



In the Share

Butternut Squash, 1 piece
Pie pumpkin, 1 piece
Sweet Potatoes, 1 bag
Beets, 3 bulbs
Celeriac, 1 head
Brussel Sprouts, 1 bag
Leeks, 3 pieces
Scallions, 1 bunch
Lunchbox Sweet Peppers, 1 bag
Salad mix, 1 bag
Bok choy, 1 head
Herb, 1 bunch
Garlic, 1 head
Green Tomatoes, 3 pieces

Fall calls for butternut squash and pie pumpkins and we heeded. Both squash make a mean pie, but the pie pumpkin did win the taste test last year among the interns and volunteers. To make a pie from a pumpkin that is sitting on your counter is not only novel, but also pretty easy in that it includes only one extra step- bake it first! Then use it in your favorite pumpkin pie recipe. To bake it, set the rack in the middle of the oven and then set the temperature to 350°F, although that is flexible depending on what else is in the oven. I like to load it up with all the squash and root veggies I want to bake for the week and then store them in the fridge until I make them into a dish later.

(continued on the back)

From the Farmer

The World is Flat

This happens to me every season. Sometime around late August, I peek at the calendar and privately wonder how I am going to make it all the way to the end of the season. The weather is still hot, the harvests are still unrelenting, I feel pretty tired, and November feels awfully far away. Then, the earth starts to tilt, the days start to get a bit shorter, and the pace eases up ever so slightly. This fall's weather has been so lovely, both for growing and for working. Days have been mild and warm (only a couple of times have I heard someone in the wash shed complain of frozen fingers or numb hands), and rain has been frequent enough to give the remaining crops one last drink and to get our cover crops established. Again, I glance at the calendar and realize, with a start, that the end of the delivery season is only a couple of weeks away.

After this week's, two more CSA deliveries remain. Next week, in addition to pulling together the regular share, we will be busy harvesting, cleaning, and packing all of the storage crops many of you ordered. We will also be preparing for Intern Solo week, which will happen the week of October 21. A tradition on the farm since 2008, Intern Solo is when the farm staff leaves the remaining intern crew to completely take the reins for a full week. While Julie, Justin, Steph, and I are in the office catching up on administrative and maintenance work, the interns will be in the field themselves. They will be deciding what to put in your final share, harvesting and packing for our wholesale orders, making sure not to smash into the fence with the big yellow truck, and dealing with any unforeseen wrinkles that come their way (they are sure to encounter a few). This year's crew is so solid; I have every confidence in their ability to do a great job.

I now find myself in the position of wanting to savor each remaining day in the field. I love the hearty food and the weather this time of year. I enjoy noticing the return of the white throated sparrow's songs, serenading me while I pack carrots. I like starting my days now in the dark of night, stary skies overhead, and looking so forward to the low angled golden light that these mornings bring. In the summer, with crops reaching for the sun and trellises standing at attention, our fields have a real topography to them. I have really been relishing watching the farm get flatter of late. Last week we harvested all of the popcorn you will see in your shares next week and mowed down all of those towering corn stalks. Yesterday we finished deconstructing all of the tomato trellises. Cover crops carpet the fallow areas.

Now, instead of wondering how I will make it to the season's end, I am asking myself how it all went so fast. It happens to me every year.

-Jake

Recipe

My nickname in high school was “the beast” and, although it was only said to me one time, it was seared in my memory. Later, I came to embrace this nickname, and my friend Sarah and I made up this recipe when I was living in upstate New York on a sheep dairy. She named the recipe as it is. Now, if only I could embody the other tag given to me in high school; I was voted “most likely to be rich.” -Julie Engel

“Beasty” Fried Green Tomatoes

3 green tomatoes, sliced and salted
1 egg
¼ C stock
1 C flour
2 T amaranth grain or corn meal, for crunch
½ t salt
Freshly ground pepper to taste
½ t crushed fennel seeds
1 t dried marjoram or sage, depending on preference
Oil for frying

Crack the egg and mix with the stock. Set aside. Mix the remaining ingredients in another bowl. Meanwhile, heat oil in a non-stick skillet until it pops when a drop of water is dropped on it. Dip a slice of tomato in the egg mixture, then the flour mixture. Place in the skillet and fry for 3-4 minutes or until golden brown. Flip and repeat. Drain on paper towels and eat when cool. Enjoy!

This recipe also harkens back to my sheep dairy days. Maryrose would make this on cool, fall Sunday nights to take to potlucks.

Bacon and Hazelnut Leeks

3 large leeks, cut into ½” rounds
4 T coarsely chopped hazelnuts
4 to 6 strips bacon, cut into pieces
1 T white wine vinegar
1 C heavy cream
Salt and pepper

Toast hazelnuts in dry frying pan, set aside. In the same pan, fry bacon until crisp, set aside. Deglaze the pan with the vinegar, scraping up any good stick-to-the-pan bits. Add leeks and sauté until tender. Pour in cream and boil a minute or so to reduce. Season with salt and pepper. Stir in bacon and nuts.

(continued from “In the Share”)
Opening a squash can be scary and a trick I’ve found is to knock off the stem end against the counter rather than attempting to cut through it with my knife. Then, carefully slice the squash in half and clean out the seeds. If you would like to make roasted squash seeds (delicious on salads, in soups, and as a snack), strain the seeds from the encasing mesh by dunking several times in water. The good seeds will fall to the bottom while the squash mesh and empty seeds will float. You will still have to do a fair bit of picking through the mesh to get all the good ones, though. Then, put the seeds in heavily salted water, boil for 10-15 minutes, strain, and place on a cookie sheet in a hot oven (400°F or higher) shaking once or twice. They are done when they smell delicious, are golden brown, and may start to pop.

Sweet potatoes aren’t really a potato but rather a tuber. What that means, exactly, I’m not sure. Regardless of what they are, they taste good! They like to be stored between 55-59°F with 90% humidity. The best you can do at home, I’m guessing, is place in a plastic bag and put in your basement, or other cool, dark place. Then use in your favorite recipe, which, for my Dad, is simply roasted and consumed, skin and all.

Hear me out on the green tomatoes: they have the same sugar content as a red tomato according to BRIX tests, but the flavonoids are not developed, which make a tomato taste like a tomato. That’s why, in yesteryears, they were used for green tomato mincemeat and other sweet preserves; it was a source of free sugar at the end of the year. I suggest you fry them and get a sweet and salty fix. Coming next week...popcorn, carrots, and more leeks

Troy Community Farm

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