

# Pinehold Gardens *Field Notes*

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## In This Week's Box

From our hoopouses:

- Tomatoes: slicers

From the drift free fields:

- Garlic
- Tomatillos & cilantro
- Kale
- Lettuce heads, Spretnek
- Cucumber, General Lee or Tasty Jade

## In Next Week's Box?

From our hoopouses:

- Tomatoes: slices

From the drift free fields:

- Potatoes
- Bright Lights Swiss Chard
- Radishes
- Escarole

## HERBICIDE DRIFT UPDATE

The demand letter has been sent to our neighbors. We expect insurance adjusters to be here soon to inspect our farm. We hope to settle through their insurance company, but we do not know if there is enough coverage or even coverage at all for drift.

The soil and water tests have also been sent in.

And there is still some misunderstanding, even among fellow farmers, one of whom asked if we were looking for a conventional, i.e. non organic, outlet to sell our adulterated produce. Dispensing the produce has nothing to do with organic and that it is all about the herbicide not being labeled and tested for safety to be sprayed on food — organic or non-organic — that is meant for human consumption

## A DAY IN THE LIFE

We are often asked, how are we? I usually answer we are plugging along, going day by day. But quite frankly it is getting difficult to see all the crops maturing that we cannot harvest.

Currently the watermelon and cantaloupes are ripening, the peppers are turning red, the onions are dried down and ready to harvest. Even some of the winter squash is ready early. Not to add insult to injury, but I wanted to include a picture of those beautiful items that are in the field, gradually being covered by weeds, waiting to be inspected by insurance adjusters, and then after that disced into the earth.

## BOX NOTES

Last week's lettuce and Swiss chard were the first crops that were planted after the drift incident that were ready

to harvest. This week most of the crops in the box are from our post drift, July plantings.

The Spretnek lettuce is a fast growing Little Gem variety. It is very dependable and would fit perfectly in your home garden. It was rinsed and double dunked, but is still very muddy.

The cilantro is starting to bolt so we hoping for enough tomatillos for everyone, and the plants came through with just shy of a pound for everyone.

Kale is no longer the hot item it once was, but we still love growing it and cooking with it. This variety is good for soups, stews and kale chips.



It's very difficult for us to walk the drifted fields and see what we are prohibited from delivering, part of which is shown here. There's 6,000 onions and 4,000 pepper plants alone and lots of squash and melons.

## SALSA VERDE VERSION No. 1

from member Amy Whalen

- 1 lb. tomatillos
  - 1 medium white onion
  - 2 to 3 chilies
  - Sprigs of cilantro
  - 1 tsp. salt
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- Wash the tomatillos. Quarter the onion and add all the ingredients except the cilantro and salt into a pot and simmer for 10 minutes.
  - Blend the cooked ingredients and the cilantro with as much cooking water as needed to make a smooth sauce.
  - Heat 2 Tbs. of oil in a pot and pour the blended sauce into the pot and simmer for 20 minutes. Add salt to taste.

## SALSA VERDE VERSION No. 2

from *Weber's Art of the Grill*

- 1 onion, cut into half inch slices
  - 6 to 8 tomatillos
  - 1 Pablano chili
  - 1 clove of garlic
  - 1/2 tsp. brown sugar
  - 1/2 tsp. salt
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- Grill chili until charred on all sides and place in a paper bag. ( Placing the chili in a paper bag helps in removing the skin as it puffs up in the bag.) Grill onions and tomatillos until charred. Remove skin and seeds from the chili.
  - Put all ingredients in a food processor and blend until smooth.

*Editor's note: We at Pinehold do not remove the skin and seeds from the chili. We grill all the ingredients together at the same time.*

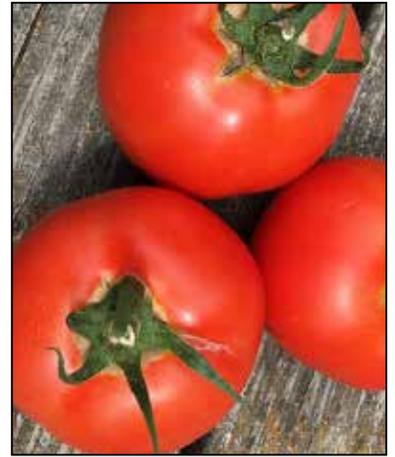
*Storage note: Both versions can be frozen prior to blending or after blending. Just let the salsa cool before freezing and freeze in a freezer bag with all the air pushed out. (Besides preserving the salsa, this method allows frozen goods in flattened bags to stack neatly in the freezer.*



## Fresh Tomato Salsa

From Member Jeff Siuta

This salsa requires no cooking – just a bit of chopping. Use the ripest, freshest tomatoes that you have to get that full summery taste.



Ingredients:

- 3 cups chopped fresh tomatoes (about 3 medium tomatoes)
- 1/2 cup chopped cilantro
- 1/4 cup chopped green onions (3 or 4 medium onions)
- 1 tablespoon minced jalapeño pepper (about 1 medium pepper)
- 3 tablespoons fresh lemon or lime juice (about 1 medium lemon or lime)
- 1 clove garlic, minced
- A generous pinch of salt (or more, to taste)
- 1/2 teaspoon sugar (optional)

Directions:

- Mix all ingredients together.

Makes about 3 cups.

*Jeff's Notes:*

- *This is a very quick recipe to make. It's best if made with tomatoes fresh and sun-warm right from the garden.*
- *Because it's made with fresh tomatoes, the salt (and optional sugar) cause the tomatoes to lose liquid. You can serve it using a slotted spoon, drain off the liquid before serving – or enjoy the liquid by the spoonful.*
- *Spice it up – or down – as tastes dictate. A couple shakes of Chipotle Tobasco Sauce will add a nice smoky note to the salsa.*
- *This makes a great topping for fish or chicken.*
- *My own choice is to make this with lemon rather than lime juice. However, if you are serving it in a meal with a meat course, the lime juice is more likely to harmonize with the entire meal.*

# Classic Red Gazpacho

From Member Jeff Siuta

The wealth late-summer produce, along with the last few hot days of the season, make Gazpacho, perfect for lunch or for a first course for dinner. This soup is served ice cold — it's been compared to a Bloody Mary in soup form — and may be my favorite vegetarian soup of all time.

## Ingredients:

- 1 or 2 cucumbers, cut into ¼ inch dice
- 2 large, perfectly ripened tomatoes cored and cut into ¼ inch dice
- 1 large red, sweet or Spanish onion, coarsely chopped
- 2 to 4 large cloves of garlic, minced
- 2 red bell peppers seeded, and cut into ¼ inch dice
- 2 tablespoons extra virgin olive oil
- 3-4 tablespoons sherry or red wine vinegar
- 3 cups tomato or V8 juice
- 1 cup ice water
- 1 to 2 teaspoons cayenne pepper
- 1 to 2 teaspoons kosher salt
- 1/3 cup chopped fresh dill, cilantro, or basil leaves, for garnish, optional
- 1/2 cup crumbled feta cheese, for garnish, optional
- 2 cups croutons, for garnish, optional

## Directions:

- Place the cucumbers, tomatoes, onion, garlic and peppers in a bowl, then toss to combine.
- Remove half the mixture and place in the bowl of a food processor fitted with the steel blade and pulse 2-3 times until chopped and combined. Return the mixture to the bowl.
- Add the oil, vinegar, tomato juice, water, cayenne and salt. Stir to combine.
- Cover and refrigerate for at least two and up to four hours.
- Serve garnished with fresh herbs, cheese and croutons.

## Jeff's Notes:

- *This makes a substantial amount of soup. Leftovers store well for about a week in the refrigerator, but fare rather poorly in the freezer.*
- *Many traditional Gazpacho recipes thicken the soup with stale bread. I don't do this because I feel that it mutes some of the fresh flavors inherent in the vegetables.*
- *Additional heat may be added by using Tabasco sauce individually to a serving.*
- *As an experiment, I tried making Gazpacho sorbet in my ice cream maker. It works if you add about an ounce of vodka to about a quart of the soup before churning – it keeps the liquid from forming large ice crystals. Be advised, this is probably not the kind of thing that you'd serve to less adventurous eaters.*
- *It looks pretty striking when served in a martini glass with the garnishes on a small skewer.*



# Fresh Kale and Mango Salad

From Member Jeff Siuta

## Ingredients:

- 1 bunch kale (any variety – or a mixture of varieties), stems and thick veins removed and discarded, leaves thinly sliced into ¼" ribbons
- 1 lemon, juiced
- ¼ cup extra-virgin olive oil, plus extra for drizzling
- Kosher salt
- 2 teaspoons honey (or more, to taste)
- Freshly ground black pepper
- 1 very ripe mango, cut into ½" dice (about 1 cup) – see note below
- Small handful toasted pepitas (pumpkin seeds), about 2 rounded tablespoons

## Directions:

- In large serving bowl, add the kale, half of lemon juice, a drizzle of oil and a little kosher salt.
- Massage until the kale starts to soften and wilt, 15 to 20 minutes. Set aside while you make the dressing.
- In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the 1/4 cup of oil while whisking until a dressing forms, and you like how it tastes.
- Pour the dressing over the kale, and add the mango and pepitas. Toss and serve.

Makes four servings.

## Jeff's Notes:

- *I like to use a smaller variety of mango usually sold as yellow mangoes or honey mangoes. They tend to be sweeter and are more likely to be very juicy – which works well in this contest.*
- *I generally use raw pepitas and toast them myself in a dry skillet. (Watch them carefully since they can over-toast very quickly.) Roasted salted pepitas are easier to find, and they work fine, too.*