

Pinehold Gardens *Field Notes*

Vol. 24, Week 10

September 12, 2018

In This Week's Box

- Head lettuce, mini
- Green beans, Jade
- Cantaloupe, Verona
- Broccoli for a few sites
- Slicing tomatoes
- Spaghetti squash
- Carrots
- Sweet peppers, bell & Carmen

In Next Week's Box?

- Celery
- Acorn winter squash
- Assorted kale
- Broccoli?
- Onion
- Sweet peppers
- Cantaloupe or watermelon

FIELD NOTES

Hurricane Florence continues to bear down on the Carolinas and mid-Atlantic as I write this. High surf is already impacting portions of the east coast. Heavy rain and strong winds from typhoon Olivia could produce landslides and flash flooding in areas of Hawaii that are usually drier. A Gulf system is expected to produce heavy rain in Texas. Tropical storm Issac is being monitored for potential threats to U.S. Territories. The weather is very unsettled and full of extremes, as was predicted with climate change.

The rain that we wrote about in the last newsletter that we needed to stop did not do so. Instead it delivered another 1.2 inches last Wednesday, drowning many of our crops. The excessive amount of rain since August 20, along with the conditions that did not allow the moisture to evaporate — humidity, cool damp lake breezes, the lack of sun and the foggy mornings — have contributed to the loss of some of our fall crops. We are still assessing the long-term damage and will keep you

posted as soon as we know the results.

For a good overall perspective of this year's growing season, everyone should read last week's newsletter from Janet Gamble, owner of Turtle Creek Gardens. Prior to owning Turtle Creek Janet was a farmer and educator at Micheal Fields Agricultural Institute and was one of the people responsible for my quitting my day job, leaving the world of computers and joining the living natural world as my second career.

BOX NOTES

A small head of lettuce and a few tomatoes.....perfect for your last BLT of the season.

The Jade beans are our favorite green bean variety. They can only be planted in the summer as they do not germinate well in cool soil conditions

The Carola potatoes, also a favorite variety, were grown by Simon's Gardens in Mukwonago, the farm that grows sweet corn for us. It is an all purpose (baking, boiling, roasting, mashing) yellow skin, yellow flesh potato. Their farm dries out faster than



Our Corolla potato grower, Jordan Simon.

ours and they had extra potatoes so we took them up on their offer to come and harvest some potatoes.

Carrots, ugh! They were dug at the tail end of the rain events. Fearing rot, we pulled them out of the mud to the

A DAY IN A LIFE



The weather's combined effort of rain and clouds has had its way with a lot of fall crops. Not much of the kale above will ever come back to life and produce enough to harvest. And our effort to pull carrots out of the saturated ground proved too late.

sound of a great sucking noise, but it was too late, tip rot had set in. We always say carrots can keep for months, but these will not. We have tried our best to sort out the bad ones. Please use them soon; they will not store.

TOMATO SECONDS

We are slowly filling the numerous requests for seconds and unfortunately cannot take any more requests.

Food Facts: Cantaloupe



Cantaloupe is an excellent source of beta-carotene and vitamin C. One cup provides more than 100 percent of the Daily Value of each and is only about 55 calories. It is high in fiber and a good source of potassium. A truly refreshing summer snack.

Cantaloupe Sorbet

- 4 1/2 cups fresh cantaloupe
- 1 Tbs. freshly squeezed lemon juice
- 2 Tbs. raw honey
- 2 Tbs. water plus more as needed

Line a baking sheet with parchment paper and set aside. Place the cubed cantaloupe onto the baking sheet, leaving space in between the cubes to allow for even freezing and not touching so they don't create a giant glob of frozen cantaloupe.

Place the tray into the freezer overnight, or until completely frozen — at least 4 to 6 hours. Place the frozen cantaloupe into the bowl of a food processor and pulse until the cantaloupe becomes crumbly.

Add the lemon juice, honey, and water and then pulse again. You may need to add more water until the mixture becomes more fluid, but not slushy. You're looking for a soft sorbet texture at this point.

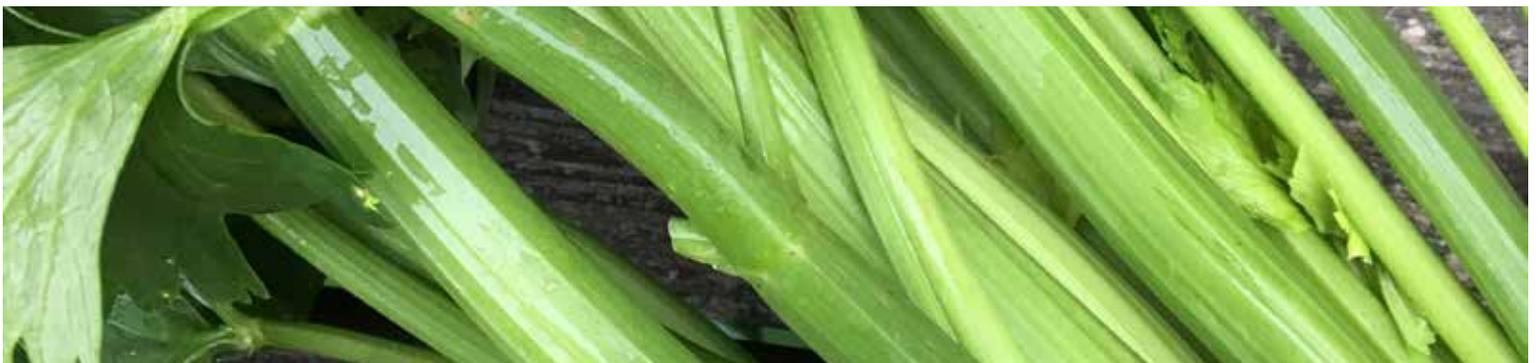
Taste and add any additional honey as needed at this time if it needs to be a little sweeter. If the mixture becomes too slushy and does not resemble sorbet, you can return to the freezer for 30 min. to an hour to allow it to re-solidify. Serve immediately, or store in the freezer in an airtight container for up to 2 weeks.

HASH AND EGGS

from friend and former member Annie Wegner LeFort

- 2 Tbs. oil, divided
- 3/4 cup diced onions
- 1/2 cup diced sweet peppers
- 1/8-1/4 cup diced hot peppers, to your taste
- About 5 cups diced potatoes, cooked until tender
- 1/2 tsp. Worcestershire sauce
- 1/4 tsp. salt, or to taste
- 1/4 tsp. pepper
- 1-2 Tbs. milk
- 3 Tbs. butter, divided in half
- 4 eggs
- 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 10-inch skillet, heat 1 tablespoon of oil over medium-high heat. Add onions and peppers; cook, stirring, until onions start to brown. In medium bowl, combine onion/pepper mixture, potatoes, Worcestershire, salt, pepper. Stir in as much of the milk as necessary to help mixture hold together. In 10-inch skillet, melt 1 1/2 tablespoons of butter with remaining 1 tablespoon of oil over medium-high heat. Form hash into 4 patties. Cook 10 to 15 minutes or until browned on bottom. Turn and cook 15 minutes more or until browned on other side. Remove from pan and drain on paper towels. In clean 10-inch skillet, melt remaining 1 1/2 T. butter over medium-high heat. Add eggs, cook until whites are set. Serve 1 egg of top of each hash patty. Makes 4 servings.



FOOD TIPS: SPAGHETTI SQUASH



Spaghetti squash stands apart from other winter squashes for the unusual texture of its flesh. While the squash raw appears just like other winter squashes, albeit a bit paler, cooked its flesh breaks up into soft fibers imitating somewhat spaghetti noodles. It can be baked, boiled or microwaved. Once cooked the flesh can be forked out of the skin in piles of noodle like ribbons. Then it can be used as any spaghetti pasta might be used or simply tossed with butter and salt.

- 1 spaghetti squash, halved lengthwise and seeded
- 2 Tbs. vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 Tbs. sliced black olives
- 2 Tbs. chopped fresh basil

Preheat oven to 350 degrees. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.

Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil. Serve warm.

Vegetable Versatility

Pinehold member Sheldyn Himie's hash and frittata (shown here) is great use of the various seasonal vegetables you may have. I only wish we could give hash a different name. Perhaps melange of seasonal vegetables would be better. Roasted or skillet cooked, the vegetables could be nearly anything but potatoes often seem to form the base of hash. It could be composed of summer veggies such as peppers and summer squash, or winter vegetables such as squash, turnip and parsnip. Perhaps the easiest way to bring these flavors together is roasting them in the oven under a relatively hot temperature, say around 400 degrees. Then slip in bacon, as Annie Wegner LeFort does in the recipe on the second page of the news-



letter, or any type of pork or beef. Also place a fried or poached egg on top. Seafood hash with spring vegetables using ramps, asparagus and early Norland potatoes is also a good use. This melange makes a great breakfast or brunch dish.

Today's corolla potatoes would be a good base for a hash along with some sautéed onions. Try grating the potato and making hash browns with them and use that as a base for the vegetables.

Hash Browns

Shred or grate potatoes or chop finely, then place in a bowl of cold water and drain. Pat dry. Add them to a hot skillet with butter, clarified butter or oil and salt and pepper and fry until golden. Add onions if you wish. Adding flour and an egg and you have potato pancakes.