

# Pinehold Gardens *Field Notes*

Vol. 20 No. 3, Week 1

July 9, 2014

## In This Box

- Bibb head lettuce
- Swiss chard medley
- Green onions
- Garlic scapes
- Sugar snap peas
- Zucchini
- Summer squash
- Assorted lettuce
- Basil and parsley plants

## Next Week?

- Romaine head lettuce
- Kale or collard greens
- Radicchio
- Summer squash
- Zucchini
- Cilantro
- Sweet potatoes?
- Brussels sprouts?

## A DAY IN THE LIFE

Someone told me today that there are only six weeks until Labor Day and sure enough, if you don't count the rest of this week, it is six weeks away. After our extraordinarily long winter I thought we had earned a beautiful summer. I guess I was wrong.

Today though, our first harvest day, was a beautiful, cloud-watching day. And today we welcomed back our harvest crew from last year along with a few new faces. This year 27 people are helping us as worker shares, working four hours a week for 18 weeks and earning a CSA membership in exchange for their work.

Their tasks include the harvesting, CSA box packing, weeding, seeding trays, transplanting, trellising tomatoes and cucumbers, tractor and equipment repair, electrical work, infrastructure projects, winter farmers market help and of course support and friendship, a core principle of a CSA.

## WELCOME MEMBERS

We welcome 90 returning members and 50 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 2-5. Saturdays that we are not home will be posted on the calendar page of our website.

## FIELD NOTES

When you are driving through the countryside in Wisconsin you might look out onto a corn or soybean field and see some yellow plants or shorter plants. Most likely, although the field looks flat, there is a dip in the ground where excess water accumulated and the growth is being stunted. Plant roots need oxygen and saturated soil, especially after heavy pounding rains compacts the soil and starves the plant of oxygen. Needless to say this last month of rain, fog, cold damp nights, and misty sunless days are perpetuating a saturated soil problem. We have lost some plants and are seeing slow growth on many others, but we are holding our own. It must stop raining for at least a week, preferably two, so we can plant our fall crops and harvest one of the most beautiful garlic that we have had in years. We have always said that we prefer a drought as you can always add water, but you can't take it away.

## SAVE THE DATE

Our Farm Festival will be held on Sunday, September 7. We have an educational, food focused event planned along with the famous pot luck lunch.

## MILKWEED FOR MONARCHS

In our spring newsletter we wrote that we may be seeing our last monarchs this summer.

I was so sad hearing that news when I attended the Organic Conference that we ordered 100 Red Milkweed plants for our members. If you would like to plant one in your garden please email us and we will leave it in a bag with your name on it at the dropsite next week. The Red Milkweed is not the Common milkweed. It prefers full sun and moisture.

## BOX NOTES

Included in this box and in subsequent boxes are garlic scapes. The scape is the



When it comes to putting together each and every box this season the result will always be a team effort. This is especially true when it comes to the difficult and tender work of cutting, washing and then assembling the many bunches of Swiss Chard in today's box. Long time workershare member and friend, Tammy Peacy (blue plaid shirt in the back), guided this group of workers along the many steps in the process.

flower stem and bud of the garlic plant. The entire stem 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. Store them in a plastic bag in the refrigerator.

## COOKING TIPS

One of our favorite ways to eat summer squash, either zucchini or Zephyr squash, is sauteed with scapes and onions and served on a lightly toasted roll with fresh mozzarella, a bit of Parmesan and, in season, fresh tomato.

The Swiss chard in your box can be used many ways cooked but it also makes a delicious pesto blended with Parmesan, walnuts, and olive oil, garlic scapes and a little salt. This simple spread can be tossed with pasta or spread as a condiment on a sandwich. Chard also pairs nicely with eggs. It makes an excellent filling for an omelet or topping for a frittata, which is really an open faced, baked omelet.

And don't forget while peas make sweet side dish served with a little butter and salt or cooked gently in a stew, pasta dish or stir fry, they also make an excellent fresh snack. Remember when using peas to pull the stem back along inner or concave side of the peas pulling this tough fibrous thread out.

## Recipes by Annie Wegner LeFort

### Chocolate Zucchini Scones

4 c. flour  
1 c. sugar  
1/2 c. unsweetened cocoa powder  
2 t. baking powder  
1 t. baking soda  
1 t. kosher salt  
1 T. cinnamon  
1 t. ginger

1/2 t. nutmeg  
2 sticks (1/2 lb.) cold butter, cut into small pieces  
1 c. shredded zucchini  
1/2 c. + 2 T. milk  
2 eggs  
2 T. milk  
1 T. sugar

Preheat the oven to 400 degrees. In the bowl of a food processor, combine the flour, sugar, cocoa powder, baking powder, baking soda, salt, cinnamon, ginger and nutmeg. Pulse in the cold butter and the zucchini. In a separate bowl beat together the milk and the egg and pour into the food processor. Pulse until you have a dough that comes together. Transfer the dough to a floured surface and form into a disc. Slice into wedges and move to a prepared sheet pan. Run the top of the scones with 1 tablespoon of milk. Sprinkle sugar on top. Bake at 400 degrees for 10 minutes and set aside to cool. Serve warm or at room temperature. Yields 16 scones.

### Green Peas and Wilted Lettuce

3 1/2 cups fresh snap or snow peas  
3 Tbsp butter  
1/2 medium onion, finely chopped

1/2 head of lettuce, julienned  
1/2 tsp sugar  
salt to taste

Bring a large pot of lightly salted water to a boil, add the peas and cook for 3 to 5 minutes (use the longer cooking time for snap peas). Drain the peas and plunge into a bowl of ice water. When the peas are cool, drain and reserve until needed.

Melt the butter in a medium saute pan over medium heat. Add the onion and cook until translucent, about 5 minutes. Add the lettuce and stir until wilted, 1 to 2 minutes; add the peas. Cook over low heat for a few minutes, then sprinkle with sugar and stir. Season with salt, if desired.

### From the Pinehold *Archives*

#### Panjar Geragoor or Swiss Chard Stew

by Jenny Kowalski

1 1/2 lbs. beef stew cubes	chopped (optional)
1 large clove of garlic or garlic scape, minced	1 16 oz. can diced tomatoes
2-3 Tbsp butter or olive oil	2 cups water
1 large onion, chopped	4-6 cups Swiss Chard, washed, blanched, chopped
1 green pepper,	3/4 cup coarse bulgur
	salt and pepper to taste

Saute stew meat in butter or olive oil over medium heat to brown slightly. Add onions, garlic and peppers, saute. Add tomatoes and Swiss Chard. Bring to a boil and add bulgur. Simmer about 45 minutes to one hour. Add more water if necessary to be more like a stew.



#### 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. **Preparing:** Use or discard the base of the ribs of the lettuce and tear into bite-size pieces. **Use:** Most lettuce are eaten raw but as in today's recipe, lettuce can also be wilted and in the case of romaine even grilled or sauteed.