

Pinehold Gardens *Field Notes*

Vol. 24, Week 9

September 5, 2018

A DAY IN THE LIFE

In This Week's Box

- Potatoes, Peter Wilcox
- Carrots, Coral
- Sweet peppers: Carmen & bell
- Dill
- Slicing tomatoes
- Tomatillo salsa bag: cilantro, hot Jalapeno & mildly hot ancho (green) &/or Hungarian (yellow) peppers
- Garlic and White Wing onion

In Next Week's Box?

- Head lettuce
- Green beans
- Cantaloupe?
- Broccoli?
- Slicing tomatoes
- Collard greens
- Onion

Our lives are super busy right now. Besides the weekly harvesting for the CSA, restaurants and farm stand and market we are harvesting the fall storage crops. We finished harvesting the last of the onions minutes before Sunday night's downpour. Next week we will start harvesting winter squash. And when heavy rain is predicted we harvest carrots and potatoes on the weekend when the Tuesday CSA harvest crew is scheduled to harvest them as muddy carrots are not fun to wash. Last year our Farm to Table dinner was this weekend. Luckily this is an off year for the dinner as its location is now part of what we fondly (you just have to live with some things) refer to as Lake Pinehold. And our decision to attend the new Oak Creek Farmers Market at Drexel Town Square, while it has been a great decision for community involvement, it has not been a good decision to have David miss eight hours out of a Saturday work day, especially when available work days have been so limited by the persistent rain.

FIELD NOTES

The rain needs to stop. Seven inches has fallen since August 20th. The fields are a muddy, standing water, mess. Beth from Tipi Produce in Evansville, a large CSA farm and the major produce supplier to Outpost, pointed out everyone has had wet spells in the past but this has been a genuinely wet summer and too much rain has had the lasting effects of an extraordinary amount of weeds, disease and rot.

The weeds are growing inches a day and we can't weed when it is muddy as you pull a weed and a fist sized clump of mud comes along with the roots. Fall carrots and beets will bear most of the consequences. Leaf diseases caused by the humid conditions are taking down all of the foliage of the vine crops, but it looks like a really good fruit set in the winter squash field and most of them are mature enough to harvest soon and cure, but this week we bid farewell to summer squash. The cantaloupe are also close to harvest, so they should be OK.

We are anxiously watching the spread of the yellowing leaves at the bottom of our beautiful broccoli plants that are only a week or so away from harvest. Numerous fungal and bacterial infections kill the leaves which also can cause rot in the heads.

We had already lost earlier plantings of carrots and potatoes and now we have mature and ready to harvest carrots and potatoes in the ground that we hope will not rot.

We are grateful that we were not in the path of the 19 tornadoes that



For the bug geeks, a new never before seen pest in the fields: Zebra Catepillar. Massed in the hundreds on this kale leaf, they are munching away. UW-Madison entomologist PJ Liesch says they are generalist foragers who, in this case, have developed a taste for organic kale.

touched down last week just north of Milwaukee County and we have not received 6-10 inches of rain at time.

Quite frankly it is our commitment to you, our members, that causes our concern and worry about our crops.

BOX NOTES

This week's box is missing greens. The fields where the lettuce, collard greens and kale are located are totally inaccessible, as in sink in the mud, cannot lift your foot out of it, mud.

The long peppers are Italian Frying peppers. Use like any sweet pepper or fry in a skillet for use on a sandwich.

Peter Wilcox is one of our favorite potatoes. An all purpose variety, a little drier than the Red Norlands. Boil, roast, steam.....YUM!

TOMATO SECONDS

If you would like to be put on a list to receive 10 lbs. of seconds, please email us. They are free of course.

Food Facts: Carrots



Carrots are rich in antioxidants—most specifically beta-carotene, which your body converts to vitamin A. Maintaining adequate levels of vitamin A in the body can help to prevent vision issues associated with deficiencies of this nutrient. So—just like your parents always told you—“eats your

carrots—they’re good for your eyes.”

According to the U.S. Department of Agriculture (USDA), one cup of chopped carrots provides:

- 52 calories
- 3 g of sugars
- 1.19 g of protein
- 3.6 g of fiber
- More than 100 percent of an average adult male or female’s recommended daily allowance (RDA) of vitamin A.

Carrots are a versatile vegetable. They can be eaten raw, steamed, boiled, roasted, and as an ingredient in many soups and stews. Here are some great ways to put carrots into your diet:

- Use shredded carrots in coleslaws, salads, wraps
- Add shredded carrots to baked goods, such as cakes and muffins
- Snack on carrot sticks or baby carrots as snack or with herbed dips and hummus
- Use carrots in juice for a sweet, mild flavor
- Try roasting them.



SALSA VERSION No. 1

from member Amy Whalen

- 1 lb. tomatillos
- 1 medium white onion
- 2 to 3 chillies
- 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 poblano chile
- 1 clove to 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 chile 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 seed from the chile.

Put all ingredients in a food processor and blend until smooth.

Editor's note: We are Pinch do not remove the skin and seeds from the chile. 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.

VERSATILE SOUP BASE

from Pinehold farm market regular and friend Ewa Mleczko

6 - 7 cups chicken stock (I make my own and use meat from the stock in the soup)

2 carrots chopped

1 parsley root tastes earthy, chopped

1/2 chopped med onion

1 leek, sliced

1 celery rib chopped

4-5 med potatoes, cut in small chunks

1 bay leaf

2 allspice berries

Salt to taste

When the soup is cooked, add some half and half, dill and chopped parsley and pepper to taste

I add green beans and call it green beans soup. Or I add chopped green cabbage and call it cabbage soup. Or I add cauliflower and call it cauliflower soup. Or I add 3 or 4 other vegetables to the basic starter and call it vegetable soup.

YUMMY ZUCCHINI CHOCOLATE CHIP MUFFINS

from member and friend Tracy Hannemann

Editor note: For all those with some zuch still around, these muffins are outrageously good. We know. We had them.)

1 1/2 cups of flour (I used 1/2 c white, 1/2 c wheat, 1/2 c quinoa flour)

1/2 cup white sugar

1 tsp. baking soda

1 tsp. ground cinnamon

1/2 tsp. salt

1 egg, lightly beaten

1/2 cup coconut oil or canola oil

1/4 cup milk

1 Tbsp. lemon juice

1 tsp. vanilla extract

2 cups shredded zucchini (not packed)

1 cup semi-sweet chocolate chips

1/2 cup chopped walnuts

Combine dry ingredients in large bowl, combine liquid ingredients in separate smaller bowl. Add liquid ingredients to dry ingredients and fold until just moist. Add zucchini, chocolate chips and walnuts. Place batter in greased or lined muffin pan. Bake at 350 degrees for 16 minutes. Makes 12 to 14 muffins.

Food Tips: Chilli Peppers and Dill



Chilli peppers come in a variety of shapes, sizes and colors. More importantly, they come in a range of intensity of heat caused by the amount of capsaicin in the pepper. The capsaicin isn't present in any appreciable amount in the seeds, which is often thought to be the case. Rather it is concentrated in the ribbing in the pepper and to a lesser extent the pepper itself. Using a spoon to remove the ribbing can save a lot of unintended anguish and lesser the amount of heat in the chilli. Chilli peppers can be as easily frozen as any peppers. Simply freeze them whole or chop in to usable size pieces and freeze on the cookie sheet. Then place them in a freezer bag.

Dill is a fragrant herb used frequently in Eastern and Central European cooking. And also a popular herb in Scandinavian countries. It is almost always used fresh as the dried version has much less flavor. Kostia, our Russian friend, say dill is "the herb" for him and his family back in St. Petersburg. Ewa, our Polish friend, says this about dill:

"I must have dill all year around in my dishes. I DON'T USE DRY DILL. EVER. I use it fresh from the garden in the summer and I freeze some in the fall for winter use. IT TASTES and LOOKS LIKE FRESH FROM THE GARDEN."

To freeze, Ewa says to:

- Rinse the springs of dill under cold water.
- Blot dill dry with paper towel.
- Chop it.
- Place dill in freezer bags. Force out excess air as you seal the bag.

This can be done in 5 minutes, she says. And then remove dill whenever needed and as much as needed. Ewa usually uses about 1 tablespoon per recipe.