



In the Share

Cauliflower, 1 head
Eggplant, 1 piece
Summer Squash, 3 pieces
Cucumber, 2 pieces
Beets, 1 bunch
Lettuce, 1 head
Kale, Collards OR Chard, 1 bunch
Beans, Green OR Yellow, 1 bag
Shell Peas, 1 bag
Snow Peas, 1 bag
Sugar Snap Peas, 1 bag
Basil, 1 Pesto Bunch

Cauliflower is a challenging vegetable to grow. It is not only sensitive to temperature, humidity, and soil moisture but also any great changes in any of the above. We watch the weather pendulum swing wildly and peer into the leaves of the head to check if the growth has been affected. When we see the head starting to form, we snap leaves and shield the lily white surface from the sun. We patrol for cabbage loopers and black rot, both of which affect all brassicas. Nevertheless, we plant this prima donna every year with the hope that it will yield. And so it has. Enjoy!

When I think of cauliflower and peas, I think of northern Indian food. Julie Sahni is the cookbook author that made cooking Indian food accessible to me although I readily admit that it's never as good as the restaurant. (continued on the back)

From the Farmer

Gratitude

We have entered the time of year when I find myself, almost every single night, fighting to stay awake while I put Oliver (my 5-year old) and Grace (my 2-year old) to bed. (OK, maybe we've been there for a month or two already) During our bed time story, Oliver has this charming way of saying, "Papa, could you please speak up?!", by which he actually means "Papa, for once could you please just wake up and stop slurring your words and muttering incoherently, while you read me this story that I happen to find riveting?!" It was on just one of these occasions a week or two ago that he informed me that he and his best buddy Noah had recently decided that they would become ichthyologists someday, because they are really interested in rocks and fossils. (In my half asleep state, I had some dim thought that perhaps they were confusing rock lovers with fish studiers, but he managed to slip it by me at the time.) Next, he sleepily asked me why I was a farmer. I'm pretty sure that I gave him a somewhat lame, mostly unconscious, answer, but this is what I should have said:

I am a farmer because I love to work outside in every kind of weather. 95 and humid does not happen to be my favorite of those weather types but it still feels good to be out in it. I like to use my hands and my feet and my mind every day at my work. I'm a farmer because there are few things I like better than to grow food for other people that is fresh and delicious and healthy and beautiful. I like the fact that, on a diversified vegetable farm on which there are 50 different types of vegetables and countless different varieties, you lose some (spring broccoli) and you win some (the onions and leeks look spectacular so far this year). I am a farmer because every day brings a completely different set of tasks than the day before. Right now, while we are in the throes of a seemingly interminable pea harvest, it is difficult to remember that, but the fact is we'll pick our last pea of the season this week or next and we won't even think about peas again for ten months. I am a farmer because, after all this time, it still feels miraculous to me that a bunch of little seeds in the ground can make all of this happen. I enjoy the fact that a big part of my job is educating some of the folks who will go on to be our next farmers and gardeners and people who will think critically about food. I love that I work alongside such an interesting and dynamic group of people (people whose idea of a good time is to make their own hot dog buns from scratch or to make grilled tamales out of rabbit they managed to catch outside of their downtown apartment.) I love the complex puzzle it is to be a good grower in each season's variable conditions, but also the simple directness of it all: I plant things, I care for them, and I feed people. I am a farmer because it delights me to see all of you going home every week with smiling faces and full bags. I'm a farmer because I only have a couple of pairs of pants and that doesn't fly in a lot of professions. I'm a farmer because driving around on a tractor seems to be the most fool-proof way to achieve hero status in the eyes of the neighborhood kids. I'm a farmer because the first tomato of the season (coming pretty soon!) is so, so good. I am a farmer because I love to eat and because it seems like everyone else does too.

This week on the farm has felt a little rough. I've been hot and tired and, *man* are there a lot of weeds this year! It is a good week to remind myself why I'm grateful to do what I do. Unfortunately Ollie can't really read yet...I'll have to try to stay awake tonight and give him a more satisfactory answer! -Jake

Recipe

A simple, yet refreshing recipe that's a perfect side dish for dinners during the summer. Also, a great recipe to prepare for a potluck! Since I usually am just cooking for myself, I am guilty of eating food right out of the container in the fridge (probably a bad habit to be in), but I have found that this salad is especially hard to stop eating once I start. If you are planning on making this dish to share with your family or friends, make sure to scoop out a serving in a separate bowl to avoid the realization that you just consumed half of the salad!!

-Natalie Emmerich, Second Year Intern

Cucumber Salad with Dill

- 4 Cucumbers, thinly sliced
- 1 small red or white onion (or a little of both!), thinly sliced
- 1 C. white vinegar
- 1/2 C. water
- 3/4 C. white sugar
- 2 T. Dill (or to taste)

Combine the cucumbers and onions in a large bowl. Combine the vinegar, water, and sugar in a large saucepan over medium-high heat. Bring to a bowl and pour over the cucumbers and onions. Stir in the dill, and refrigerate until cold. Let the mixture marinate for at least an hour before serving.

Cauliflower, Green Peas, Potatoes in Spicy Herb Sauce

(Gobhi Matar Rasedar)

From Classic Indian Cooking by Julie Sahni

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| 1 small head cauliflower | 1 t turmeric |
| 2 medium sized potatoes (1.5 lbs) | ½ - 1 t red pepper |
| ½ C <i>usli ghee</i> or light veg oil | 1 ½ C shelled fresh green peas |
| 2 t cumin seeds | 1 ½ C finely chopped fresh tomatoes or ¾ C canned puree |
| 1t ground cumin | 4 t kosher salt |
| 2 T ground coriander | 3 T chopped fresh coriander leaf |

1. Wash cauliflower in running cold water. Break or cut it into about 1 ½ inch flowerets. Peel the central stem, and cut into ¼ inch thin slices.
 2. Peel the potatoes, and cut each into 6 pieces.
 3. Measure out all spices, and place them, and all the vegetables, right next to the stove.
 4. Heat the *ghee* over medium -high heat in a deep heavy-bottomed pan. When the fat is hot, add cumin seeds, and fry until they turn dark brown (about 20 seconds). Add cumin powder, and immediately add cauliflower, potatoes, and fresh green peas. Fry, stirring constantly, until the vegetables begin to sear a bit (about 5 minutes). Add tomato puree, and continue frying until the puree thickens the fat begins to separate from the sauce (about 3 minutes). Add 3 cups boiling water along with the salt. Reduce heat and simmer the vegetables, covered, until they are tender and cooked through (about 15 minutes). If you are using frozen peas, add them now, and continue cooking for an additional 5 minutes. Turn off heat. Check for salt, and serve sprinkled with chopped coriander leaves.
- Note:* This dish must be served in small bowls, such a *katoori*, since its consistency is much like a minestrone with the vegetables cut into large chunks. Traditionally, a little *ghee* (about 2-3T) is poured over the dish before sprinkling coriander leaves. This, in addition to enhancing and enriching the flavors, makes the dish taste mellow and subtle. It may be prepared ahead and refrigerated for up to 4 days. It also freezes well. Defrost thoroughly before reheating. To reheat, gently simmer over low heat until it comes to a boil. To perk up flavors, add a little ground roasted cumin seed and chopped coriander leaves before serving.

(continued from "In the Share")
However, it's satisfying to prepare, with the smell of Indian spices wafting through the house, and to eat the dish to the left.

I'll be honest and admit most of my love for the Asian variety of eggplant in your share today has to do with its color, second only to its ability to coalesce flavors and oils in a stir-fry.

The summer squash is still coming on strong, although the plant pathology class from UW-Madison that visited a week ago found a plethora of reasons why it shouldn't. Such is the case every year, and every year it provides. It freezes well in shredded form, no need to blanch, for a winter treat of zucchini bread.

This past Saturday I had a conversation with my friend's Mom while volunteering at Art Fair on the Square (food is art, right?) She said her Mom had the simplest recipe for cucumber but it had to be followed exactly, no substitutions or additions would do it justice. She mixed 1 C mayo, 1 T white vinegar, and 1 T white sugar as a dressing. Nothing else would bring out the flavor of the cucumber so jubilantly.

Don't forget to use the beet greens! They are more than compost fodder! To store: separate greens from beets leaving about ¼" of the stem on the beet. Wrap beets in a plastic bag and they will store for several weeks. The greens should be wrapped in a plastic bag with a wet paper towel and used within a week or two.

Kale also freezes well, along with beans and shell peas. All three receive the same treatment: blanch by boiling or steaming for 1-2 minutes, plunge in ice water, wrap in freezer-proof packaging. You won't regret it. -Julie

Coming next week...the last of the peas, the middle of the beans, summer squash and cukes, and the first of the cabbage.

Troy Community Farm

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