



In the Share

Delicata Squash, 2 pieces
Cabbage, 1 giant head
Rutabaga, 2 huge bulbs
Broccoli, 2 heads
Leeks, 2 large
Summer Squash, 2 pieces
Eggplant, 2 pieces
Peppers, 2 Carmen and 1 large Bell
Garlic, 1 head
Tomatoes, TBD

Pasties never figured prominently in my past; I ate them once while touring the U.P., with plenty of ketchup. I didn't particularly like the pastie or ketchup at the time, but I did learn, as a proper Michigander, how to pronounce the name (hint: say past, as in the first sentence, then add an e). Only in adulthood, when I realized wrapping dough around pretty much anything makes it good, did I revisit my heritage, pasties, and rutabaga.

But first, a note about the delicata squash: we have harvested all the beds that we have and it is in storage. This is likely to be the last delivery of any quantity. If you're a pie person and you've never had maple-delicata pie, then this is an opportunity of a lifetime. Way back when I started my farming career (is it funny to say farming and career in the same sentence?), I worked at the Stone Barns Center for Food and Ag. (continued on the back)

From the Farmer

Confession

For most of the summer, we have known something but have been reluctant to tell you. You have finally begun to wonder yourselves, though, and it really can't be avoided any longer. I would like to start out this week then with a confession: I killed your potatoes. Every single one of them. I know that this comes as dismaying news to many of you, and we certainly feel badly about the void too. Let me tell you how it happened and also assure you that we have learned from our mistakes.

Each spring, after preparing the field and spreading some compost, we tuck our seed potatoes in the ground, "eye" side up. We usually give them a little water, and then we always cover them immediately with floating row cover (the gauzy polyester fabric we use extensively on the farm as an insect barrier) to protect the emerging plants from the scourge that is the Colorado Potato Beetle. The row cover is permeable, allowing plenty of water and sunlight to pass through, but finely woven enough that the little orange and white tormentors cannot find their way through the barrier. Another effect of the row cover is that it creates a little microclimate on a given bed, trapping heat and moisture under the fabric. Usually a very good thing (spring plantings are almost always grateful for a little extra warmth and water), this property proved to be the undoing of our potato crop this year.

When crops are safely tucked in under row cover, we don't often find ourselves checking up on their progress. This is partly because it is cumbersome to peel up the dirt-sealed edges, partly because we don't want to breach our insect barrier, and mostly because plants almost always seem to grow so well under there. This spring, I remember feeling confident that the little tubers were sprouting and beginning to grow right on schedule. One day, when we peeked under a corner of the row cover to verify, we were greeted with a very different vision: copious weeds and virtually no potatoes. We dug around a bit in the soil and found one decomposing little blob after another, in rows, and spaced 12" apart. The moist row cover conditions had combined with the historically wet and cold spring to rot all of our seed potatoes. There are few smells I care for less than that of a putrid potato, and I had just stuck my thumb right through a couple of them in my digging around. The queasy feeling that I immediately felt in my stomach, though, had way more to do with the stark realization that we were looking at a complete potato crop failure.

I know that, in the mind of the average CSA member, not all vegetables are created equally. Of the fifty or so different crops that we grow, there is a small subset of them that we really need to do well to make most people satisfied. If potatoes don't top that list, they are certainly close. It is not cabbage-leek soup that you are all craving with the onset of fall weather. Rare is the time when somebody is described as a "good ol' meat and rutabaga kind of guy". The fast food industry hasn't made its zillions on French fried beets. While we will all rue the missing potatoes this fall, my hope is that we can make you all forget their absence (at least a bit) with all of the bounty that we deliver in the coming weeks. This week features broccoli, cabbage, rutabaga, and leeks whose magnitude challenged our ability to cram your shares in the walk in cooler and get the door closed behind us.

One thing I know for certain is that next time I will peek under the row cover earlier.
-Jake

Recipe

Maple-Delicata Pie

Use whatever pie crust you have available to you. By now, you should predict that I advocate for making the stuff at home, using half lard and half butter. It's a delightful combination for a flaky crust that compliments any pie, but especially fruit or sweet pies. The following recipe is for the filling. -Julie Engel

1 (9-inch) pie shell	1 C heavy whipping cream
1 T butter	½ C maple syrup
½ C + 1T brown sugar, divided	½ t salt
1 delicata squash (about 1.5 lbs)	3 eggs

Heat oven to 375°F. Cut delicate lengthwise into two halves and scoop out seeds. Divide one T of both butter and brown sugar between the squash halves and bake for 30 mins or until easily pierced with a fork. Set aside until cooled and turn oven down to 350°F. Scoop out squash (1.5C worth) into a blender. Add cream, maple syrup, and remaining brown sugar and blend until smooth (about 1 to 2 minutes). Pour squash blend into medium-sized bowl. Stir in ½ t salt. Mix in eggs, one at a time. Pour pie filling into shell. Bake for 1 hour or until set. Allow to cool.

Pasties

For a long time, I tried to make pastry dough, such as the type I allude to in the recipe above, work for pasties. It doesn't. I finally found the following recipe in *The Joy of Cooking*, and the dough is infinitely easier to work with. As for the filling, it is copied here exactly as it is in the cookbook but feel free to experiment. Nearly any root vegetable or protein will work. -Julie Engel

Combine well:

1 ¼ lbs. beef round steak, cut into ½" cubes, or ground chuck	2 medium onions, chopped coarse
2½ C ½" cube peeled rutabaga	1 C ½" cube carrots
2 ½ C ½" peeled potatoes	Salt and ground pepper to taste

Cover and set aside. Mix together in a large bowl:

4 C all purpose flour,
1 T sugar, ½ t salt.

Cut in with pastry blender or 2 knives until the mixture resembles coarse crumbs: 1 ¾ vegetable shortening (I use butter or lard).

Mix together: ½ C water

1 large egg
1 T white vinegar

Add the liquid ingredients to the dry ingredients and mix just until combined. Turn out onto a floured work surface. Divide into 6 portions and roll each out to form an 8" round.

Preheat oven to 400°F.

Divide the filling among the 6 rounds, spooning the filling onto half of each dough round. Fold the dough over the filling and tuck it under the filling. Moisten the exposed edge and bring it up to meet the tucked edge, pinching the dough together to seal it. (Each pasty should resemble a small football, flattened on the bottom side.) Cut a slit in the top of each pasty and place on an ungreased baking sheet. Bake until the crust is golden, 50 to 60 minutes. Serve warm or room temperature.

(continued from "In the Share")

We had a pie contest that was judged by Martha Stewart. She chose this pie. It wasn't my idea or my entry, but I've gotten plenty of satisfaction replicating it repeatedly. You can do the same with the recipe to your left.

And a word about the cabbage: can you say ginormous? It is a storage variety called Tendersweet and it is true to both its name and its type. It is delicious and it stores well. If you don't have room in your fridge, consider making sauerkraut. This cabbage is absolutely perfect for it.

Now, back to the subject you've all been waiting for: rutabaga (I'm skipping my heritage and to the left is the pastie recipe.) We've never grown rutabaga like this before. We are all quite amazed. I think the secret is to transplant it. Yes, that is what I said, to transplant it. We relegate greenhouse space and energy to this root vegetable starting in May and we are now reaping the rewards. You might ask, why? Why baby rutabaga (in short because saying baby and rutabaga in the same sentence is fun- my brother was known as the rutabaga baby when he was an infant for his ability to gobble entire jars of the stuff) but really it's because of pasties. Both my cookbook author/mentors (Elizabeth Schneider and Deborah Madison) wax poetic about rutabaga as a versatile and delicious root vegetable that can be cooked in any manner... except boiled. So don't boil it. Do "puree in soup, sliver into slaw, grate and gild into little pancakes, steam in dumplings, braise with sweet spices" and so on, says Elizabeth (we're on a first name basis). Really, whatever you want to do, even if you want to boil and mash with butter. Just don't tell Elizabeth and Deborah. Coming next week... beets, new varieties of winter squash, and edamame.

Troy Community Farm

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