

Pinehold Gardens *Field Notes*

Vol. 25, Week 11

September 18, 2019

In This Week's Box (Only weekly members)

- Lettuce, green romaine
- Broccoli
- Beans, yellow wax
- Bunch of red radishes & Hakurei salad turnips
- Bunch of mustard greens
- Pepper, sweet Italian frying
- Carrots from Fine Fettel Farm
- Garlic & shallot

Next Weeks Box? (Only weekly members)

- Celery
- Turnips, Purple Top
- Pinehold Gardens carrots
- Peppers
- Broccoli
- Beans

A DAY IN THE LIFE

To quote Yogi Berra: Deja vue all over again? Last September we lost 75 percent of our fall crops due to heavy rains and flooding. On top of that my dad started a rapid decline and died on December 4. The fields and crops are recovering fairly well from the flooding rains of this past week, and we're keeping on eye on rain this weekend that may come. It seems we don't just get a little rain anymore. And yesterday we learned that my mom is declining rapidly. Two things that are difficult to plan for: climate change and aging parents. Perhaps there is more to the season of Fall than we realize.

FIELD NOTES

We received 4.5 inches of rain last week. 2.5 of those inches fell in two hours Thursday night. At 4 am there was an eight inch deep river flowing through the path where we had just hosted the Sunday Supper days before. Our lowest part of the field, known as Lake Pinehold, was full and all the

aisles between the crops had standing water. We really lucked out with storms staying north and south of us recently.

BOX NOTES

The fall crops are coming on. Already making a presence has been the kale This week and next week broccoli will part of the delivery, and starting next week some of the root crops, including purple top turnips and our own carrots. Also waiting in the wings and soon to be delivered are some of the winter squash and another delivery of potatoes.

FOOD NOTES

Broccoli — Can be eaten raw, steamed, sautéed or roasted (which is really good) It can also be easily frozen, something you might want to try since broccoli will likely be in the next box and possible another. Simply blanch it in boiling water for a few

minutes, chill immediately in ice water and drain. Then lay on a cookie sheet to freeze. Once frozen place in a freezer bag. It will keep for several months.

Stir Fry/Salad Box— There are fun items in this box to compose a stir fry, especially the hakurei turnips and green and red mustard greens. The former provides a sweet radishy-turnip taste to and the mustard greens with their horseradishy zing can spice up the salad.

TOMATO UPICK

The paste tomatoes are starting to ripen. So this Saturday, September 21, we will have a paste tomato upick for all members. Every member will be allowed to pick two 2 1/2 gallon buckets of tomatoes for free. We will have folks around to get you the buckets and direct you to the tomatoes. The time is 1 to 5 pm. We will likely have another upick on Thursday, September 26, Noon to 6:30 pm. Stay tuned for that.



The mud wasn't as bad as we thought it might be with this field that until a day or so ago was flooded. Still everything took a good bit of washing including hands and boots.

Food Tips: Broccoli



Edible flowers anyone? Unless you are into you are interested in making your dinners not only delicious but beautiful, you probably aren't interested in using edible flowers. But when it comes to preparing broccoli, you're doing just that.

Broccoli, along with cauliflower, are really a mass of flower buds. Left to mature, broccoli heads would produce a huge bouquet of flowers, which we know the insects, especially pollinators such as honey bees, love. But we circumvent that process by harvesting these buds before they flower.

Broccoli can be a difficult plant to bring to a harvestable crop. You may remember a triumphant photo we took back in mid-July when the crew finished planting the fall crops, which included this week's broccoli. It was a hot day then and dry, but those aren't the conditions that broccoli and most cabbage crops thrive in. They prefer cool temperature, mid-60 to mid-70s degrees. That's why we don't really plant many spring brassicas — the cabbage family of plants — because hot summer temperature can caused the plant to bolt or flower.

This family of plants is also bedeviled by an insect called the cabbage looper. It's the little green worm you might find in your head of broccoli today. The looper is the larval stage of the adult white butterfly you see flying everywhere about in the mid summer. We protect the plants by spraying an organically approved biologically based insecticide made up a of bacteria that the looper worm really doesn't like and so we keep them from eating you cabbage

Broccoli Mushroom Noodle Casserole

From *Moosewood Cookbook*

- 2 stalks broccoli with stems
- 1 lbs fresh mushrooms
- 1 large onion
- Salt and pepper to taste
- 1/4 cup white wine
- 3 eggs
- 3 cups ricotta or cottage cheese
- 1 cup sour cream
- 3 cups flat pasta, cooked in salted water and drained
- 1/4 cup bread crumbs

Saute broccoli, mushrooms and onion in butter until tender. Season with salt and pepper, remove from the heat and toss with white wine. Beat the eggs and add the cheese and sour cream.

Combine vegetables with egg and cheese mixture and bread crumbs and spread into 9 by 13 inch baking pan. Top with more bread crumbs and 1 cup of shread cheddar cheese. Bake at 350 degree for 30 min., then uncover for 15 min. more.

Nicoise Salad Dressing

There are particular elements of a nicoise salad, nicoise olives being one of them, as well as salmon or tuna, hard boiled eggs, fresh green or yellow beans and potatoes. Other vegetables could be added as well. We'll make it but give a more prosaic name of farmer salad. But the dressing is important.



- 1/4 cup white wine vinegar
- 1/2 shallot, minced (about 2 tablespoons)
- 2 tablespoons dijon mustard
- 1 tablespoon chopped fresh thyme
- Freshly ground pepper
- 3/4 cup extra-virgin olive oil

Make the dressing: Whisk the vinegar, shallot, mustard, thyme, 1/2 teaspoon salt, and pepper to taste in a bowl. Whisk in the olive oil in a slow, steady stream until emulsified.

