

## BEETS IN VINAIGRETTE

### INGREDIENTS:

1 1/2 pounds medium beets (about 4; 2 1/2 pounds with greens), trimmed, leaving 1 inch of stems attached  
2 1/2 tablespoons cider vinegar  
2 teaspoons sugar  
2 tablespoons finely chopped flat-leaf parsley  
2 tablespoons finely chopped onion  
1/4 cup olive oil

### DIRECTIONS:

Cover beets generously with water in a heavy medium saucepan and simmer until tender when pierced in center with a knife, 30 to 45 minutes. Drain in a colander and cool to warm, then slip off skins. Cut beets into 1/4-inch slices. Meanwhile, whisk together vinegar, onion, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl. Add oil in a slow stream, whisking, then add warm beets and parsley and toss. Season with additional sugar and salt. Serve warm or at room temperature.

**Cooks' note:** Beets can be roasted and sliced 1 day ahead and chilled, covered. Bring to room temperature before tossing with vinaigrette and parsley.

[www.epicurious.com](http://www.epicurious.com)

*Cut along dotted line for 3x5 recipe card*



#### Farm Manager:

Michael Snow  
[msnow@accokeek.org](mailto:msnow@accokeek.org)

#### Apprentice Farmers:

Michael Fizdale  
Matt Newlin

#### Ecosystem Farm Crew:

Hannah Bauman

#### Design, Editing, and Production:

Julie Brunton  
Laura Ford

#### Accokeek Foundation

3400 Bryan Point Road,  
Accokeek, MD 20607

Phone: 301.283.2113

Fax: 301.283.2049

[www.accokeek.org](http://www.accokeek.org)

### UPCOMING EVENTS

*(complete details at [www.accokeek.org](http://www.accokeek.org))*

#### TROUBLE SHOOTING/PLANT CLINIC

Wednesday July 15, 2009, 6:30-9:00 p.m.

**\$30 Non-Members, \$25 Members**

**Education Center, Rain or Shine**

Bring your photographs, stories, and descriptions of the insects, plant diseases, and other challenges that you are facing in your garden. Our staff will assist you in identifying the cause of your woes and help you to strategize a solution in dealing with them.

#### ECOSYSTEM FARM VOLUNTEER DAY

Wednesday, July 15, 2009, 1:00 p.m. to 4:00 p.m.

**Every 3rd Wednesday, Ecosystem Farm, Free**

Volunteers are encouraged to arrive early as a brief, dedicated tour will be given promptly at 1 p.m. Volunteers will help by tending to the fields, weeding, planting, and harvesting the farm's produce. This is an excellent opportunity for individuals or groups with an interest in sustainable agriculture, organic farming, or environmental stewardship. Please be prepared to work in the outdoors wearing appropriate clothing and sturdy shoes. Volunteers are also encouraged to bring work gloves, sunscreen, hats, snacks, and plenty of water.

For more information about these or other events, please call the office at 301.283.2113, or email us [accound@accokeek.org](mailto:accound@accokeek.org).

# FIELD NOTES

Volume 14, Number 8 June 30, 2009

This past week off, long planned, I think was a good investment. Matt and Michael took the week off. They've been here four months already, and five to go!

The rain was nearly becoming a major bummer in our lives. Over the week more and more of the our field has been drying out, and as it does so we've begun catching up to our planting schedule. In the ground so far: beans, cukes, Italian squash, peppers (both plantings!), eggplant, tomatoes, basil, Cape Gooseberry, summer spinaches for trial, sweet potatoes, potatoes, onions and garlic (to be harvested soon), beets and carrots, greens and salad fixings, pumpkins. It will be an interesting summer: summer crops just being sown and transplanted will take time to mature. Likewise fall crops. So far just pumpkin seed is in the ground, but we hedged our bets by sowing winter squash seed in flats, so as we open more beds this week the transplants will be a couple weeks ahead of what we sow directly. It seems awful late to be just putting winter squash seed in, doesn't it? We will be aided by a long, warm fall...

### Purple Green Beans

In your box this week: Purple Green Beans (purple green?). They will turn bright green when you blanch or cook them. We tried this bean early this year as it's said to grow well in the cold. You may see them again towards the end of the bean season. Green green beans to come!

You will also find round root crops in a container in your box. White ones are sweet salad turnips and dark ones are beets.

### THIS WEEK'S HARVEST

**Basil!**  
**Beets**  
**Cucumbers**  
**Garlic Scapes**  
**Purple Green Beans**  
**Red Onions**  
**Sweet Salad Turnips**  
**Tomatoes!**

## Basil

We're taking our first small quantities of basil from the basil plants (we do this both to harvest and to encourage the plants to be bushier). Basils, dozens of basils, have been cultivated for more than 3,000 years. But the real question is how did anyone live without it before 1,009 BCE? What would make Italian food Italian food (sweet basil)? Thai food (anise flavored Thai basil)? Stimulate the appetite (anise and cinnamon)? Strengthen the immune system and increase oxygen uptake in the brain (sacred Indian)? Look good in an edible flower garden (bush and purple, especially)? Keep bad spirits from entering Pakistani homes (holy basil)? The Greeks and Romans, apparently, didn't appreciate basil as we do. They called it "insanity plant." But the French declared it the Royal Herb of France in the 16<sup>th</sup> century.

## How to Care for Your Basil

Store this week's basil layered in damp paper towels, inside a plastic bag. When we pick basil stalks and all, you can place them in a glass of water with a plastic bag secured around the glass (change the water often). Put them in the refrigerator. Basil leaves do not like getting wet. Do not wash the leaves until you're ready to use them. Here's an

interesting way to preserve basil leaves: wash gently, blot with paper towels and let them fully dry. Layer basil leaves with coarse salt, ending with a layer of salt, and put this in an airtight container. Store in a cool, dark place. Haven't tried it yet myself, so let us know how it goes.

## Tomatoes

This week also makes the first tomato harvest. Tomatoes ripen well off the vine, and we harvest tomatoes at various stages of ripeness. We will try to include in your boxes tomatoes both ready to eat and tomatoes that will ripen in your kitchen to eat later in the week. Do not put tomatoes in the fridge! We have juuuust enough for everyone

These toms come from our early tunnel tomatoes, and also from the field. Remarkable how the first field tomatoes held up despite so much water. We put these in way back in early May (in fact, we put them in without tilling as we usually do). While some plants treaded water, over all they swam through May and June without succumbing and deserve a spot on the Moyaone swim team.

Be Great,  
Mike

## ROASTED BEET SALAD WITH ORANGES AND BEET GREENS

### INGREDIENTS:

6 medium beets with beet greens attached	2 large oranges
1 small sweet onion, cut through root end into thin wedges	1/3 cup red wine vinegar
1/4 cup extra-virgin olive oil	2 garlic cloves, minced
1/2 teaspoon grated orange peel	

### DIRECTIONS:

Preheat oven to 400°F. Trim greens from beets. Cut off and discard stems. Coarsely chop leaves and reserve. Wrap each beet in foil. Place beets directly on oven rack and roast until tender when pierced with fork, about 1 hour 30 minutes. Cool. Peel beets, then cut each into 8 wedges. Place beets in medium bowl. Cook beet greens in large saucepan of boiling water just until tender, about 2 minutes. Drain. Cool. Squeeze greens to remove excess moisture. Add greens to bowl with beets. Cut peel and white pith from oranges. Working over another bowl and using small sharp knife, cut between membranes to release segments. Add orange segments and onion to bowl with beet mixture. Whisk vinegar, oil, garlic, and orange peel in small bowl to blend; add to beet mixture and toss to coat. Season with salt and pepper. Let stand at room temperature 1 hour.

[www.epicurious.com](http://www.epicurious.com)

*Cut along dotted line for 3x5 recipe card*

## BEET AND BEET GREEN RISOTTO WITH HORSERADISH

### INGREDIENTS:

1 small onion	1 pound red beets with greens (about 3 medium)
4 cups water	1/2 stick (1/4 cup) unsalted butter
1 cup Arborio or long-grain rice	1/2 cup freshly grated Parmesan (about 1 1/2 ounces)
1 tablespoon bottled horseradish	

### DIRECTIONS:

Finely chop onion & trim stems close to tops of beets. Cut greens into 1/4-in.-wide slices & chop stems. Peel beets & cut into fine dice. In a small saucepan bring water to a simmer & keep at a bare simmer. In a 3-quart heavy saucepan cook onion in butter over moderate heat until softened. Add beets & stems & cook, stirring occasionally, 5 min.. Stir in rice & cook, stirring constantly, 1 min.. Stir in 1 C simmering water & cook, stirring constantly & keeping at a strong simmer, until absorbed. Continue cooking at a strong simmer & adding water, about 1/2 C at a time, stirring constantly & letting each addition be absorbed before adding next. After 10 min., stir in greens & continue cooking & adding water, about 1/2 C at a time, in same manner until rice is tender & creamy-looking but still al dente, about 8 min. more. (There may be water left over.) Remove pan from heat & stir in Parmesan. Serve risotto topped with horseradish.

[www.epicurious.com](http://www.epicurious.com)

*Cut along dotted line for 3x5 recipe card*