

# Pinehold Gardens Field Notes

Vol. 18 No. 9, Week 9

September 5, 2012

## In This Box

- Skyphos Lettuce
- Green & Yellow beans
- Estiva tomatoes
- Field tomatoes
- Melon
- Red bull onion
- Impala cabbage
- Carmen peppers
- Ace bell peppers
- Jalapeno pepper
- Edamame

## Next Week?

- Potatoes
- Kale
- Shallots
- Tomatillo salsa bag
- Tomato medley
- Eggplant, in rotation

### A DAY IN THE LIFE

Last Saturday afternoon mom and dad were out and about running errands. They stopped at Pick 'n Save for one item. Mom has an arthritic knee and sometimes uses a cane, but she didn't take her cane in with her. And they weren't using a cart that she could have been leaning on either since they were only picking up one item. She fell and broke her hip. The pin used to repair the hip fractured her femur. She had a second surgery and a longer pin put in. She is doing fairly well and will be going to rehab in a few days. I thank everyone for their concern and kind words. And please always use a cane if you need one.

As a possible storm was approaching this past Tuesday night, I left the hospital a little early and pulled into the driveway as it was start-

ing to rain and parked next to the truck at the end of the driveway. A small gust blew down a table in the shed and I took a step towards the shed to pick up the table and move it to the garage. I heard wood cracking and had enough wits about me to run. The cracking got louder and I turned around to watch half of our ancient willow tree fall on the car and truck. If I would have lingered in the car for 30 seconds I would have been covered in glass and tree branches or I would have been getting out of the car and been hit by the limb that sheered off the driver side mirror. I'm OK. The car, however, not so well, and the truck is dented, the shed roof is damaged and we will have a large willow branch as a garden sculpture for quite some time.

The year has been trying, but by Wednesday morning we just shook our heads and continued on.

### FIELD NOTES

The storm that was supposed to be severe on Tuesday night fizzled out by the time it got here but brought us 0.5 inch of rain. The storm that was not supposed to make it to Southeast Wisconsin woke us up at 1:30 am Tuesday morning and brought 1.5 inches of rain. We believe that is storm that cracked the willow as we had noticed another damaged tree during the day.

The previous day we had hand watered the head lettuce as the irrigation had been moved to the fall crops and set up irrigation on some newly transplanted crops

since it wasn't supposed to rain until Wednesday. We are well watered for now.

We are trying to fit in the final fall plantings for the winter market and cover crop planting between unreliable weather forecasts, picking and crisis management.

### TOMATO UPICK

Each member is allowed one, 2.5 gallon pail which holds 10 pounds of tomatoes.

We might not be around, but anytime Friday or Saturday is OK to pick. If we run out of ripe tomatoes I will post it on the website under the calendar page.

Pick up a pail from the picnic table and head west through a path in the woods next to the house. There are three beds of tomatoes, different varieties, maturing at different rates for a longer harvest period. Return to the table and put your tomatoes in one of the boxes and leave the pail behind.

### BOX NOTES

We pulled the last of the melons and cantaloupes out of the field this past week. In your box is either an orange watermelon that we grew for La Merenda, a yellow watermelon that we grew for the CSA, a red watermelon that we grew for our pig Peaches (she loves her watermelon), a small cantaloup (Lil'Loupe) that is one of our favorites, a larger football shaped cantaloupe (Tirreno) that we were trialing or another miscellaneous cantaloupe variety. It was a difficult year for melons, especially water-

melons. They set some early fruit in June, dropped their blossoms in early July and started blooming again in late July. We transplanted out 2,160 plants and harvested maybe 700 fruits. We had not been having much success growing the orange New Orchid watermelon so I switched to Pony Yellow, maybe not a good decision in retrospect. On the other hand the Tirreno did spectacular with the 100 trial plants yielding at least 50 fruits. You just never know. We will be consulting with other growers this winter.

The Carmen peppers, the pointy ones, freeze beautifully and keep most of their texture when used in winter soups, chilis and even salads. Just chop them up and put them in a freezer bag. No need to blanch. They do not roast well, but the bells do.

The green fuzzy things are Edamame or edible soybeans. See the recipe page for cooking tips.

The nice green cabbage came from our friend and fellow farmer, Scott Piper of Piper Farms an organic grower in southern Racine. Both our early and midsummer cabbage crops failed and he's had some slow market sales in Racine so this helped both of us out. Last fall we contracted with him to grow our sweet potatoes for us this year. We also buy all our Pinto beans from him for our personal use.

Because of muddy conditions, we could not dig potatoes, but expect some lovely Carola potatoes in next week's box. Its one of our favorite varieties.

## Sweet Pepper Relish

1 c. finely diced bell peppers  
1 jalapeno pepper, finely diced  
3 T. sugar  
3 T. apple cider vinegar  
Pinch of sea salt

Place peppers in a clean jar. Add sugar, vinegar, and salt and stir to mix. Put lid on jar and keep in fridge for up to two weeks. The flavors deepen with time. Makes 1 cup.

## Cabbage and Mushroom Curry

3 T. ghee or vegetable oil  
1 1/2 c. red onions  
1 T. minced ginger  
3 cloves garlic, minced  
6 c. coarsley chopped cabbage  
3 c. small whole mushrooms  
or larger mushrooms, halved  
2 T. curry powder  
1 t. ground coriander  
1/2 t. ground cumin  
1/2 t. salt, or to taste  
1/4 t. ground red pepper  
1 c. vegetable broth  
2 c. tomato wedges  
1 c. shelled edamame (optional, or sub. with  
chopped green beans if you still have some)  
1/4 c. fresh cilantro

In a 6-quart pot, heat the ghee or oil over medium-high heat. Add onions, ginger, and garlic; cook stirring, until softened, about 2 min. Add cabbage and mushrooms; cook, stirring until cabbage is wilted, about 3 min. If mushrooms give off liquid, continue cooking until liquid has evaporated. Stir in curry powder, coriander, cumin, salt, and red pepper until absorbed. Add broth and tomatoes. Bring to boil. Reduce heat and simmer, covered, 15 min. Stir in the peas; simmer, uncovered, 15 min. Stir in the cilantro; simmer, uncovered, 10 min. longer. Variation: Add 1 c. cubed potatoes when you add the tomatoes.

## Roasted Red Pepper and Potato Salad

3 c. cooked, cubed potatoes (3/4-  
inch pieces; 1 lb.; peeled or unpeeled)  
1/2 c. diced roasted red peppers (see note)  
1/4 c. chopped fresh parsley  
1 1/2 T. mayonnaise  
1 T. vegetable oil  
2 t. cider vinegar  
1 1/2 t. spicy brown mustard  
1/2 t. salt, or to taste  
Freshly ground black pepper, to taste

In a large bowl, toss together the potatoes, roasted peppers, and parsley. In a small bowl, stir together the mayonnaise, oil, vinegar, mustard, and salt. Pour the dressing over the salad, grind the pepper on top and toss to combine.

Note: To roast peppers you can either use the broiler, grill, or an open-flame on a gas burner. Char the peppers then put them either into a paper bag or in a tightly covered bowl to let them steam for 10-15 min. Run under water to loosen skins. Use as desired.

## Sandy's Favorite Cole Slaw

from *Gourmet Mustards—How to Make Them and Cook With Them* by Helene Sawyer)

Slaw:

1/2 red cabbage, shredded  
1/2 green cabbage (or all green) shredded  
1 red onion, diced  
1 bell pepper, red or green, diced  
1 carrot, grated  
1/4 sugar

Dressing:

1/2 c. white wine vinegar  
1/4 c. oil  
1t. salt  
1T. Dijon style mustard  
1 t. pepper

Mix all slaw ingredients together in a large bowl. To prepare the dressing, boil all ingredients in a saucepan for 3 minutes, stirring well. Add to vegetable mixture, cover mixture and place in a refrigerator. Chill. Overnight is best.

## Edamame

Annie's favorite way to prepare them is to salt and steam them (whether in a steamer basket or in the micro). Pull the "beans" out between your teeth and get a little of the saltiness in each bit. It's a great sensational snack for kids. Otherwise, you can remove all the beans from the pods and freeze to use later in soups, tuna salad (or the like), or even make a dip with them.