp black pepper

Puree all ingredients in blender or food processor

Basil



There are many kinds of basil from sweet Italian varieties to citrusy and spicy Asian varieties. The Elea-

nora variety in your box is a slightly spicy basil. This is live plant we hope you grow **Plant:** Remove from container keeping as much roots and as much soil as possible intact. Place in pot or in the ground and provide as much sunlight as possible. Water enough to keep ground moist. **Harvest:** Trim off leaves when you simply can't wait any longer for fresh basil.