

# Pinehold Gardens *Field Notes*

Vol. 24, Week 3

July 25, 2018

## In This Week's Box

- Sweet corn from Simon's Gardens
- Beets, red & gold
- Cucumbers
- Bell pepper
- Onion, New York Early
- Kale, Black Magic toscano
- Lettuce, summer crisp
- Some sites will receive broccoli, some cherry tomatoes, some eggplant, some summer squash

## In Next Week's Box?

- Lettuce, summer crisp head
- Potatoes
- Cucumber
- Garlic
- Collards or Maedely kale
- Basil
- Tomatoes???

## A DAY IN THE LIFE

We have included one of Leonard's (David's dad) recipes, his refrigerator cucumber salad. In his eighties, after his wife died, he taught himself to cook and still maintained a garden.

And for years he was our Greenfield drop site host and always looked forward to Wednesdays where he would greet "his people," take kids to his garden so they could pick cherry tomatoes and sometimes a member would pull up a lawn chair and sit down for a chat with him or, more likely, a listen. We miss Leonard who died at 93.

My dad turned 94 last Friday. He welcomed members that came to pick up at the farm when he was here. And this time of year he was always here as it was garlic harvest time. Dad was a record keeper and he sorted, size graded, and counted how many heads of garlic of each kind was sold. His record keeping gave us a perspective of how profitable garlic could be and it was part of our decision to increase the number we grow to 13,000 heads.

## FIELD NOTES

We received the right amount of rain and just at the right time. On Thursday we finished transplanting all of our fall broccoli, cabbage, cauliflower, romanesco, kale and collards.

Tomorrow David will direct seed our fall carrots, beets, turnips and rutabagas right before some forecasted rain.

It is still incredibly busy around here and it is hard to decide what is a priority between planting, garlic harvest and weeding before the weeds smother some of the crops. I always read other CSAs newsletters to see how our fellow farmer friends are faring. Tipi Produce in Evansville is a large farm with a large CSA and is a major supplier to the Outpost stores. So when I read their newsletter last week and found out that they bought a large piece of equipment that is supposed to ride over the crop and grab the tops of the weeds and yank them out I knew that many of us farmers are in the same boat of overgrown weeds because the rains didn't allow for cultivation.

## BOX NOTES

We purchased the sweet corn from Simon's Gardens, our farmer friends in Mukwonago. Son Jordan, the fourth generation Simon farmer, is transitioning the farm to organic practices. No pesticides were used on the corn so you might find a hungry corn earworm in the tip. Just cut the tip of ear off. You can find more of Simon's corn at the Oak Creek's farmers market on Saturdays and Greenfield's farmers market on Sundays.

The onion is a classic yellow onion with tender flesh and just a bit of a

bite. The cherry tomatoes have just started to produce so only some sites will receive them. Same for eggplant.

We took a gamble and planted broccoli in spring, which we have not done in years as most cole crops prefer to mature into the cool weather of fall. So, out of 600 plants we were able to harvest only 97 "usable" heads. Broccoli forms a small "button" head if hot weather follows weather in the 40's and 50's and that was the case this year with 41 degrees on May 20 and 96 degrees on May 27.

The bell pepper is the first pepper on the bottom of the plant that we usually remove to hasten the production on the rest of the plant. We never found the time to do so this year, but I am glad as now there is a small pepper to use in the cucumber salad recipe.

## STORAGE NOTES

**Onion** - leave out on a counter. If you only use part of it, place in a container in the frig. Uncut it will last for months.

**Kale** -place it in a sealed bag in the refrigerator.

**Beets** - Remove the greens and place in a separate bag from the roots and refrigerate. The greens will last about a week or so. The bulb a long time.



Brianne, Ken, Julia and Scott are finishing up bunching the beets in your box that they also harvested and washed.

## Food Facts: Beets

by Jackie Jones, MS RDN

Beets are edible from their leafy greens down to the bulbous root! Not to mention, they are low in calories and a great source of nutrients:

- including fiber
- folate
- vitamin C
- potassium
- and magnesium.

Beets also contain inorganic nitrates and pigments that may contribute to a number of health benefits like helping to lower blood pressure and improving athletic performance.

Roasting or steaming beets whole takes the fuss out of peeling — the skin easily slides off after cooking. They also are delicious raw, shredded and tossed in salads or thinly sliced and baked into chips.

## Leonard's Cucumber Salad

from the late Leonard Kozlowski

Dad always has a batch of these in his refrigerator in summer. Some of our members that pick up at his house in Greenfield requested this recipe after sampling them.

- 12 medium cucumbers,
- 1 green pepper, sliced and cubed
- 1 onion, sliced or grated
- 1/4 cup salt
- 2 cups sugar
- 2 cups vinegar

Mix together and let stand 10 minutes. Put in jars and store in the refrigerator. They will keep for three months or more.



## Roasted Beet Salad

Adapted from *Vegetables Every Day* by Jack Bishop

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 1/4-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.

## Food Tips

The SWEET CORN should be eaten right away, but if you must keep it until the weekend, then place it in a bag and put it in the refrigerator.

The kernels are largely made of starch that when cooked to 150 degrees or so convert to sugar. Cooking methods vary. Some like to roast them in their leaves on a grill. Some remove the leaves and lightly char the kernels on the grill.

Still others prefer the boil method. Bring a pot of water to a boil, turn off the heat and place the naked ears into the water and let them sit for about 10 minutes.

In all cases, the corn is sweet as is, but, of course, feel free to indulge in gobs of butter and sprinkles of salt.