In the Bag

Sugar Snap Peas, 1 bag
Broccoli or Cauliflower, 1 bundle
Beets, 1 bunch
Shell Peas, 1 bag
Green & Yellow Beans, 1 bag
Kohlrabi, 2 bulbs
Summer Squash, 2 pieces
Cucumber, 1 piece
Salad & Spinach Mix, 1 bag

Claire’s Comments

Carolann is a unique intern at Troy. She is working on the farm and studying urban organic agriculture as part of a distance learning degree program through Prescott College in Arizona. Part of her “class” at the farm involves research and writing. She thought this particular article would be of especial interest to all of you. I agree!

Troy: A Farm for the Future

- Carolann Puster, intern

Over the years, family farming has been swallowed up by big business. Food consumed in the US travels an average of 1500 miles to become dinner. The way most people grow and consume produce is not sustainable. In order to establish a healthy food supply (healthy both in nutrition and whole-cost economics), we must trade in this failing system of industrial agriculture for localized, sustainable practices. According to David W. Orr, teacher and author on the subjects of environmental science and sustainable agriculture, the face of that “new agrarianism” looks like Troy Community Farm.

Orr writes that farming for the future will be less male-dominated. If you count farmers, interns and volunteers at Troy Community Farm, the ratio of women to men is nearly 10:1. This is not to say that men are not welcome or important members of the farming community. It simply highlights the growing interest and activity on the part of women in agriculture.

Another feature of new agrarianism is urban location. As cities become more densely populated, local food sources are imperative. More important even than the food’s proximity to people is the ability for people to go to the food – to participate in its planting, tending and harvesting. Urban farms, by design, will be limited in size, which is actually a benefit. Small farms use very little mechanization. These factors provide the opportunity to cut fossil fuel dependence, both in production and distribution.

Establishing organic practices will be common on farms of the future. Regular rotation of a wide variety of crops helps to provide natural disease and pest control, while balancing nutrient levels in the soil. Returning carbon to the soil in the form of compost, instead of “feeding” our food with petroleum-based fertilizers, conserves soil quality. Careful planning and the use of manual labor ensure maximum yield from the small farm.

This brings me to the last trait of new agrarianism: it’s fun and adventurous. Troy offers discovery and education to people of all ages. From learning about natural plant-life to seeking recipes for an uncommon crop in the CSA share, it is FUN to visit or volunteer on the (continued on the back)
I must admit, I am not a beet lover. When Sara Tedeschi from Dog Hollow made this soup for me many years ago, she turned me into a beet eater at least. This soup is much more delicious than you would expect, and it is a great way to use up some of the cabbage and broccoli that may still be in your fridge from weeks past. Experiment and enjoy!

**Beet Soup**

Dog Hollow Farm

- 4 large beets
- salt and pepper to taste
- 1 large potato
- plain yogurt
- 1 large onion
- other vegetables: beet greens, celery, spinach, carrots, kale, chard, etc.

Wash and chop all the vegetables into chunks. Place all together in a large steamer and steam until they are very soft. Using the water from the steamer, and any other stock or water as needed, blend cooked vegetables until very smooth and thick. Return to soup kettle and heat gently to avoid sticking. Add salt and pepper and serve with a generous portion of tart plain yogurt in the center of the bowl. Makes 4-6 servings.

**Szechwan Green Beans**

- 2 tablespoons sesame oil
- 1 pound trimmed green or yellow beans
- 4 garlic cloves, minced
- \( \frac{1}{4} \) teaspoon salt
- crushed red pepper to taste (optional)

Place wok or heavy skillet over medium-high heat. After a minute, add oil. After another minute, add green beans. Raise heat to high and stir-fry 5 minutes, until beans are well seared. Add garlic, salt, and optional red pepper. Stir-fry several more minutes, then remove from heat. Serve warm or at room temperature.

**Call for Recipes**

Please share your favorite recipes with other CSA members! Every year I hear how anxious they are to try new things. Please send your recipes to the e-mail address below and I will include them here when we have the right vegetables in the share. Thanks!

(continued from “In the Bag”)

them raw on salad or steam them and toss them with butter for dinner. If you cannot tell them apart before hand, you will know immediately when you take a bite. Here’s my final clue: Though the weight of peas in each bag is almost the same (a pound of snap peas and a pound and a quarter of shell peas) the bag of snap peas appears to be much smaller.

Beets are a new item this week, and beautiful beets they are. Not only are the roots big and bright, the greens are lovely as well. In fact we decided not to include kale or chard in the share this week, because the beet greens are just as good. Chop them and sauté them with olive oil, onion, a touch of tamari, and a dash of vinegar. You can serve the greens right along side the steamed beets.

The one little cucumber is new this week as well. The cucumbers that we planted in the greenhouse back in April are just beginning to come on, slowly. Once we start harvesting the field-seeded cukes, you will see more of them. Meanwhile, the few cukes we have had have been delicious.

The last new item this week is the green and yellow beans. These are definitely in my top three favorite vegetables ever. I love them. The green beans are my special favorite. This variety (Maxibel) is so tender and sweet that I can eat them raw or steamed by the plateful. We will be picking from 1200 feet of beans next week, so you will see more of these in the near future.

The broccoli, cauliflower, and peas are finally slowing down. You may see a few more peas next week, but this will be the last of the broccoli for a while.