My Weekend in the Kitchen(s)

I have this great little hiking stove called a Jetboil. It is compact, easy to use, easy to clean. Though I did not crawl out of a tent this morning and sit down to write this newsletter in front of a beautiful mountain view, I did make my morning tea on the Jetboil. And though I love this little stove, it really is not as fun to use it on my deck as it is on the trail. In fact, the reason I’m using the Jetboil is really no fun at all. But let me start with the good news: Maggie and I and our friend Sarah canned 52 quarts of stewed tomatoes and 24 pints of salsa this weekend.

We started work at 8:00 AM on Saturday morning. We had all the tomatoes, pans, utensils, jars, and plenty of music assembled and ready to go. The first thing we did was do a quick tally of just how many tomatoes we were about to process. The total of left-over or blemished slicers and romas we had gathered through the week was somewhere between 200 and 250 pounds. Just to give you some visual clue about how many tomatoes that is, I can tell you that one full crate of tomatoes, like the ones you choose your tomatoes from at the farm, is 30 pounds. We had 8 of those crates.

The first thing we did was to start washing all the tomatoes and sorting them into ones with actual rot spots, and ones without. Then Sarah went to work cutting off the rot and cubing the tomatoes for processing in the “squeezer thing.” I don’t remember what the thing is really called because I got it so many years ago, but it’s job is to remove the skins and seeds from the tomatoes and squeeze them into a smooth sauce. My job was to turn the crank on the squeezer and mop up all the juice that escaped through the cracks on this old tool. Meanwhile Maggie stayed up to her elbows washing tomatoes in the sink. Soon enough we had two huge hotel pans stretched out over two burners each on the stove, bubbling with sauce. The Nesco roaster on the counter was also turned up to high and doing its best to cook down some sauce. We were on our way.

As I turned the crank, the squeezer would fill a small container with sauce. When the container filled, I would empty it into the boiling sauce on the stove and give it a stir. Ahh. But at about 11:30 AM, on one of my trips to the stove, the sauce was no longer boiling. It did not take long to figure out the stove was broken. Apparently the sustained energy we needed to boil the sauce, burned out a fuse in the (electric) stove itself. What to do?

We had to move ahead, so we loaded up all the sauce into buckets, and moved all the equipment and tomatoes into the truck in order to move the whole operation to Maggie’s new apartment. Then we fired up her gas range and went back to work. By the time we were (continued on the back)
If you would rather eat your edamame in a dish rather than on its own, here is a good one to try.

**Edamame Fried Rice**

- 1 Tbs. sesame oil, divided
- 1 Tbs. ginger, minced
- 1 Tbs. garlic, minced
- 2 cups shelled edamame
- 2 Tbs. bottled plum sauce
- 3 Tbs. soy sauce
- 1 cup raw white or brown rice, cooked and cooled
- 3 Tbs. tamari-roasted almonds
- 3 green onions, chopped

Heat wok or large, heavy skillet over high flame until the air looks hazy over the pan, 2-4 minutes. Add 1 teaspoon sesame oil, swirl the pan, add ginger and garlic, and stir-fry 10-20 seconds. Add edamame and stir-fry 30 seconds. Add 1/3 cup water, bring to boil, and cook until edamame are tender and water has been absorbed, 3-5 minutes. Stir in 2 teaspoons sesame oil, plum sauce, soy sauce, rice, and almonds; stir-fry about 5 minutes. Sprinkle with green onions. Serve immediately. Makes 4 main-course or 8 side servings.

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Upcoming Events

### 2006 Food for Thought Festival

**Second Annual Local Night Out**

Next Wednesday Night  
13 September

From pizza to fine gourmet dining, there will be options in every price range to enjoy a great local meal at a great local restaurant. The following restaurants will be featuring special meals prepared with locally-grown products during Local Night Out:

- Bunky’s Café
- The Casbah
- Chautara
- The Dardanelles
- Eldorado Grill
- Fresco
- Fyfe’s Corner Bistro
- Glass Nickel Pizza
- Greenbush Bar
- Harvest
- L’Etoile
- Lombardino’s
- Nadia’s
- The Old Fashioned
- Otto’s Restaurant
- The Roman Candle

Ask your server which menu items contain local ingredients. And tell them you appreciate their efforts to support local farmers!

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Send newsletter comments, suggestions, and recipe ideas to:  
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