

Pinehold Gardens *Field Notes*

Vol. 16 Week 1

July 21, 2010

In This Box

- Beets with greens
- Zephr summer squash
- Red Norland potatoes
- Provider green beans
- General Lee cucumbers
- Green onions
- Green romain and red bibb lettuce
- Garlic scapes

Next Week?

- Fresh garlic
- Basil
- Head lettuce
- Potatoes
- Cooking onions
- Salad Turnips
- Cucumbers
- Summer squash
- Green beans

A DAY IN THE LIFE

Welcome everyone to our first delivery. We want to thank everyone for trusting us to be their farmers. As the season begins I am having to shift gears from field work to paper work. I hope that I have everyone's email and dropsites in their proper places on my spreadsheets.

I always like to keep everyone updated on who lives at Pinehold. Of course there is myself and David, both knocking on 55 this fall. Claire, our 12 year old Golden Retriever who now (with good reason) associates dusk with fireworks and spends a lot of time hiding under the bed. Sam is our elderly cat and his step sister is Morley, the kitten who walked into our house last February. Peaches is our 10-year-old composting pig now in her summer shed phase, which is not her most attractive phase — she looks like a mini hippo. And there's 40 hens and 5 roosters, including the former head rooster Junior, who was deposed by his nephew Big Guy. There's the bees in two bustling hives and, of course, lots of mosquitoes, birds, dragonflies, bats and deer and bugs who love our vegetables.

FIELD NOTES

I have been telling people that you can thank us for this beautiful spring and summer. After last year's very cool spring that concluded with a killing freeze on June 4, the early June floods of 2008 and numerous cool wet springs, we decided to work with the land and weather, and not

start the CSA until late July. So this is the year that, although it is still wetter than normal, the hot breezy days are helping dry out the land so we can keep planting and weeding.

David's efforts to subsoil each planting bed and add copious amounts of organic matter in the form of composted horse and chicken manure to each bed has also helped with fertility, drainage and soil crusting.

The crops are looking great with lush green growth and plenty of flowers on the fruiting crops of tomatoes, peppers and melons. The summer squash and cucumbers are growing so fast that it is hard to keep up with picking them. They love the extra moisture from the rains. While many crops will be early this year, fruiting crops such as tomatoes and peppers still need the 65-80 days to mature which means sometime mid-late August for them. We do have 150 tomato plants that were planted in early May in our greenhouse that are ripening and should be in your boxes the first week of August. Check out our website at www.pineholdgardens.com for a nice picture of them.

SAVE THE BOXES

The price of the waxed boxes that we pack the vegetables in keeps going up. This year it is \$1.32 per box plus freight. Therefore it is very important that you take

care of your box. Please follow the instructions included in your box on how to collapse the boxes. A torn flap on the bottom makes the box unusable. Also, please remember to bring your flattened box back each week to your dropsite.

GOING ON VACATION?

If you can't pick up your box we ask that you find someone to pick it up. It's a great way to introduce someone to CSAs and you can give the gift of food to someone you care about.

HONEY FOR SALE

David's hard working Italian girls, our honey bees, have produced honey to share with all of us. It is raw honey that has not been heated and whose flavor changes with the season. The cost is \$4.50 per half pint or \$8.50 per pint. You can email us an order and we will bring it to your dropsite and you can pay us by sending us a check. Honey is always available for sale at the farm.

GARLIC PULLERS NEEDED

We are in the midst of harvesting our 12,000 heads of garlic. It sounds like a lot of garlic and it is, but garlic has become one of our major crops for the CSA and the farmers markets. In addition 2,000 of those heads are saved for seed for next year's crop. The harvest window is short so if anyone is available this Saturday

Recipes of the Week

CONFETTI POTATOES, Annie Wegner, Serves 6

1 Tbsp. vegetable oil	2 Tbsp chopped fresh parsley
5-6 cups. cooked potato wedges	¼ tsp freshly ground pepper
1 cup snap peas or beans, trimmed and cut on a bias	½ tsp salt (or to taste)
1 cup sliced summer squash	dash paprika for color

Heat the oil in a skillet, add the vegetables and parsley, and cook until the potatoes begin to get brown and crisp. Add salt and pepper, and just prior to serving, dust with paprika.

MUSTARD VINAIGRETTE, Annie Wegner

¼ cup olive oil (can substitute all or half with flaxseed oil)	¼ tsp soy sauce
¼ cup red wine vinegar	1 tsp. lemon juice
1 tsp. prepared mustard	Freshly ground pepper

Combine ingredients in a jar, cover, and shake well. Serve over fresh washed and torn lettuce. Yields just over ½ cup.

STEAMED BEET GREENS WITH TOASTED SESAME OIL, Annie Wegner

½ lb. fresh beet greens	½ - ¼ tsp soy sauce
¼ tsp toasted sesame oil	¼ tsp toasted sesame seeds

Place greens in a steamer basket set over rapidly boiling water. Cover and cook about 2 minutes, or until they are wilted and a rich green color. Toss greens in a bowl with the sesame oil and soy sauce. Top with sesame seeds and serve. Serves 3

SUMMER SQUASH PICKLES, Annie Wegner

Although this is a canning recipe, the canning part can be skipped and you will have marinated or pickled summer squash.

4 cups cubed seeded peeled summer squash, such as yellow squash or zucchini (½-inch cubes)	1 cup white vinegar
1 ½ cup. sliced onion	1 tsp canning and pickling salt
2 cups water	1 tsp. dry mustard
1 ¼ cup granulated sugar	½ tsp ground turmeric
	½ tsp ground ginger

Prepare canning jars and lids. In a large glass or stainless steel saucepan, combine water, sugar, vinegar, salt, mustard, turmeric, and ginger. Bring to a boil over medium-high heat, stirring to dissolve sugar. Add squash and onions. Return to a boil and boil for 10 minutes until vegetables are heated through and slightly tender. Pack hot vegetables and liquid into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding liquid. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store. Makes about 4 to 5 8-oz jars.

ROASTED BEET SALAD WITH WALNUTS & GOAT CHEESE

Vegetables Every Day, Jack Bishop (and one of our all time favorite recipes)

Remove the beet greens. Trim all but the last inch or so of the stems from the beets and the last inch of the roots. Wrap the beets in aluminum foil. Roast beets in a 400 degree oven until slightly soft. Let cool and peel. Peels should come right off with a sheet of paper toweling. Slice the beets into ¼ thick rounds. Set aside. Heat 1 Tbsp olive oil in a medium skillet. Add thinly sliced shallots or onions and saute over medium heat until golden brown. Add damp beet greens that have been torn into pieces and saute until wilted. Season with salt and pepper and cool to room temperature. Whisk together equal amounts of red wine vinegar and balsamic vinegar (about 2 tsp each) and 3 Tbsp olive oil. Add salt and pepper to taste. Toast walnuts in a dry skillet until fragrant. Place greens on a salad plate top with the sliced beets, walnuts and crumbled goat cheese and drizzle the dressing.

between 9a.m. and 6 p.m. we would appreciate the help.

BOX NOTES

Any greens that we deliver to you this season that are not in a plastic bag should be refreshed in water and placed in a plastic bag before refrigeration. The greens should be removed from the beets and stored in a separate bag.

The curly green things are garlic scapes. They are the seed stalks of the garlic that are removed so that the garlic will produce larger heads. You use them like you would green onions, chives, garlic, any allium really. A gentleman at the market buys 50-100 of them a week and eats them with his rice. They are good with eggs, salad dressing, on a pizza or in a stir fry. The Milwaukee Journal Sentinel had a recipe a few weeks ago for garlic scape pesto.

It is very difficult to grow lettuce in hot weather and pounding rains, but we finally found a few varieties that can survive both, romaine and crisphead. There might also be a red bibb lettuce in your box. It did not like the hail and rain. The lettuce was washed twice, but it needs to be washed again.

The potatoes were dug on Monday and have very thin skins so they are not washed. Store them in the paper bag in a dark cool place.

WHO IS ANNIE WEGNER?

Most of the recipes are provided by Annie Wegner LeFort, a friend, former farm worker share, master canner, contributing writer to the Outpost Exchange and now a mom of an adorable active toddler, Vera. Thank you Annie!