



In the Share

Carrots, 1 bag
Cucumber, 2 pieces
Summer Squash, 4 pieces
Eggplant, 2 piece2
Sweet Pepper, 1 piece
Kale, Collards or Chard, 1 bunch
Salsa basket, 1 bag
Beans, Dragon or Green, 1 bag
Sweet Onions, 4 large and 2 small
Garlic, 1 head
Tomatoes, TBD

The numbers of tomatoes are not dwindling on the farm. Jake and I have never seen the truck so full. It's like they realize that summer is finally here and are making up for lost time. Other crops are enjoying the heat as well; you have the first pepper in your share this week! Hooray!

The carrots are as sweet as ever. We dug the rest of the first planting that we put in the ground way back in late April. Carrots take time and those with patience and diligence are rewarded with the versatile vegetable that everyone seems to like both raw and cooked, and compliments most any dish. We are proud of our carrots as they are sweet, crunchy and full of flavor due to our rich soil that we carefully tend throughout all the seasons and over the years.

'Cucumber' is fun to say in French (continued on the back)

From the Farmer

Summer into Fall

Over the next week or so, we will lose about a third of our intern crew to the beginning of school and other obligations. Yesterday marked the last day on the farm for Diane, as she is headed back to her job as an Anatomy/Physiology professor at Madison College, and her departure really seemed to usher in a changing of season. Though the weather this week has felt decidedly summery, there have been plenty of indications that seasons are beginning to tip and fall will soon be upon us.

For those of us who remain, our rhythms will begin to slowly change. As I start my day by watering the last few flats of seedlings that remain outside of the greenhouse, the sun lately has not quite poked up above the eastern horizon yet. With the day length continuing to shrink, I will start to rouse myself from bed a few minutes later each morning to avoid bumbling through my chores in complete darkness. Sometime in the next few days, we will transplant the last two plantings of lettuce into the field, and, for the first time since late February, the greenhouse will be completely empty of seedlings and those chores will not involve morning watering at all. Tasks in the field will soon become nothing but harvesting. Instead of planting, mulching, trellising, cultivating, and weeding, we will busy ourselves picking and digging all of the crops that we have been tending for months.

This week saw us finish this year's onion harvest, and I have to say that they are gorgeous. The rule of thumb is to wait until about half of the leaf stalks have fallen over on their own, and then to harvest the whole onion crop. Monday turned out to be the day. First, we pulled all of the bulbs out of the ground and laid them on their sides to "field cure" for a day in the hot, dry weather. Next, over the course of the next couple days, we hauled thousands of onions into the greenhouse and laid them all out on benches to complete the curing process and to make them suitable for winter storage. At one point we were struggling to fit all of the big, beautiful globes into our available space, and I was grumbling about the fact that the farm doesn't have sufficient infrastructure for things like curing onions. One of the interns asked how we have dealt with this issue in the past, and I had to respond that, for the past two or three seasons anyway, our inadvertent solution was to grow a completely pathetic onion crop that simply did not take up much room. Along with most other organic growers in the area, we have grappled with onion damage caused by a particularly vexing pest known as a thrip. Not only do these little insects cause damage to the plants by eating the leaves and sucking all of the moisture out of the leaves, but they are also responsible for introducing a host of destructive diseases. For a variety of reasons, we have had little to no trouble with thrips this year, and our onions have really benefited. I feel grateful that this year's onion problem is that they are too big and plentiful! You can expect to see many onions in your shares over the remainder of the season.

As a farmer, the season transition from summer to autumn is one of my favorites. I am looking forward to the to-do lists shrinking and the pace slowing ever so slightly. I relish the changes in the weather and the shift to hearty vegetables that will feed us well into the winter. The tipping hasn't quite happened yet, but this week I could feel it coming. I know that many people don't share my joy at the demise of summer...I'll do my best to keep it to myself!

-Jake

Recipe

French-Style Cucumber Salad

From <http://www.ebfarm.com/recipes/french-style-cucumber-salad>

Crème fraîche is surely one of the most luxurious and versatile ingredients in the culinary arsenal. It adds creamy richness with a hint of tang to everything from soups and sauces to salad dressings and desserts. It's wonderful with cucumbers, because it clings to the crisp, juicy slices, turning this humble vegetable into an elegant dish. Flavored with tarragon, the quintessential French herb, this recipe requires just 4 ingredients and an hour of salting. This step is essential to drain the cucumbers of excess moisture, which prevents dilution of the crème fraîche. Serve with grilled salmon or chicken.

Ingredients

- 1 large English cucumbers (unpeeled, thinly sliced)
- 1 teaspoon sea salt or coarse kosher salt
- 1 cup crème fraîche
- 2 tablespoons fresh tarragon (minced)
- ground black pepper

Directions

Place the cucumbers in a colander and sprinkle with the salt, tossing to combine. Place the colander in the sink and let the cucumbers drain for an hour. Shake the colander to remove the liquid, then pat the cucumbers dry with a clean kitchen towel or paper towels.

Transfer the cucumbers to a bowl and add the crème fraîche and tarragon, stirring gently to combine. Season with salt and pepper to taste. Refrigerate until the salad is chilled. It will keep, covered, for up to 2 days.

Caramelized Onions

from <http://www.nytimes.com/2012/01/04/dining/baking-savory-scones-for-winter-warmth-a-good-appetite.html>

To make them, I call for a somewhat unusual technique: starting the onions in a dry pan without any oil. As the onions begin to darken, but before they burn, I add oil and salt to stop their browning. Then I sauté them until they soften in some spots and crisp up in others. This takes less than half the time of the traditional, slow-cooked method of caramelization and makes for sweeter, more intensely flavored onions with a complex, chewy texture. The darker you cook them before adding oil, the richer they taste. Just make sure they do not turn black and burn, which will give them an acrid flavor.

Or, more specifically:

Add the onions to a large, dry skillet and set the heat to medium-high. Cook until they begin to turn dark brown and somewhat soft, about 5 minutes. Add 1 T olive oil and a pinch of the fine sea salt; continue cooking until the onions are soft and caramelized, about 5 minutes longer. Cool completely.

(continued from "In the Share") and I'm transported back to high school French class every time I harvest. Thankfully, I rarely harvest them and therefore rarely have to revisit high school! However, the French do have a wonderful way of preparing them, see the recipe to the left.

This week is the week to prepare Confit Byaldi, or ratatouille. I know I alluded to it last week, but we are now giving you summer squash, pepper eggplant and tomatoes, all key ingredients in those dishes. It is the taste of late summer concentrated.

We are offering four different types of kale in addition to the chard and collard choice. According to an article in The Huffington Post titled "Kale Competitors: How do other greens stack up?" the author concludes that all greens are highly nutritious. Chard is higher in iron and collards have more calcium. But otherwise, let taste be your guide. The four types of kale for you to try are Red Curly, Red Russian, Rainbow Lacinato, and Green Curly. The curlys are self identifiable, but the Red Russian and Rainbow Lacinato look so similar as to be almost indistinguishable; a clue: Rainbow Lacinato is bumpier on the individual leaf.

Both red and green salsa freeze well fresh; they can also both be canned. However it is preserved, it tastes delicious in January.

Dragon tongue beans are best eaten raw, in my opinion. Not only do they taste the best in that state, but they also keep their color!

The sweet onions are now cured and you may keep them on your counter if you find your fridge to be too crowded. Check out how to caramelize onions to the left.

Garlic + Tomatoes = Heaven
Coming next week... more summer staples plus hopefully edamame.

Troy Community Farm

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