

Pinehold Gardens *Field Notes*

Vol. 21 Week 10

September 9, 2015

In This Box

- White and red Russian kale
- Sweet peppers
- Saucy paste tomatoes
- Jalapeno peppers
- Carrots
- Kohlrabi
- Expression onion
- German Red garlic
- Parsley
- Canteloupe or an orange or yellow watermelon

Next Week?

- Spaghetti squash
- Broccoli
- Juliet tomatoes
- Slicing tomato
- Head lettuce
- Potatoes
- Carmen peppers
- Onion

A DAY IN THE LIFE

David's mother would say: Well, you've made your bed; now you have to sleep in it. David's mom Mary Ellen always had a come back phrase, a little aphorism, for any situation. (Her spin on thinking positively about a less than positive outcome: "Better than a poke in the eye with a sharp stick.") Our challenges this past week have been heat, humidity and yesterday's heavy rain on our CSA pick day. Now throw in picking produce for the two dinners that we are hosting this coming weekend. All this while keeping to our already busy schedule of planting — yes we are still planting — and serving our CSA members, restaurant accounts and farm market customers.

If you are attending either the MPTV Feast in the Field dinner or the CSA People's Sunday Supper make sure you find us and say hi. We'll be the ones looking a bit bedraggled.

FIELD NOTES

The first seven days of September were the warmest on record with an average temperature of 77.4 degrees, 9 degrees above average.

The warmth combined with the high dew-points and the fog at night has caused disease to enter the paste tomato field. We have seen some signs of blight, but the more noticeable disease is leaf spot which has killed all the foliage

on the plants. The tomatoes will continue to ripen, but they might experience sun scald from not being protected by leaves.

On the bright side this is the earliest our peppers have ripened and we are having a decent melon year.

We did need the rain yesterday both for the fall crops and some Asian greens we just seeded this weekend as well as transplanted spinach and lettuce. With the shorter days and approaching cold fall temperatures including frosts, we have just about reached the end of our planting season.

BOX NOTES

A reminder: You might want to let the canteloupe sit on your counter for a couple of days to finish ripening. It should be fine as is with a more pear-like quality, but it will mellow and sweeten with a few days at room temperature. We harvested a little earlier because we were beginning to lose them to bugs and rot.

The paste tomatoes are the Saucy variety (the upick variety is Pony Express) and most are very ripe and should be made into sauce soon. Please do not leave them in the plastic bag.

The green peppers in the bag are Jalapenos so you have all the ingredients for salsa in this box except cilantro.

There are two kinds of sweet peppers in the box. Kapella pimento and bell. We first grew Kapellas last year in a trial to find a roasting pepper for chef Peter Sandroni. It is a prolific pepper that turns red early and is great roasted on the grill, sauteed in a pan or of course eaten raw.

Every year we try to find a nice big bell pepper variety and every year we conclude that we should just stick to the dependable Ace variety. We grew two new varieties, an orange and a large red with both of them having stingy yields and disease prone fruits.



One last day of summer last week. The week before this past weekend was summer by any definition. This week, the rain of yesterday has ushered in a definite change of season.

The heat caused the cool weather loving kohlrabi to grow from a flat globe to more of a pear shape this past week. It is just fine, it just doesn't look like a kohlrabi. Try a carrot, kohlrabi, pepper coleslaw instead of using a cabbage.

UPICK TOMATO UPDATE

What to do? We have a lot of tomatoes in our patch but 50 percent of the tomatoes are still green, about 20 percent are orange-ish, leaving only 30 percent red. We feel that we should have members pick the red and orange ones sooner rather than later now that we have seen disease on the Saucy tomatoes we picked for the box today. Orange tomatoes will turn red in a few days if left out at room temperature.

UPICK TOMATO SCHEDULE

Open picking without reservations will begin this Thursday. The hours will be Thursday and Friday 9 a.m - 6pm and Saturday 9am-noon (it can't be the afternoon as we are hosting the MPTV fundraiser dinner that day). There will be no picking on Sunday and we will resume picking on Monday.

IF WE RUN OUT OF
RIPE TOMATOES WE WILL
SEND OUT AN EMAIL.



Paste Tomatoes: The essential fruit of summer is the tomato and when we think of the tomato we usually have an image of a big, round, fat, red slicing tomato. But this once spurned fruit because folks thought it was poisonous, comes in all sorts of colors, textures and sizes. This week and next we are celebrating the paste tomato. While it's name befits it's highest purpose — cooked or roasted slowly into a thick paste for sauces — paste tomatoes also make a good sandwich or salad accompaniment. It is more meaty than a slicing tomato with less seedy pulp to create juicy messes. Still, a sauce seems the best use, especially used on pasta or pizza on a cold winter day. They can also be easily frozen whole as well.

Kohlrabi Coleslaw with Paprika Dressing

from Pinehold member Amy Whalen and *Bon Appetite*

3 Tbs. white wine vinegar	2 kohlrabi, trimmed, peeled, cut into large pieces
1 tsp. Sweet Hungarian paprika	1 large carrot, cut into 2-inch lengths
½ cup olive oil	Kale leaves
2 tsp. horseradish	
½ tsp. sugar	

Dressing: Combine vinegar and paprika in bowl. Whisk in oil. Mix horseradish and sugar. Season with salt and pepper.

Shred kohlrabi and carrot in a processor. Transfer vegetable to bowl. Thinly slice kale leaves to make 1 cup. Add to bowl. Toss with dressing and let stand at least 30 minutes before serving.

Our Favorite Tomato Sauce from *Moosewood Cookbook* by Mollie Katzen

Saute in a large pot:

3 Tbs. olive oil
1 cup chopped onion
1 Tbs. minced garlic
1 cup chopped green pepper
2 tsp. basil
1 tsp. oregano
2 bay leaves
2 tsp. salt

Add when onions are soft:

3 to 4 cups tomato puree
1 small (6oz.) can of tomato paste
2 Tbs. dry red wine
1 cup chopped tomatoes
¼ tsp. black pepper

Simmer at least 45 minutes, then add:

½ cup freshly chopped parsley

Kale and Rice Dish

Adapted from *Joy of Cooking*

Melt:

2 Tbs. of bacon fat
2 Tbs. butter

Stir in and cook gently for about 10 minutes:

3 to 4 cups thinly sliced kale, ribs removed
½ cup finely chopped onion
1 chopped green or red pepper, seeds removed
2 cups chopped tomato

Stir in until heated through:

1 cup cooked rice
Salt and pepper

Top with:

Crisp bacon or chopped ham