

Pinehold Gardens *Field Notes*

Vol. 25, Week 9

September 4, 2019

In This Week's Box (Only weekly members)

- Collard greens
- Romano beans
- Shishito peppers
- Kohlrabi
- Paste tomatoes & hot peppers
- Garlic scapes
- Slicing tomatoes

Next Weeks Box? (Everyone gets a box)

- Peppers
- Garlic & onion
- Tomatoes
- Corn
- Potatoes?

DAY IN THE LIFE

The farm is finally back in full swing: CSA, restaurants, on-farm stand and Drexel Town Square Market. To make life really interesting, we decided to go through with our biennial People's Sunday Supper. It's tiring, but it feels good to be back to harvesting crops almost every day.

FIELD NOTES

It continues to be a buggy year. The cabbage moths are still flying about and laying eggs on all the brassicas. Holes in the collards were made by the cabbage looper.

We found tomato hornworms dining on our paste tomatoes this week. We thought we had escaped them this year.

And the flea beetles are going nuts. They are usually a spring insect but they also love dry weather. They destroyed the eggplant making lace out of the leaves so the plants never grew. We planted 480 eggplant and I was able to harvest 18 small ones for the dinner.

We could really use some warmer nights to help ripen the peppers and paste tomatoes.

BOX NOTES

Hot peppers - The peppers in the bag with the tomatoes are Jalapeños (green) and Hungarian (yellow or orange). The Hungarian is milder than the Jalapeño

Salsa bag without cilantro - Unfortunately the first planned planting of cilantro never happened and the second one is a ways off from being ready. We picked all the ripe paste tomatoes so everyone could enjoy them in salsa or sauce. The plants are still loaded with green tomatoes so hopefully they will ripen soon so we can host our planned tomato u-pick.

Romano Beans - Also known as Italian flat bean they can be used anyway you would use a green bean. They are great in soups and stews.

Shishito peppers - They are a thin-skinned, sweet pepper from Japan, except about one in ten of the peppers is spicy. We started growing these five years ago at the request of some of our chefs. They were a very popular appetizer and small plate item but their popularity seems to have waned a bit. We shared some with one of our members and his recipe and picture that is featured on the following page motivated us to share some with everyone.

Collard greens - Greens, such as collards are easy to freeze for later use. We



The apple pepper is one of our favorite peppers. This pile is destined for Sunday's People's Supper and will be stuffed and served as an entre.

had frozen some last year so we were able to make the Black Eyed Pea recipe for New Years Day, to give us good fortune in the New Year. That part didn't exactly hold true, but the recipe was delicious. For freezing, remove the stem and chop the leaves into roughly one-inch squares. Blanch in boiling water for a couple of minutes. Remove and place in ice cold water. I use a salad spinner to remove the excess water and then place a recipe's worth in a zip loc bag.

Garlic scapes - We store thousands of them in our cooler as our restaurant accounts continue to buy them even after we have fresh garlic for sale. It is time for them to leave our cooler and make their way to your frig.

Black-Eyed Peas and Collards

From *The New York Times*

We made this New Years Day last year and it was very good. The recipe could easily be scaled down. We also added some apple cider vinegar to the collards and proportionally more collards than the recipe calls for.

Your Farmers, Sandy and David

- 2 lbs. black eyed peas, soaked overnight
- 2 lbs. smoked ham hock, meaty ham bone or slab bacon
- 2 tsp. kosher salt
- 1 large onion, peeled and stuck with 2 cloves
- 1 bay leaf
- 1/2 tsp. black pepper
- 1/2 tsp. allspice
- 2 Tbs. vegetable oil
- 4 garlic cloves, minced
- 1/2 tsp. crushed red pepper
- 2 lbs. collard greens, cut into 1-inch ribbons
- 1 bunch scallions, chopped for garnish

Drain peas and put into a large Dutch oven or heavy-bottomed soup pot. Add ham hock or bone (if using bacon cut into 2-inch chunks), cover with 10 cups of water and turn heat to high. Add salt, onion with cloves, bay leaf, black pepper and allspice.

Bring to a boil then reduce to a simmer. Simmer 1 1/2 to 2 hours or until the peas are tender. Add water as necessary, keeping liquid level 1-inch above the surface. Stir occasionally. Check for salt and adjust seasoning. Mixture should be brothy. Remove ham hock, bone or bacon. Chop meat and set aside.

Heat a large skillet on medium high and add vegetable oil. Add garlic and red pepper and let it sizzle without browning. Add salt and 1 cup of water. Add collard greens and chopped meat, reduce heat to medium heat. Cover skillet with lid slightly ajar. Cook until tender, about 20 minutes.

Serve the peas over the greens, sprinkled with scallions.

Grilled Shishito Peppers

From Pinehold member Jeff Siuta

- Shishito peppers
- Olive oil for coating
- Dip:
 - Yogurt
 - Ground cumin
 - Fresh cilantro
 - Honey
 - Salt and pepper

Toss the peppers with olive oil and grill them until they begin to blister and just start turning brown. Sprinkle with coarse sea salt and serve with the dip.



Garlic Scape Pesto

- 6 garlic scapes, chopped
- 1/2 cup fresh grated Parmesan cheese
- 1/2 cup fresh Asiago cheese
- 1 Tbs. fresh lemon juice
- 1/4 cup pine nuts
- 3/4 cup extra virgin olive oil
- Salt and pepper to taste

Place everything but the olive oil in a food processor. Drizzle olive oil over the mixture. Blend until pesto is brilliant green and smooth. Season with salt and pepper.

