

Pinehold Gardens Field Notes

Vol. 25, Week 4

In This Week's Box (Everyone gets a box)

- Escarole or romaine & escarole
- Cucumber OR summer squash
- Potatoes, Dark Red Norland
- Garlic, Armenian
- Cherry tomatoes or slicer
- Sweet corn from Simons Gardens

Next Weeks Box? (Only weekly members)

- Onions
- Kale, Toscano
- Tomatoes
- Summer squash or cucumber
- Barese Swiss chard

A DAY IN THE LIFE

After this week we should be able to take Sundays off as we are caught up with planting and now are tackling the monumental task of weeding. One's mind and body need a break.

FIELD NOTES

We really could have used some rain as the beautiful breezy low humidity days last week were great for drying down and curing our garlic, but not great for the tiny plants and seedlings in the ground. We are irrigating 24/7. Remember the rule of thumb for vegetables is one inch of rainfall per week and July will finish out with a total of two inches at Pinehold Gardens. We will keep you informed of the real weather situation and not the cushion, car wash, commute or State Fair forecast.

While we were catching up with planting the weeds really took off in the heat with many rows being buried by the faster growing weeds.

HOW TO CONTACT US

The phone number we list is our land line. We check voice mail and emails

at 8am, 1pm and 8pm. We do have cell phones and I carry mine with me, but only family members and my mother's care facility knows the number.

EMAIL ISSUES

For the past few months we have been having email problems. First the server we were using was blacklisted as a spam server. So we changed servers. Then we were told that we were sending out too many emails with copy addresses (our email list is 238 addresses) and we were being flagged as spammers. So we broke down the list into groups of 40 to 50 emails. Then last week we still were blocked and they shut down our email as we now were sending out too many emails in a short period of time. This week we are going to try sending out the newsletter in groups of 40, 30 minutes apart.

We might have to change to a service like Mail Chimp. Sigh.....technology.

WHO IS SIMON'S GARDENS?

I have known Jordan Simon for 22 years, since he was six years old. He is the 5th generation of Simons to run the vegetable operation. They are strictly farm market growers except

for a store in Brookfield on Greenfield Ave., which is the site of their original farm. His dad Chris is still involved with the bedding plant and greenhouse portion and drives tractor. I met Jordan at the Racine County Fair when he was too young to join 4H so he entered his vegetables in the open class category. I had entered our garlic.

Most of his crops would be classified as transitional organic. A conventional pre-emergent herbicide was used on the sweet corn.

BOX NOTES

The potatoes are the classic "new" or salad potato. They have a waxy texture and they are good for boiling, steaming or roasting, but NOT for mashing. I find that steaming works better than boiling for making potato salad.

STORAGE NOTES

Potatoes - We leave the dirt on as the Keep them in the paper bag in a cool place, but not in the refrigerator. Potatoes exposed to light turn green which is mildly toxic to some people. These are not a long term storage potato but will last at least a month.

Tomatoes - Do not refrigerate



Once again a first rate team helped us harvest about 11,000 heads of garlic in one day—and a hot day it was. We are grateful for the help of (from the left) Gretchen, Tracy, Heather, Ali, Luke and Ken. They were working so quickly that David, on the tractor, spent most of his time just moving garlic to the shaded greenhouse where it will cure and digging up new beds of garlic.

Food Tips: Sweet Corn

The sweet corn we harvested from Simon's Gardens farm near Mukwonago is nothing like its ancestors of even 50 years ago. Spontaneous selection in nature by early American Indians then careful breeding in labs has produced for our taste buds now a corn with the sugars enhanced and the starch minimized.

A few sweet corn varieties were available in the 19th Century but today there are more than 100 different varieties. Every year there seems to be an effort to produce an even sweeter sweet corn. Some say that sweet corn breeders might be going to far in this direction and the sweet is overcoming the



corn. So far we think we are still finding a good balance, like today's corn — a bi-color variety with a mix of white and yellow kernels.

We tend to roast on a grill or steam our sweet corn in this country. In other countries it is cut from the cob and combined with beans, or cooked with milk. Europeans seem to like to use it as a pizza topping or in a salad.

No matter how you use it, sweet corn is best eaten fresh. The longer you store it, the more sugar is converted to starch and the drier the corn gets. If you must hold it for a day or two, put in a sealed bag in the refrigerator.



Escarole and White Bean Soup

by Biada De Laurentiis from Pinehold member Rita Collen

2 Tbs. extra-virgin olive oil
2 garlic cloves, chopped
1 lb. 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 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.

House Potato Salad

From *The Little Book of 'Beans'* by Beans and Barley Deli and Cafe

2 cups, Norland potatoes, cubed
1 Tbs. dry vermouth
2 Tbs. radish, thinly sliced
2 Tbs. scallions, thinly sliced
1 hard boiled egg, sliced
2 Tbs. chopped parsley
Dressing:
1/4 cup mayonnaise
1/4 tsp. celery seed
1/4 tsp. dill weed
1/4 tsp. salt
1/4 tsp. pepper

Steam potatoes until tender and place on cookie sheet. Splash vermouth over them and let cool. Combine the rest of the ingredients, then add potatoes.

