

Pinehold Gardens *Field Notes*

Vol. 21 Week 9

September 2, 2015

In This Box

- Calypso celery
- White Wing onion
- Adirondack red & blue potatoes
- Carmen pepper
- Muir head lettuce
- BHN-589 red slicing tomato
- Crunchy Royale radishes
- Yellow or orange water melon or canteloupe
- Slicing tomatoes

Next Week?

- Carrots
- Russian and Siberian kale
- Watermelon or canteloupe
- Garlic and onion
- Kohlrabi
- Paste tomatoes
- Parsley

A DAY IN THE LIFE

This is a summer box for a summer day and we finally, after four months of waiting, get to enjoy the fruits of our many, many hours of labor in the melon patch and see the return on our investment for seeds and biodegradable plastic mulch and row cover. It is difficult for us to grow melons at our cool-climate farm, so this year in addition to protecting them from insects and the cool early summer weather by placing row cover that is supported by wire hoops and held down by sand bags over the plants, we decided to lay a corn-based biodegradable mulch by hand to warm up the soil.

FIELD NOTES

With this heat, everything is growing well (and yes, weeds too) and the tomatoes and melons are ripening quickly. The high humidity caused black powdery mildew to destroy

VOTE FOR CORN

We have only received five comments about the corn. Besides us, the breeders of Who's Been Kissed (the second corn that we delivered) would probably like to hear feedback on their breeding effort that has been in the works since 2007. If you get a chance please comment on the second corn with CORN in the subject line. Thank you.

our basil crop almost overnight. The humidity also is causing Septoria Leaf Spot to spread quickly on the outdoor paste tomato plants, but unlike Late Blight (knock on wood, we are still blight free), Septoria does not affect the fruit.

I think I figured out why this is such a great weed year. It is because the soil warmed up rather early as we have had at least ten 80-degree days each month this summer. So although we have had many spurts of depressingly cool days and especially nights, the soil, like Lake Michigan, is quite warm, and crops and weeds love warm soil. Cold soil is why plants take so long to get started in early summer.

BOX NOTES

To help celebrate Labor Day we have included Adirondack Red and Blue potatoes. Both their skin and flesh are colored. They are great roasted. We do not recommend boiling the blue ones, as they will turn a bluish gray and not keep their purple color. They hold up to steaming better, but steam them separately.

The tomato is from a later planting in our second greenhouse. It is a new variety for us and quite tasty. But be careful handling it as it splits easily.

"Farm" celery is very different from California grown, store bought blanched celery. The flavor is stronger and the stalks are stringier and it comes with leaves! Chefs love this celery. It is a must in stocks and great in soups and stews. Place it in a plastic bag and it will keep for weeks. We freeze the leaves for use in winter stocks.

The Carmen pepper is an Italian frying pepper and one of our favorite peppers. Sauté it in a frying pan with a little olive oil or grill it and add it to a sandwich or just enjoy it raw or on a salad.



Amy and Sarah join David in harvesting and tasting melons. It's a tough job on such a hot and humid day, but somebody has to do it.

The Fedco catalog describes the all purpose White Wing onion as pleasantly pungent and moderately sweet.

Our goal is to deliver a watermelon or canteloupe to everyone. This week you will either receive an orange or yellow watermelon and a canteloupe. The canteloupe should sit on your counter for a couple of days to finish ripening.

UPICK TOMATO UPDATE

This week of heat is speeding up the ripening, although about 75 percent of the fruit is still green or a pale green. Next week, we will include a pound or two in the CSA box, enough for a nice spaghetti sauce, so everyone gets some paste tomatoes as only about a third of our members come out for a upick.

Then although we said you didn't need to make reservations, please let us know if you are planning on coming to pick paste tomatoes, as we will not be at a critical mass for open picking right away but we probably will be able to fit in a few people next Thursday and Friday all day and Saturday morning (it can't be the afternoon as we are hosting the MPTV fundraiser dinner that day). The following week, starting Sept. 14, we should have open pick without reservations.



Potatoes: There has been a good harvest of potatoes so far this year, and you may have a few leftover from last

week. So with a delivery of potatoes this week and the last holiday weekend of summer upon, we thought it would be a good time to explore variations on potato salad. Today's red and blue potatoes offer an opportunity to get down right patriotic too.

A Simple Potato Salad sans the Mayo
by Mark Bittman *How To Cook Everything*

- 1 ½ lbs. potatoes, peeled or unpeeled
- ½ cup Mustard Vinaigrette
- Salt
- Freshly ground pepper
- ½ cup minced parsley
- ¼ cup chopped scallions or onion

Cut the potatoes into bite-sized chunks. If using the blue potatoes, considering roasting all the potatoes tossed with olive oil and salt and roast at 400 degrees until tender enough to pierce with a fork. If not using the blue potatoes than consider either roasting or steaming.

Toss the still warm potatoes with parsley, scallions or onions, and the vinaigrette. Serve room temperature or chilled.

Mustard Vinaigrette: To 3 Tbls or more of a good vinegar, either apple cider, or red or white wine vinegars add ½ cup of olive oil and a heaping teaspoon of a good mustard. For a slightly sweeter version add also up to table-spoon or so of honey.

For the classic version, simply use a mayonnaise-based dressing, consisting of 1/2 cup of mayo and 3 Tbl. of vinegar, such as a sherry vinegar or white wine vinegar. Add some herbs or garlic to this version to spice things up.

Picnic Potato Salad with Pickled Onions
by Debra Madison
Vegetarian Cooking for Everyone

- 1 large onion, red or white, diced
- 1-2 cloves of garlic
- ¼ cup apple cider vinegar
- 1-2 Tbl. capers, rinsed
- Salt and pepper
- 1 bell pepper, any color, minced
- ¼ cup olive oil
- 2 celery ribs, minced
- 1½ lbs. potatoes
- 1-2 Tbl. chopped marjoram
- 1 Tbl. Dijon mustard
- 1-2 tsp. thyme

Place the onion in a strainer and pour boiling water over the onion slowly. Shake the onions dry and place in a large bowl with vinegar, salt, pepper and oil. Set aside.

Roast or steam the potatoes until barely tender, then cut them into chunks or slices and toss with the onions along with the mustard, garlic and capers. Toss, then add the pepper, celery and herbs.

Variations: Add steamed green beans and hard boiled eggs.

Celery Roquefort Soup
Moosewood Restaurant Daily Special

We have friends who regularly come to our farm stand and the wife is from Columbia. She has described a celery soup that is common to her family. This version seems richer but seems a similar take on the use of celery and milk in her version.

- 2 Tbl. butter
- 4 oz. Roquefort or blue cheese
- 1 cup onion, diced
- 8 oz. Neufchatel or cream cheese
- 2 cups celery, diced
- Salt and pepper
- 1 cup water
- 2 cups milk

In a soup pot, melt butter and add the onions and celery. Cover and cook, stirring frequently, until vegetables are soft but not brown. Add water and cover, and bring to a simmer.

In a blender combine the milk, Roquefort and Neufchatel and puree. Stir the puree into the soup and add salt and pepper to taste.

Goes great with a crusty bread and some apples or pears.