



In the Share

Cherry Tomatoes, members 26 - 65
Cauliflower, 1 head
Cabbage, 1 head
Red Pepper OR Eggplant, 1 piece
Cucumbers, 2 pieces
Carrots, 1 bunch
Sweet Onions, 3 pieces
Summer Squash, 5 pieces
Choice of Herb, 1 bunch
Tomatoes, see signs on crates

There are several new items in the share this week, each of them is an especial favorite of mine. I have a big sweet tooth and all these vegetables deliver on that count, so I love them.

The first is the carrots. You will have some combination of Bolero or Mokum carrots in your bunch. The Bolero are the best producing carrot I have ever found. They germinate well, grow large, and have strong tops for bunching. They also have the best flavor, in my opinion. As you know, vegetables tend to have a season when they do best: peas and radishes in the spring; tomatoes and peppers in the summer; leeks and Brussels sprouts in the fall, for instance. Well, even within a broad type of vegetable, there are specific varieties that do better at certain times of the year. For carrots, Bolero is a fall variety, intended to be planted sometime in July and harvested in October or later. Mokum is a spring variety, intended to be planted in April and harvested in July and August. Mokum is sweet and flavorful, but the roots tend to be smaller and the tops much weaker than Bolero. So, over the years, I have edged that Bolero planting earlier and earlier in the year hoping it could compete with Mokum even out of its own best season. It worked this year. All the carrots are

(continued on the back)

Claire's Comments

Mosquitoes

In a moment of exasperation and a bit of exaggeration during our harvest on Wednesday, Laura said this was the worst week of her life. I'm guessing she was either swatting or itching at the time. Though I was not there at that moment, I sure heard about it as her statement was discussed throughout the day. The general consensus was that if it was indeed the worst week of her life, she was doing pretty well. As the day went on and the mosquitoes quieted a bit, Laura admitted it was really just her worst week on the farm, not her whole life.

The combination of heat, humidity, and mosquitoes this week has been truly unpleasant, and was certainly a major factor in Laura's proclamation. The mosquitoes force us to wear long sleeves and pants. Then the sun heats us up inside our protective garb. We sweat in an attempt to cool off but the humidity does not allow for any evaporation and we end up hot, wet, and itchy. The mosquito head nets finally came out on Wednesday and that helped a least a bit for those who wore them. Some chose not to wear them because they obscure your vision, and hold in the heat. There is no perfect solution to the mosquito problem. As far as I can tell, not even the bug repellent that some folks use does a great job.

Back in 2007, we had a tremendous mosquito outbreak in mid-September. Though this outbreak is bad, that one was many times worse. No one, including Jake (who does not suffer much from the mosquitoes), could enter the field without a head net. I did a little research at that time and found out that an outbreak can last 2 weeks to 2 months depending on the species and the temperature. My hope now is that we make it through the current outbreak as this level of population and that it does not get worse before it is over. At least as it is right now, we can be in the field in the full sun without excessive mosquito pressure. It is watching (and feeling) the mosquitoes rise in clouds off of the dewy crops throughout the morning that is the worst.

Though the environmental conditions in the field have been more difficult than usual, there is some good news. We are just about done with our weeding tasks for the summer. We will do a bit more weeding when the few fall crops we have start to grow up, but for the most part what can be weeded at this point has been. Also, we finished repairing our hoophouse (which collapsed under the winter snows) on Tuesday, so we are ready to bring in the storage onion crop. Also, the electricity was installed in our new passive solar greenhouse on Monday. As the weeding is slowing down, we have a little more time to work on our side projects like the new greenhouse and our irrigation system. As long as we get the harvest in first!



Savor the Summer

Join us at Troy Gardens for our annual **Savor the Summer Festival**

Saturday August 7th

3:00 to 7:00 PM

Free Community Garden Feast and Chocolate Shoppe Ice Cream

Kids' Activities

Hay Rides

Live Drumming

Recipe

Cabbage is one of those standard, hardy, western European vegetables. The little bit of Polish in my background brought cabbage into my diet in the form of golomkis (stuffed cabbage). It was my favorite food growing up. Both my mother and my grandmother made them using somewhat different recipes. I loved them both. Unfortunately for me, golomkis have not been part of my menu planning since I became vegetarian. I still miss them now and then. This recipe is from our farm intern Laura Jasiczek who has a great deal more experience with Polish food than I. She sent me a photocopy of this recipe taken directly from her Polish cookbook (which, unfortunately, I do not have the name of). Hand-written on the side of the recipe it says "very good" with three little stars. I am looking forward to trying it out this week. The flavor of cooked cabbage always reminds me of my mom and grandma.

Polish Noodles and Cabbage

*from Laura Jasiczek
taken from one of her Polish cookbooks*

- 1/4 cup butter
- 1/2 cup chopped onion
- 4 cups chopped or sliced cabbage
- 1 tsp. caraway seed
- 1/2 tsp salt
- 1/8 tsp pepper
- 1 package (8 ounces) egg noodles
- 1/2 cup dairy sour cream (optional)

1. Melt butter in a large skillet. Add onion; sauté until soft.
2. Add cabbage; sauté 5 minutes, or until crisp-tender. Stir in caraway seed, salt, and pepper.
3. Meanwhile, cook noodles in salted boiling water as directed on package. Drain well.
4. Stir noodles into cabbage. Add sour cream, if desired. Cook 5 minutes longer, stirring frequently.

(continued from "In the Share")

delicious and of decent size! The tops however are not so strong. When we had trouble bunching the tops, we decided to bunch the roots alone. So, your bunch may have greens or it may not. The root bunching went so well, we will likely just do it that way next time and skip the tops all together. With the way the crop looks right now, we should have a steady supply of carrots every other week or so for the season.

The sweet onions are also new. The variety is called White Wing and we heard many positive reviews from members on this new variety last year. It is indeed sweet, especially when lightly sautéed. I have a few White Wings in my backyard and ate the first one last night. I chopped it finely and added chopped red pepper, chopped tomatoes, black beans, basil, a bit of lemon juice and salt. I would also add some fresh sweet corn if I had it. We ate this salad with a quesadilla and a few corn chips. It was a great cold dish for a hot night when we did not want to start the stove!

Though not everyone will choose them over the eggplant, which is very lovely this week, the red peppers are very exciting to me. They are my very favorite vegetable at this time of year. The flavor is excellent when raw, stuffed and baked, sautéed, or roasted. I eat them every way I can. Both the eggplant and the red peppers are struggling a bit this year. The plants are large and lush, but the fruits are just not ripening. I am hoping that turns around in the next few weeks so that we can all have our fill now as well as having some in the freezer for the winter.

Tomatoes! Still no late blight! This dry weather is sure helping us out on that count. We had a much bigger harvest this week, but still nothing like we expect in the near future, if all goes well. You have both first and second quality in our share today. The seconds will need to have a few blemished removed before you use them, but the flavor will be the same. You also have your choice of an heirloom or two. Late blight or no, this will not be an outstanding tomato year because of all the early rain and the less deadly diseases that brought. So, enjoy them now!

As you can see, cukes, squash, and cauliflower are on the way out. There may just be one or two more weeks on summer squash.

Next week: Scallions, beets, salsa basket more tomatoes, and a likely resurgence of green beans.

Troy Community Farm

Claire Strader • 442-6760 • claire@troygardens.org

www.communitygroundworks.org
