

Pinehold Gardens *Field Notes*

Vol. 25, Week 12

September 25, 2019

In This Week's Box

(All members get a box)

- Tomatillo & hot pepper salsa bag
- Broccoli
- Beans, yellow wax & green
- Sweet peppers
- Celery
- Onion
- Carrots from Pinehold Gardens
- Slicing tomatoes

Next Weeks Box?

(Only weekly members)

- Potatoes
- Turnips, Purple Top
- Leeks
- Peppers
- Beets
- Kale

A DAY IN THE LIFE

We don't know when but summer turned to fall sometime and it was irrespective of the calendar. Tuesday's harvest day was as nice and warm and sunny as any summer day but everyone felt it was fallish. But it has felt fallish for sometime. The geese v-ing south? The lower, warmer colored sun? The smell of ripening fruit? Something triggers our sense of the season no matter what a calendar says. So it is officially fall and it feels like fall now.

Fall used to be our favorite season. David looked forward to the cooler days, calling the weather when it was cloudy even misty "sweater weather" and he'd begin wearing one of his many wool sweaters. It was our favorite camping season too. The parks were less crowded with family summer vacations over and if we went on a weekday, we would have the park nearly to ourselves.

But not so much anymore. The parks are more crowded year around and we don't have the time anymore to go camping. And even more tragic, fall

has lost some of its magic since we spend much so time harvesting, racing against the now common fall rains and the coming cold weather, that we scarcely have time to enjoy it.

FIELD NOTES

More rain is in the forecast for later this week and then next week. We harvested almost all the potatoes we had left in the field — a paltry harvest at that, one tenth of what we should have gotten. Now the concern is for the rest of the carrots, sweet potatoes and cabbages. All of these may have to be harvested before they are mature just to save them from rotting or splitting.

The sweet potatoes may have to come out this week as a peek at a few plants indicates some evidence of bacterial rot on the skin.

BOX NOTES

Tomatillo — In the same family as tomatoes but actually more closely related to the ground cherry or husk

cherry, for obvious reasons: The tomatillo fruit grows within a protective husk. To use the tomatillo, remove the husk and wash the fruit, which tend to have a sticky resin on the outside. Then use one of the salsa verde recipes on the next page or treat like any tomato.

Beans and Carrots — We've done our best to make sure none of the beans and carrots have any, even a spot, of rot. Despite that effort we still would encourage you to eat them sooner rather than later.

TOMATO UPICK

The paste tomato upick was partially rained out this past Saturday except for the hearty two dozen members who braved the elements and picked in rain gear, under umbrellas or just decided that it was OK to get wet.

The next upick will be this Thursday, September 26 from 2-6pm.

If there are ripe tomatoes left and IF it doesn't rain a lot on Friday there will be additional upick hours on Saturday.



We were determined not to lose fall carrots again after last years drowning fiasco so we built a jerry rigged cover over today's carrots when rain was imminent. However, because the ground was already too wet and too warm, we lost easily 40 percent of the carrots to soft rot, same disease as last year's. Solution? Two: let's start getting serious about climate change and build raised beds for the carrots.

Food Tips: Peppers



Green, orange, yellow, red, brown, purple and even black. Peppers, both sweet and hot, come in a variety of colors, shapes and tastes. Hot peppers, which we sometimes refer to as chilies, are in the same family as sweet peppers such as the familiar bell pepper. The difference, besides shape, is the amount of the chemicals in the peppers called capsaicinoids, capsaicin being the main one.

The amount of capsaicin or heat is measured in Scoville Heat Units and Bell peppers and Carmen peppers have zero where today's Pablanos may have up to 1,500 SHUs and today's Jalapeño could have up to 10,000. Our Jalapeños are not that hot.

All peppers start green or greenish and turn color as they ripen. So the familiar green Bell pepper is really an unripe pepper. With ripening the flavor changes. The peppers sweeten, even the chillies.

SALSA VERSION No. 1

from member Amy Whalen

- 1 lb. tomatillos
- 1 medium white onion
- 2 to 3 chilies
- Sprigs of cilantro
- 1 tsp. salt

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 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

Grill chile 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 tip: 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.

