

# Pinehold Gardens *Field Notes*

Vol. 24, Week 1

July 11, 2018

## In This Week's Box

- Head lettuce, green romaine
- Head lettuce, green bibb
- Scallions
- Basil
- Fennel bulbs
- Summer squash: Zephyr or zucchini or both
- Herb plants: parsley, sage, rosemary & thyme
- Cucumber: Tasty Jade or Sonja
- Garlic scapes

## In Next Week's Box?

- Garlic Scapes
- Beets, red & gold
- Escarole
- Cucumber
- Summer squash
- Kale
- Radishes
- Potatoes?
- Green beans?

## A DAY IN THE LIFE

It is my tradition that I start out the first newsletter with who is all involved in keeping Pinehold going. David and I are both now 62 and we are reminded most days that we are not ageless. We have two part-time employees that each work 8-10 hours a week. Heather is concentrating on her own farm this year, but still joins us one day a week for our intense planting days. Becky helps us with planting, weeding and is now supervising our Tuesday and Thursday worker share crews. A worker share is a CSA member that works four hours a week for the 18-week CSA season in exchange for a box. While their main task is harvesting everything for the CSA, restaurants, and farm stand, they also help with weeding. Some also pack the boxes, weigh, bag and bunch what was picked in the morning, some help out earlier in the season with planting, and others help

with the CSA delivery. All total there are 25 worker shares.

My mom and dad who spent many, many days helping out are now living together in an assisted living facility.

## FIELD NOTES

When it rains it pours. That pretty much sums up May and June. Many days we could not plant, cultivate or even hand weed as it was either raining or the soil was so wet that you couldn't even walk on it without sinking in, much less take a tractor into the field to plant or cultivate.

And when it doesn't pour, it doesn't rain. That is our take on July so far. David has spent the last two weeks cultivating the aisles between the plants to break up the crust that formed once the fields dried out and he is hurriedly setting up irrigation.

On Thursday we have to catch up and plant things that didn't get planted in June, successions of bean, carrots, lettuce and beets and replace the potatoes that rotted. And next week we plant many of the fall harvested crops such as broccoli, kale, cabbage, cauliflower, carrots, rutabagas and turnips.

## SAVE THE BOXES

Save your box and bring it back to your dropsite the following week. In today's box there is an instruction sheet on how to collapse the box. To start, turn the box over and press the tabs of the box inward with your thumbs. **DO NOT PULL UP ON THE TABS** as they will tear and the box becomes unusable.

## STORAGE NOTES

**Basil** - DO NOT refrigerate. It is very cold sensitive and will turn black. Fresh cut the stem and place it in a jar with water on your kitchen counter.

**Lettuce** - it needs to be put in a plastic bag or it will dehydrate. The two varieties matured at the same time, but they should easily keep for two weeks. There will not be lettuce in your box next week.

**Cucumbers and squash** - both can be left out of the frig for a couple of days or if refrigerated put them in the vegetable drawer as they are both cold sensitive.

**Scallions & fennel** - they should also be placed in plastic bags before being refrigerated.



It wasn't long ago — a couple weeks — and we were under water. Here the onions look like so much rice. Now we are dry, and the ground is the worse for the soaking and then the baking under a hot sun. We are making amends and moving forward.

## Food Facts: Summer Squash

by Jackie Jones, MS RDN

Summer squashes come in a variety of sizes, shapes, and colors, for example--zucchini and yellow squash. They are foods that you can



eat without feeling guilty, as they are low in calories and carbohydrates. Summer squash is a very good source of vitamin C, vitamin B6, riboflavin, and manganese.

1 cup of raw chopped zucchini:

- Calories: 21
- Carbohydrates: 3.9g
- Dietary Fiber: 1.2g
- Sugars: 3.1g
- Protein: 1.5g
- Vitamin A: 5% DV\*
- Vitamin C: 35%
- Calcium: 2%
- Iron: 2%

\*Daily Value based on a 2,000-calorie diet

Note: Zucchini has slightly lower calorie (about 2 calories less) and carbohydrate content (about 1 grams less) as compared to other summer squash varieties.

- Summer squash is a beautiful, nutritious, and tasty vegetable to add to any meal. It has a thin skin and soft, moist flesh that lends itself well to steaming, grilling, roasting, baking and sautéing.
- Frozen summer squash contains a mushy texture and is good to use in soups. Grated zucchini is used to make zucchini bread.
- Play with the shape of your squash—dice it, julienne it, cut it into cubes, or get fancy and make pasta. Summer squash is a fantastic low-carb ‘pasta’ option. Lastly, use leftovers to toss into salads, top sandwiches, or add to your egg scramble.

## Simple Salad Dressing

- 1 cup olive oil
- 1/3 cup apple cider vinegar
- 1/4 cup honey
- 3 Tbsp. chopped fresh basil
- 1 Tbs minced garlic scape
- 1 pinch of salt (optional)
- A little fresh ground pepper (optional)

Mix well until oil and vinegar are combined. Place in a bottle or jar. It will keep days on the counter top. More than a week in the refrigerator.

## PAPPARDELLE WITH QUICK FENNEL RAGU

- ¼ olive oil
- 1 cup finely chopped onion
- 1 cup finely chopped fennel, chopped fronds for garnish
- Kosher salt and freshly ground pepper
- 2 Tbs. garlic scape, minced
- 2 Tbs. tomato paste
- 1 lb. ground beef, preferable grass-fed
- 1 can (28 oz.) whole peeled tomato, pureed
- 1 lb. pappardelle
- Grated Parmesan and red-pepper flakes, for serving

1. Heat 2 Tbs. oil in large skillet over medium-high heat. Add onion, fennel and a pinch of salt. Cook until vegetables are softened and beginning to brown (7 to 8 min.) Stir in scapes and tomato paste, cook another minute. Add 2 cups of water and beef, breaking up meat with the back of spoon. Reduce heat, simmer for 15 min. Add tomatoes, salt and pepper, uncovered, increase heat and cook until the sauce is thickened

2. Meanwhile, cook the pasta in a large pot until al dente. Drain, reserve 1 cup of liquid. Return pasta to the pot and add the sauce, ¼ cup of pasta water and 2 Tbs. of olive oil. Toss, adding pasta water as needed. Top with fennel fronds, cheese and pepper flakes. Serves 6



## Food Tips: Summer Squash & Cukes



**T**hese two vegetables are composed of lots of water. So their freshness is tied to how well you can keep them from drying out. They will stay fresh for a couple of days on the counter depending on how dry the air

### SUMMER LINGUINE

2 medium-large zucchini, coarsely grated  
Salt  
8 oz. whole wheat linguine or other thin pasta  
2 T. olive oil  
1 large clove garlic or  
1-2 garlic scapes, thinly sliced/chopped  
1/2 t. red pepper flakes  
1 T. unsalted butter  
1/2 c. freshly grated  
Parmesan cheese, plus more to serve  
Freshly ground black pepper

1. Put zucchini in a colander, sprinkle with a few generous pinches of salt, and let sit over a bowl or in a sink for 10 min. In the meantime, cook pasta in a pot. Bring a large pot of water to a boil. Salt generously, add linguine and cook according to package directions, or until al dente. Drain pasta, reserving a little cooking water.
  2. Just before you're ready to eat, heat olive oil, garlic, and red pepper in large skillet over medium heat for 1-2 min., until fragrant and garlic just begins to brown. Squeeze zucchini between your hands over sink to eliminate excess liquid and add to skillet. Cook until tender, stirring frequently, about 2 min. Add pasta to pan and add little cooking water if zucchini mixture seems on dry side. Toss to distribute zucchini throughout pasta.
  3. Add butter and cheese and toss again. Season with salt and pepper; divide among bowls. Top with more cheese if you like. Serves 2-4. (Adapted from Super Natural Every Day by Heidi Swanson)
- Will keep more than a week in the refrigerator.

is in your house. (Air conditioning is a giant house-sized dehydrator.) If you aren't going to be able to use them until the weekend, then we suggest putting them in the crisper or vegetable draw of your refrigerator. Remember your frig is also a giant dehydrator. Best not to bag them. Cukes and zukes tend to break down faster enclosed in a bag.

**D**on't forget these two veggies are easy to use. A quick salad like below recipe or just adding either one or both to a salad is a great way to use them. A sandwich made with sliced cucumber and goat cheese is tasty. And sauteeing summer squash in oil and garlic scapes and then placing it on a crusty role or bread with some fresh feta or mozzarella cheese and chopped scallions also make a good sandwich.

### SIMPLE CUCUMBER FENNEL SALAD

2 cups sliced cucumbers  
1 cup sliced fennel with fronds  
(torn into bite-size pieces)  
Small head looseleaf lettuce, washed and torn  
1 Tbsp. extra virgin olive oil  
1 Tbsp. white wine vinegar  
Salt and Pepper, to taste

In a large bowl, combine the cucumbers, fennel, and lettuce. Add the oil and vinegar and seasoning, toss to combine. Add basil, if desired — See note.

Note: This salad is also very good with fresh basil. If you happen to have some in your garden or find some at the market, add 2 tablespoons chopped to this salad. Serves 4

