

Pinehold Gardens *Field Notes*

Vol. 24, Week 2

July 18, 2018

In This Week's Box

- Escarole
- Potatoes, Dark Red Norland
- Swiss Chard: Bright Lights
- Garlic: Italian Red, freshly dug
- Basil
- Garlic scapes
- Summer squash: Zephyr or zucchini or both
- Cucumber: Tasty Jade
- Green beans: Provider
- Radishes

In Next Week's Box?

- Sweet corn from Simons Gardens
- Beets, red & gold
- Cucumber (s)
- Onion, New York Early
- Kale
- Lettuce, summer crisp

A DAY IN THE LIFE

Darn it. I meant to take a picture of our worker share crew today. It was an overwhelming multi-task day executed amazingly well by a seasoned worker share crew. We also owe a debt of gratitude to three enthusiastic 13 to 16 year boys volunteers and one high school service hour volunteer that we have known since she was six years old. We are aging too rapidly. Besides harvesting for the CSA box, the crew harvested 2,400 heads of garlic, weeded the kale, chard and carrot patch and transplanted 6,000 broccoli, cabbage and kale plants. Mid July is an extraordinarily busy time of year for us.

Caden, who I believe is 13 years old, has been a wonderful asset to our farm crew. Last week when asked how his first day was, he replied "awesome". He also told Becky, our worker share crew manager, that he has found a good way to spend his summer. It helps everyone

to have that enthusiasm around us.

Also joining us today was Mason and Brady, two-year veterans of farm work, being encouraged by their mom Coleen, who wants to pass on the experiences she had during her teenage years of working for the Honadel Apple Orchard off of 27th Street and their Feed Mill in South Milwaukee. The Honadel days are gone, but at least we can provide a community farming experience to this next generation.

FIELD NOTES

Three months ago today we had nine inches of snow on the ground. I still am amazed that we have any crops ready for harvest as most crops take at least 60 days to mature. One can shorten that time frame by about 10 days by transplanting four week old plants out into the field, which we take full advantage of, including us transplanting 2,400 green bean plants as we lost our first bean planting during the heavy rains of May. They may not be the best beans, but they are fresh beans. They have been stressed by being under water, 41 degrees, and then 96 degrees a week after that. We are resilient farmers and do whatever we need to do to get fresh produce to you despite the weather challenges, but the results may not pay off in our efforts, especially this year.

If you read my past newsletters I have always talking about rain.....too much.....too little....but never have I mentioned snow before. This has been a

very challenging start to the season.

And then there was none.....The last time it rained at Pinehold was July 2, and that was less than a tenth of an inch.

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 of water on your kitchen counter. It will keep for weeks or if you are lucky it will send out roots.

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 sensitive.

Escarole & Swiss Chard -place it in a bag and refrigerate.

Basil - Freshly cut the stems and place them water in a jar.



These Tasty Jade cucumbers are reaching for the trusses in the greenhouse. Careful pruning and ample water seems to be helping the plants produce an abundant crop of, well, tasty cukes.

Food Facts: Swiss Chard

by Jackie Jones, MS RDN

Chard or Swiss chard is a green leafy vegetable that can be used in Mediterranean cooking. You can add it raw to your salad for a slightly bitter, crunchy taste, or sauté/ cook it for that bust of flavors from other ingredients.

Swiss chard is a nutritional powerhouse -- an excellent source of vitamins K, A, and C, as well as a good source of magnesium, potassium, iron, and dietary fiber. One cup of chopped Swiss chard has just 35 calories.

Finding Good Health in Food



A dietitian is Jackie's "second career" after staying home with her kids until they were in middle school. Prior to that, she worked as an exercise physiologist in cardiac/pulmonary rehab. Because

she was interested in the dietetics side to rehab/recovery, she took the opportunity to go back to school. The food that we consume, she says, is a direct link to our health and well-being.

Since April 2013, she has been working with Marquette University and the grant funded programs YES (Youth Empowered to Succeed) and FIT (Families Inspired Together), empowering kids and their families to make healthy food choices--through nutrition education and hands-on time in the kitchen. The students are mostly curious and their parents are eager to bring good nutritious meals into their home. "The produce boxes from Pinehold Gardens are an important step to guiding our families down the path to healthy eating," she says.

Garlic Scape Pesto

from the *New York Times* and
Pinehold member Clark Crosby

- 1 cup olive oil
- 1/3 cup apple cider vinegar
- 1/4 cup honey
- 1 cup garlic scapes, sliced
- 1/4 cup raw sunflower seeds
- 1/2 cup olive oil
- 1/4 cup Parmesan cheese
- 1/2 cup basil leaves
- Juice of one lemon

Process scapes in a food processor for 30 seconds. Then add sunflower seeds and do the same. Add olive oil and cheese and process until combined. Add basil and lemon juice and process until desired consistency. Salt to taste.

Pesto Chicken Pasta with Roasted Fennel

from Pinehold member Karen Kalayjian

- A big bunch of basil leaves
- About half a chopped garlic scape or one whole clove
- A handful of chopped blanched almonds (or pine nuts)
- Shredded Parmesan cheese (or other cheese of your choice) to taste
- About a quarter cup good olive oil
- Salt to taste



Place all ingredients in bowl and blend with hand mixer (or use a blender.) Add more oil/nuts if needed to achieve the right consistency. To mellow out the garlic flavor, allow the mixture to sit overnight in the fridge. Add to cooked pasta or vegetables, spread on a sandwich, etc.



Food Tips: Garlic



The Italian Red garlic in this week's box is a favorite of ours not only because it grows well at Pinehold but we like it's large cloves and pungent flavor. This freshly

harvested garlic is very juicy and preparation need not be much more than peeling it and smashing it with the side of knife and a quick chop.

Garlic is high in antioxidants and is thought to help protect against heart disease. Garlic should be stored at room temperature and in the dark. A silverware drawer or a paper bag in the pantry would be simple methods. Do not refrigerate or store in a plastic bag.

You will find the skins of fresh garlic not papery but rather moist and waxy. The papery skins come as we cure the garlic in a greenhouse under shade cloth and plenty of air circulation.

Green Beans and Bacon

- 2 slices bacon, cooked and diced/ crumbled, reserving the bacon fat
- 1 small clove garlic, chopped 1/2 onion, sliced
- 1/2 lb. green beans, trimmed and cooked until tender, drained
- 2 fresh sage leaves or 1/2 tsp. dried sage Salt and pepper

In a large skillet, heat the bacon fat and add the garlic, onions, and beans. Cook, stirring, about 3 min. Add the sage and season with salt and pepper. Serves 2

Green Beans and Fennel

- 1/2 lb. green beans, washed, trimmed and cut into 1-inch lengths
- 2 fennel bulbs, stalks trimmed, discolored outer layers and cones discarded, inner layers cut into 1/3-inch wide strips then 1-inch lengths (should be about same size as beans)
- 2 T. nely chopped dill
- 2 T. nely chopped fennel fronds 2 T. sour cream
- 1 t. honey
- Salt and pepper, to taste

IBring a large saucepan of hot water to a boil. Add beans and cook until tender, about 5-6 min. Immediately drain and cool under running cold water. Drain and set aside. Cook the fennel in the same manner until tender, about 6-7 min. Meanwhile, mix together the dill, sour cream, and honey. When fennel is tender, add the cooked beans to the pot with the fennel and cook just long enough for the beans to heat. Drain well, toss with dill and sour cream mixture, season with salt and pepper as needed. Serves 3



Escarole and White Bean Soup by Biada De Laurentiis from Pinehold member Rita Collen

- 2 T. extra-virgin olive oil
- 2 garlic cloves, chopped
- 1 pound escarole, chopped
- 4 cups chicken or vegetable stock
- 2 cups (or 1 15-ounce can) cannellini beans, cooked (or other white bean)
- 1-ounce chunk of Parmesan cheese
- salt and freshly ground black pepper, to taste

Heat the olive oil in a medium-size pot over medium heat. Add the garlic and saute until fragrant, stirring constantly. Add the escarole and saute until wilted, about 3 minutes. Add the stock, beans, and Parmesan cheese. Simmer until the beans are heated through, about 5 minutes. Season with salt and pepper to taste.