

Pinehold Gardens *Field Notes*

Vol. 22 Week 10

September 7, 2016

In This Box

- Escarole
- Ace bell peppers
- Red & yellow Italian peppers
- Canteloupe or watermelon
- Head of lettuce
- Peter Wilcox & Norland potatoes
- Field grown slicing tomatoes
- Camelot shallot

Next Week?

- Kale
- Celery
- Carrots
- Spaghetti squash
- Onion
- Peppers
- Tomatoes
- Carmen peppers
- Lettuce?

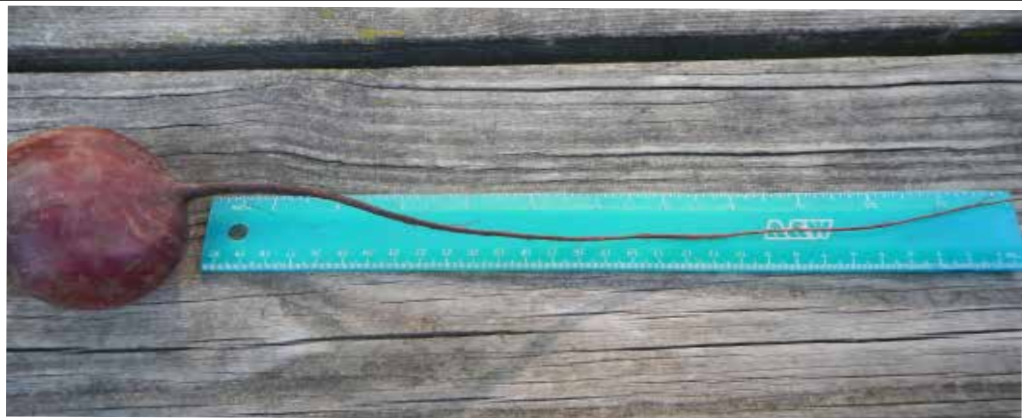
A DAY IN THE LIFE

I was watching the news on TV on Monday night waiting for the weather and they covered what I thought was a strange subject for the evening news as it wasn't about something negative or sports. It was a piece about the home delivery menu food services like Blue Apron or Purple Carrot. They said it was a great buy as if you are sent the exact ingredients that are needed for a recipe you won't be wasting food because 28 percent of food that is bought is thrown away. Unfortunately they did not mention the waste of packaging and shipping that goes into bringing those meals to you, nor did they mention the waste that happens in the preparation of putting those packages together. And it is also peak season now for farmers markets and fresh produce that is also a great way to support the local economy.

FIELD NOTES

The 5 inches of rain that fell last week has soaked into the depths of the ground or has evaporated so the anticipated rain of 1 inch is just fine. If 5 inches of rain can disappear in a week after just one dry summer, it makes me wonder how California will ever get out of a multiple year drought.

We are seeing more of the effects of



The term root crop is more than a generic name given to crops, such as beets, that grow in the ground. Part of the tasty nutrition of the beet and other root crops come from their "mining" for nutrients and water deep under the surface.

the drought and hot summer as our potato yield is less than half of what it was last year. The summer was a struggle to get carrots to germinate but the fall ones germinated well as we got some timely rains.

The soil was too hot for spinach seed to germinate. One article I read recommended putting ice on the spinach rows which obviously is not practical for our scale. So yesterday we transplanted spinach plants.

But on a positive note it is a great bean and pepper year. Peppers have never ripened to full red this early in the year. And we are on the third picking of the same patch of romano beans which has never happened before

HONEY

The bees had a normal honey year so we will have honey available at our Saturday Farm Stand for the next few weeks and for delivery to your drop site or pickup at the farm next week. The cost is \$10.75 per pint and \$5.75 per half pint. We would appreciate it if you could pay by check made out to Pinehold Gardens even if you are picking up at the farm.

BOX NOTES

Today's box was supposed to be the beginning of fall soup box. The weather had other plans so we changed up the planned contents and now it is the Nicoise salad box.

The peppers in the box are all sweet peppers. There are the classic bell peppers and two varieties of an Italian frying pepper, the red Carmen and the beautiful yellow Escamillo. We buy a lot of our seed from Johnny's Selected Seeds in Maine. They are a very dependable seed supplier that specialize in

selling to CSA and farm market growers. The Italian peppers are varieties that they bred through traditional means of hand-crossing.

You will be seeing peppers in the boxes in weeks to come. Peppers are easy to freeze. Just wash, cut in half, remove seeds and stem, and chop into your preferred size pieces. Place on a cookie sheet to freeze and transfer to a freezer bag or put directly into a freezer bag. Beans are also easy to freeze but need to be blanched first.

TOMATO UPICK

The upick paste tomatoes are still not ready. David compared the plot to the fall tree color code and he feels that we are at 30% of peak color, not enough to open the patch up for upick. We have had a problem with Late Blight so this year we chose Plum Regal, a late blight resistant variety. The tomatoes look great, are blight free, and bountiful, but they are a late maturing variety.

Unless you hear otherwise from us the upick will start on Saturday, Sept. 17, starting at 9 am. through 5pm. It will also be the following weekend. If those days or time does not work for you please email us and we will set up another time. On the prescheduled days you do not need to let us know that you will be coming. We provide the bucket for picking the tomatoes into and then you will transfer them to a box for transporting them home. You will be directed to the upick area. Even though the tomatoes are mulched with straw you will need to walk about 600 feet to get to where the tomatoes are located. Closed toed shoes, i.e. not sandals, are recommended.

Escarole



Escarçhey range in bitterness with escarole being the mildest. You can use escarole in salads if you wish to add a little more crunch with a slight side of bitter.

Store: Drain excess water and keep in a plastic bag, sealed in the refrigerator. **Pre-paring:** Use all of the leaf if cooking it but you may want to trim the white stem off if using raw in a salad. **Use:** Perk up a lettuce salad but it is also a hardy enough green to saute with meat and other vegetables.

Salade Nicoise

A traditional Provençal dish of Nice, France, it is commonly served with meat or fish and generally is composed of tomatoes, anchovies, capers, black olives and beans, and often served on a bed of lettuce. The dressing is usually a vinaigrette of olive oil, vinegar, basil and garlic. Regional variations include hard boiled eggs and potatoes. The latter variation is one that we prefer, making for a meal rather than a side dish. The recipe below from the Food Network represents this main dish idea, but ingredients could easily be pared down to make this a side as well.

1 lb. salad potatoes, sliced or cut into quarters	Dressing:
Salt and pepper	1/4 cup white wine vinegar
2 Tbl dry white wine	1/2 shallot, diced
10 ounces of beans, trimmed	2 Tbl. Dijon mustard
4 eggs	Ground pepper
8 cherry tomatoes or small tomatoes quartered	3/4 cup olive oil
Escarole or bibb or romaine lettuce	Options: grilled salmon or tuna. Or use canned tuna. Add red peppers
6 radishes	
1/2 cup Nicoise olives	

Steam or roast the potatoes until just tender, then salt and drizzle wine over them. Let cool. Steam the beans and plunge into salted, cold water to stop cooking.

Make the dressing by whisking together the vinegar, shallots, mustard, salt, pepper and then whisk in the oil.

Quarter the hard boiled eggs and toss the potatoes with a little dressing. Assemble the salad.

Stuffed Peppers

recipe variation on *Sundays at Moosewood Restaurant*

6 large peppers	2 tomatoes, chopped
About 3/4 lb. shredded tofu	1/2 cup chopped apple
1 onion	1/3 cup raisins
1/4 tsp. cinnamon	1/3 cup chopped almonds
1 tsp. ground cumin	1 Tbl. vinegar
1/4 ground red pepper	Salt
3 Tbl. oil	1 cup tomato sauce

Saute onion, cinnamon, cumin and ground red pepper, then add tomato, apple and raisins. Simmer 10 minutes. Add tofu, almonds and vinegar. Salt to taste.

Stuff peppers, place in a baking dish and drizzle tomato sauce over the top. Bake at 350 degrees for 30 to 45 minutes. (An easy way to stuff peppers is to cut them in half length way and fill them that way.)



All peppers - sweet and hot - start as green, unripe peppers, then as they ripen they turn colors, from orange and yellow to red and purple.

This stuffed pepper recipe is one of our favorites