

Pinehold Gardens *Field Notes*

Vol. 22 Week 12

September 21, 2016

In This Box

- Tomatillo salsa bag (tomatillos, hot peppers, cilantro)
- Beets with greens
- New York Early (stir fry) & White Wing (salsa) onions
- Garlic, unknown variety
- Stir fry ingredients:
- Pac choi
- Carmen sweet red peppers
- Hakurei salad turnips
- Broccoli or Zephyr squash
- Broccoli raab

Next Week?

- Leeks
- Potatoes
- Kale
- Lettuce
- Paste tomatoes
- Basil
- Sweet peppers

A DAY IN THE LIFE

Many members and worker shares find Pinehold Gardens to be a peaceful place, park-like many say. We often have a difficult time realizing this, except for the quiet of Sunday mornings without the rush-hour morning commute of hundreds of cars speeding by our house.

But we do notice the peace and community that our crews of worker shares bring to Pinehold. During a time when diversity of age, sex, race and religion seem to drive people apart, Pinehold seems to bring out the best in people and bring them closer together. One of our worker shares recently moved out of Wisconsin to be closer to her boyfriend. She had been a worker share for four years and she gave us a card that meant a lot to us. In it she told us that we have fostered a place at Pinehold for people with many different backgrounds and life philosophies to come together and be accepted.

She also said something that I think about often when I am struggling to motivate myself, especially during a challenging weather year like this one. She said, "You are honest and real about the joys, but also the hardships of following your passion, and I believe in doing

so you help those of us who know you to be a little more brave in pursuing our own passion."

FIELD NOTES

With only 0.10 inch of rain on Monday, the 0.40 inches and counting that is falling today is welcomed. We are definitely not complaining about the lack of moisture especially as we read about 4 inches of rain at our friend's farm in Hartford and tire-sucking mud in a Blue Mounds' farm fields. Fall rain is needed but not too much as the cool nights and short days do not lend themselves to much drying off.

Our two acre fall field is growing erratically with differing maturity rates depending upon the field location so there will be some variability in the box contents some weeks. This week some sites will receive broccoli and the rest will receive Zephyr summer squash.

HONEY

For the time being, honey will only be available at the farm for pickup either at the Saturday Farm Stand or anytime during the week. Just email us an order and we will have it ready.

BOX NOTES

This box continues on with box themes of the last few weeks. This week's themes are salsa and stir fry with a side of beets.

The peppers in the salsa bag are in order of heat, from mild to hotter, Ancho (large green or red ones), Hungarian (long slender red, orange or yellow ones) and Jalapenos (green and also red ones). The tomatillos have a sticky paper wrapper that needs to be removed and then the tomatillos need to be washed before cooking. The mild White Wing onion works well in either salsa recipe.

Many of the box contents can be used in a stir fry recipe: of course the Pac Choi



Dash wants to remind members that there are still plenty of paste tomatoes for the upick, which runs again this Saturday from 9 a.m. to 3 p.m.

(both the stems and the leaves, but be sure to cook the chopped stems first before the leaves), the Hakurei turnips (both the root and the leaves), the sweet Carmens or hot peppers, the yellow onion and garlic, broccoli or summer squash. The bunch of mysterious greens in the box is broccoli raab. It also can be stir fried (chopped stems and leaves) or it can be sauteed and eaten with eggs, pasta or even used as a topping for a pizza.

If only everything grew as well this year as beets, peppers and onions you would be receiving a bushel of vegetables each week. This is our third delivery of beets. If you remove the greens and bag the beets, you can still be enjoying those beets in March as they honestly will last that long.

We freeze the hot peppers whole without chopping and just cut off as much as we need for our soups or chilies from the frozen pepper.

TOMATO UPICK

Our last formal upick day will be this Saturday, Sept. 24 from 9 a.m. to 3 p.m. If that day or time does not work for you please email us and we will set up another time.

The patch is plentiful and we are encouraging members to pick two, 2.5 gallon buckets per membership, which is around 25 pounds of tomatoes or about a half of a bushel.



Lugman, beet trimmer, Usman, beet bander, and Sulaiman, beet counter, have proven to be excellent help for us the past several weeks on Tuesdays and just plain fun to have around.

Stir Fry

Stir fry is an Asian cooking practice that is a fast and healthy way to cook meat and vegetables because less fat is used and the vegetables are cooked quickly helping to preserve nutrients. It is similar to sauteing except the ingredients are generally kept moving in the pan or wok. Most vegetables will work nicely, just add the more chewy vegetables first. Most of the work is in the preparation. Ingredients should be cut into bite-sized pieces. The pan or wok is set on a high heat. It is important to cook the ingredients fast. A little bit of peanut or canola oil is used. The process is finished with the creation of a sauce that may include soy sauce, garlic, stock and rice wine vinegar.

Bok Choy and Broccoli Stir Fry

both recipes from our friends at Vermont Valley Farm

1Tbls. peanut oil
2 red peppers
1 medium onion
1 cup chopped broccoli
1 2-inch piece of

ginger, grated
Pinch of salt and pepper
1 bok choy, chopped
2 Tbs. sherry
Soy sauce or tamari

Heat oil in a wok or skillet. Stir-fry peppers, onions, broccoli, ginger salt and pepper until broccoli softens. Add bok choy — stems first—and sherry. Sprinkle with soy sauce.

(Also good in here would be carrots, broccoli raab, hakurei turnips, radishes, mushrooms, and either beef, chicken or shrimp.)

Beef and Bok Choy Stir Fry

1 tsp. olive oil
1 lb. flank steak,
 thinly sliced
Salt and pepper
1 bok choy, chopped

1/4 cup soy sauce
or tamari
2 Tbls. rice vinegar
1 Tbls. grated fresh ginger
1 Tbls. brown sugar

Heat oil in pan or wok, season steak with salt and pepper and cook, stirring often, 3 to 4 minutes. Transfer to a plate. Add the bok choy and 1/4 cup water and simmer 2 minutes. Add soy sauce, vinegar, ginger and sugar. Bring to boil, then add steak to heat through. Serve over basmati rice.

Broccoli Raab or Rappini:

Broccoli raab is related to broccoli and turnips. The leaves, stems and tiny broccoli-like flowers are edible though typically only the leaves are used. Slightly bitter, raab has significant amounts of vitamins A, C, and K and as well as iron and potassium. It goes well in stir fry or sauted as side with garlic and salt or sweetened with red peppers. Raab can be quickly boiled, cooled to stop cooking and added to browned sausage for simple breakfast or dinner.

Tomatillos

Tomatillos also called husk tomatoes are essential to the green sauces of Mexico and Central America, where it originated. Related to the tomato but with a taste far more tangy than the tomato, the tomatillo grows within an inedible paper husk



that when ripe fills and breaks through the husk. Ripe tomatillos can vary from yellow to green to purple. The fruits are high in pectin which helps create a thicker sauce. They played a far more important role in Mayan and Aztec culture than the tomato did. **Store:** Store in a paper bag in the refrigerator if not using right away. **Preparing:** Remove the husk and wash the fruits, which tend to have a sticky resin on the outside. Then simply chop the whole fruit. **Use:** It can be used raw but we find it is best boiled, sauteed or roasted. (See today's salsa verde recipes.)

Salsa Verde, version No. 1

From member Amy Whalen

1 lb. tomatillos
1 medium white onion
3 chilies (See note below)

Sprigs of cilantro
1 tsp. salt

Remove the husk and wash the tomatillos. Quarter the onion and add the all the ingredients except the cilantro and salt into a large pot and simmer for 10 minutes.

Blend the cooked ingredients and the cilantro with as much cooking water to make a smooth sauce.

Heat 2 tablespoons of oil in a pot and pour the blended sauce into the pot and simmer for 20 minutes. Add salt to taste.

For a pictorial depiction: mexicanfoodjournal.com/salsa-verde

Salsa Verde, version No. 1

From Weber's Art of the Grill

1 onion, in half inch slices
8 tomatillos
1 poblano chile (See note below about chilies)

1 clove garlic
1/2 tsp. brown sugar
1/2 tsp salt

Grill chile until charred on all sides and place in a paper bag. Grill onions and tomatillos until charred. Remove skin and seeds from the chile. Put all ingredients in a food processor and blend until smooth. (We do not remove the skin and seeds from the poblano and grill all the vegetables at the same time and blend together. The little flecks of charred flesh add color and texture we like.)

Note About Chilies: Chili peppers come in a variety of shapes, sizes and colors. They also come in range of intensity of "heat" caused by the amount of capsaicin. The capsaicin isn't present in appreciable amounts in the seeds. Rather it is concentrated in the fleshy ribbing of the pepper and to a lesser extent the flesh itself. Using a spoon to remove the ribbing and seeds can save a lot of unintended anguish. Everyone has different interest in the heat of the dish so test a little bit of the chile on your tongue and adjust amounts accordingly.

