

Pinehold Gardens Field Notes

Vol. 18 No. 3, Week 1

July 11, 2012

In This Box

- Garlic scapes
- Jade cucumbers
- Helda romano beans
- Dunja zucchini
- Ace red beets
- Nelson carrots
- New Red Fire lettuce
- Dill
- Cherry tomatoes rotating by site
- Basil plant

Next Week?

- Garlic
- Green onions
- Swiss chard
- Green beans
- Romaine lettuce
- Cherry tomatoes

A DAY IN THE LIFE

Welcome to our 18th season. This season has been our driest and because of that a challenge, but neither us or the fields have dried up and turned to dust yet.

I always like provide an update of everyone who lives at the farm. Peaches, our Ossabow Island pig is now 12. We are back to three cats including a new stray we found sleeping in the chicken coop one April morning, appropriately named Cooper. We haven't adopted another dog yet, maybe next year. We still have a small home flock of hens for eggs for ourselves and a few friends.

FIELD NOTES

The facts, in short. 2.7 inches of rain have fallen since May 1. One inch of

rain a week would be ideal. Therefore, ideally, we are short 8 inches. The last time a rain drop fell was Fathers Day weekend, 24 days ago. That is the only time that we have not irrigated in the past five weeks. We rotate what crops are being irrigated every eight or so hours, using drip tape by day and small efficient sprinklers by night. Except for many heads of lettuce that bolted in last week's heat, we haven't lost anything. But as things start to fruit (tomatoes, squash, cukes, beans, melons....) they need more water. Two things that we haven't been able to get enough water on are the onions and potatoes.

Last October we wrote "David has about 3 acres planted in cover crops of grasses, clovers, vetch, rye, field peas and oats. Some of the area in pasture mix will remain in a pasture for a couple of years so we can keep mowing it to hopefully eradicate thistle and so the roots can help build and loosen the soil." We are very happy with the results as the ground that had been in pasture for two to three years is now growing some very healthy looking crops and the organic matter created by the roots of pasture grasses have helped in retaining moisture.

SAVE THE BOXES

The waxed boxes in which we pack the vegetables are not recyclable and are expensive. Please take care of the box and do not rip the bottom flaps, making the box unusable. Instructions are

included this week on how to collapse the boxes. Also, please remember to bring your flattened box back each week to your drop site.

RECIPES

Each weekly newsletter will have recipes and suggestions on how to prepare the contents of the box. Most of the recipes are provided by Annie Wegner LeFort, a friend, former farm worker share, master canner, educator. Thank you, Annie.

GOING ON VACATION?

If you can't pick up your box we ask that you find someone to pick it up. Remember those of you who pickup at the farm have until 7 p.m. Saturday to pick up boxes.

REUSE

We save and reuse quart and pint berry and cherry tomato containers. You may bring them to your drop site or the farm.

BOX NOTES

For those new members, the long skinny green things are garlic scapes, the flower stalk of the garlic plant. We remove them to send more energy to the developing garlic bulb. Also, they are delicious. One use is garlic scape pesto or chop and use any way you would use garlic.

We have converted many beet haters to beet lovers by telling everyone that the best way to eat beets is to roast them. Remove the greens and root, leaving an inch on

both ends so the beets don't bleed. Leave the skins on. Wrap each beet in foil and place on the grill until you can squeeze them. Let cool slightly and remove the skins by rubbing them with a paper towel. Serve the roasted beets over sauteed beet greens with a balsamic vinegar based dressing along with some blue or feta cheese and walnuts.

Romano beans are a new crop for us. They were grown in our greenhouse and it is like Jack and the Beanstalk in there. They are delicious raw, steamed or sauteed.

EXCHANGE BOX

New this year is a box at each site where we will leave extras for you to take. Members can also leave a vegetable there that you absolutely know you won't eat. We do ask that you try each item at least once. This week's exchange box contains Pac Choi. It's an extra in part because of the flea beetle damage on the leaves.

REQUEST FOR HELP

Last week's heat prevented us from getting some time sensitive things done, especially weeding and our garlic harvest.

This Thursday and Friday, from 9 a.m. to noon and Saturday from 10 a.m. to 4 p.m. we could really use some help harvesting garlic. Some people love to weed and we would love to have you weed. Even an hour of your time would be appreciated.

Marinated Beet Salad

Small bunch beets, 2-3 roasted or boiled (450 F for 45 min with a little water in the bottom of the pan. Should be tender when pierced with a knife.)

Marinade:

1 T. apple juice/cider
1 T. red wine vinegar
1 T. caraway seeds

1/2 t. granulated sugar
1 T. minced yellow onion
1/2 t. horseradish sauce
1/8 t. ground allspice
Salt and pepper, to taste
2 1/2 t. olive oil

Peel and slice beets, place in a large bowl. Prepare marinade by combining all ingredients. Pour marinade over beets and let stand for several hours or overnight before serving. Stir the beets occasionally to coat evenly with marinade. Serves 2-3.

Herb Salad with Creamy Lemon Dressing

1 medium lemon, zest removed and lemons juiced
2 garlic scapes, minced
1 t. Dijon-style mustard
1/4 c. olive oil
1/4 c. sour cream

1 to 2 medium lettuce heads, torn into bite-size pieces
3/4 c. assorted fresh herbs such as basil, parsley, mint, torn
Daikon or other radishes, thinly sliced

For dressing, in bowl combine lemon zest and juice, garlic, mustard, and 1/8 t. each salt and pepper. Slowly whisk in oil until thickened. Whisk in sour cream. Toss together lettuce and herbs; transfer to serving platter. Top with sliced radishes; pass dressing. Serves 3-4.

Carrots with Mint

2 c. carrots, cut diagonally into 1/2-inch pieces
2 T. fresh mint, minced

1 1/2 t. grated fresh ginger
Salt and pepper, to taste

Steam the carrots until just tender. Remove from heat and reserve 1 T. cooking liquid. In small serving bowl, while they're still warm, toss carrots with the cooking broth, mint, ginger, salt and pepper and serve immediately. Serves 2-3.

Cucumber Cooler

2 large turnips (about 3/4 lbs.), well scrubbed
1 1/2 Tbsp. olive oil or clarified butter
1/8 tsp. fine-grain sea salt

Pinch of smoked paprika
Squeeze of lime

In a blender, combine the cucumber, water, ice, honey, lime juice, and salt. Pulse until completely smooth and frosty, and free of any ice chunks or honey globs. Taste and add more lime juice, if you like. Serve in a large glass pitcher or individual glasses. Makes 1 large pitcher. (From *Super Natural Every Day* by Heidi Swanson)

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

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. 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. 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)