



In the Share

Cabbage, 1 head
Carrots, 1 bunch
Beets, 1 bunch
Scallions, 1 bunch
Cucumber, 3 pieces
Summer Squash, 5 pieces
Eggplant, 1 piece
Kale, Collards or Chard, 1 bunch
Salsa basket, 1 bag
Beans, Dragon or Green, 1 bag
Tomatoes, TBD

Our numbers are fast dwindling on the farm, both for humans and plants. School beckons, injury and illness blindsides, vacation summons, and autumn creeps towards us. Our summer plants continue to thrive, and we are eagerly watching our fall crops. There are hints of the change of the season this week, with the addition of carrots, cabbage and continuation of beets. But summer will hold on for quite some time in the form of salsa baskets and tomatoes. This boundary between seasons is fruitful.

Red cabbage appears for the first time this week for some of you. It stores just as well as the green, wrap in a moist paper towel, place in a bag in your crisper and enjoy for weeks. One of my favorite ways to eat cabbage is to sauté it with kielbasa and noodles.

(continued on the back)

From the Farmer

The Joys of Moving

Greetings from the interns of Troy Farm! This week Jake has turned the writing reigns over to us so we can say hello from the fields. It's been a wonderful summer of learning, laughing, and of course growing delicious produce with everyone here, and there are many tales to tell. Early in the season, with rain pounding down at astounding rates, the daily narrative featured an epic quest across a monstrous swamp that formed in front of the farm gate. As seedlings turned to plants, we put on our detective hats and staged a film noir investigation at the sight of each nibbled leaf or drooping stem; from rabbit gangsters to the flea beetle femme fatale, we went to the mattresses to protect our crop families with row cover and constant vigilance. Meanwhile the love story of pollination buzzed all around us as we mustered our hand hoe militias in the never-ending war against weeds. It's been a true delight becoming knights of the field.

But the story that wove it all together was much more subtle than any of these: it's a story of pilgrimage. Madison may have spent the last week in the throes of apartment cleaning and U-Haul excursions, but at the farm every day is moving day. So much of organic cultivation depends on getting the right thing to the right place at the right time. From seed to satisfying vegetable, the journey of Troy produce is a profound expedition.

Seeds often begin their travels at Johnny's Selected Seeds, embarking to our offices in the miniature ferries of paper packets. From there, some take the adventurous plunge right into the field, but many make their first jump from rich earth to clear air in the germination chamber. Enduring the back-and-forth "hardening off" process – basically customs for plants eager to immigrate to the fields – young plants build their open-air muscles by taking day trips outside the greenhouse and sleeping inside at night. Successful transplants finally move to the fields as we perform what previous interns have called the "transplant dance," a beautifully choreographed sequence of movements that happens in a steady rhythm: scoop a spot in the earth, set the plant in place, sweep soil over to the right, sweep soil over to the left, step forward and repeat. Compost arrives at the farm in towering piles, but moves in modest buckets and generous handfuls into the field. And then the great pause happens while we watch our tomatoes and cucumbers, squash and peas, garlic and broccoli reach for the sky.

The final trip is of course our favorite – the movement from field to stand to your hands (and ultimately your stomachs!). It's exhilarating to watch this journey take place over the course of a summer. And we'd like to thank you for being such an inspiring audience and preparing such welcoming final destinations for our intrepid vegetables. We hope you enjoy this week's arrivals to the CSA box! We've certainly enjoyed watching them get there.

-Julie Collins

Thanks to Julie for writing this and all our excellent interns, worker shares and volunteers for farming with us this season! -Julie Engel

Recipe

Bruschetta Fresca

Here is a simple recipe I like to use for pot-luck dinners, because it takes very little time to prepare, and tastes best when it has time to sit before serving. It's good over chicken and/or pasta as an entree, or on toasted slices of baguette as an appetizer. My favorite part about this dish is enjoying all these vegetables together while they're fresh! –Sarah Hau

- 5 medium-sized tomatoes (or equivalent), cubed
- 1/2 red onion, diced
- 2 cloves garlic, quartered
- 1/2 cup apple cider vinegar, or sherry vinegar
- 1/4 cup olive oil
- handful of basil, chopped
- salt and pepper

Combine all ingredients into a container and cover. Shake gently to mix about every 20 minutes for about 2 hours for the flavors to come together. Pull out and discard garlic cloves before serving. By this point, the garlic will have imparted its flavor into the sauce. If you must serve it right away, I would recommend you use half the amount of garlic, and mince it very finely. Uncooked garlic has quite a bite!

Beet Risotto with Greens

I know I've said a million times, but I love Deborah Madison. And I love risotto. And guess what, I love beets, too. The following is a delicious combination.
-Julie Engel

5 1/2 - 6 1/2 cups veggie stock	2 T chopped basil
3T butter or mix butter and oil	2-3 beets, peeled and grated
1/2 C finely chopped onion	2-3 C greens, finely chopped
1 1/2 C Arborio rice	Salt and pepper
1/2 C dry white wine	Grated zest and juice of 1 lemon
1 T chopped parsley	1/2 C freshly grated Parmesan

Have the stock simmering on the stove. Heat the butter in a wide pot, add the onion, and cook over medium heat for 3 minutes, stirring frequently. Add the rice, stir to coat it well, and cook for 1 minute. Add the wine and simmer until it's absorbed, then stir in half the parsley, the basil, grated beets. Add 2 cups stock, cover, and cook at a lively simmer until the stock is absorbed. Begin adding the remaining stock in 1/2 cup increments, stirring constantly, until each addition is absorbed before adding the next. When you have 1 cup left, add the beet greens. Taste for salt, season with pepper, then stir in the lemon zest and juice to taste. Serve dusted with the cheese and the remaining parsley.

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It makes me think of my aunt who often serves traditional polish dishes. Omit the noodles for a gluten-free option, or add caraway or fennel seeds for a little pizzazz. It's simple, quick and delicious.

No frilly greens on the carrots today, just simple sweet goodness great for snacking, salads, and soup.

The beets, however, come with their greens. We are all amazed at how good the greens look this late in the season. Check out the recipe to the left for using all of the beet bundle.

Scallions reappear. As we were harvesting them, our eyes were watering; they are powerful! Apparently, the stronger an onion is, the better it combats heart disease if you eat it raw. Perhaps the scallions will perform the same feat, so chop raw on your slaw!

Cucumbers are our constant companion these harvest days, and evidently, the interns are not sick of making pickles. They've chopped, sliced, bread-n-buttered, or gone whole into brine spiced with cumin, oregano, dill, garlic and other fantastical spices. It even inspired me to make a batch.

Summer squash lingers. Google "Confit Byaldi" for an entertaining recipe and story. It's reminiscent of ratatouille with a twist.

Consider using your eggplant in the Confit Byaldi.

Speaking of greens, the kale, collards and chard look good! And taste good! And are good for you!

The tomatillos were extra generous this week, and we're passing on the generosity. The basket is "party-size" this week, so make sure to buy the appropriately sized bag of chips.

Oh, tomatoes! If you think you can never have enough, you're in luck. Coming next week... more tomatoes, perhaps storage onions.

Troy Community Farm

Jake Hoeksema • 240-0409 • jake@troygardens.org