In the Bag

- Carnival Squash, 2 pieces
- Red or Yellow Onions, 1 bag
- Salsa Basket, 1 bag
- Beets, 1 bunch
- Green Bell Peppers, 2 pieces
- Italian Frying Peppers, 3 pieces
- Sprouts, 1 bag
- Basil or Cilantro, 1 bunch
- Garlic, 1 bulb
- Slicing Tomatoes, TBA

Claire’s Comments

A Lovely Afternoon

It’s only the hardy few mosquitoes that have survived this week. On Monday they could not fly in the rain. On Tuesday they had the wind to knock them down. And by Wednesday the cold of the night before had done most of them in. Should I be embarrassed by my delight at this mosquito massacre? I’m not. I had a genuinely lovely afternoon on Wednesday, in the cool air, the warm sun, and the clear vision that is possible only when not wearing a mosquito net.

The afternoon was lovely on the merits of its own climactic conditions, but that loveliness was even more pronounced when compared to the days and hours that came before. While the mosquitoes were not a problem this week, the cold and wet were.

It rained all day on Monday. A slow, cold, miserable rain that seemed like it could stop at any moment, but never did. Jake and I were suited up in our head-to-toe rain gear all day. We harvested summer squash, tomatillos, and onions while the rain beat constantly on our backs, dripped off our hoods, and seeped its way into the cuffs at our wrists and ankles. As noon approached, we discussed going to Jake’s house for tea and a warm up but worried that we would get caught in the comfort and never make it back out. So we pushed through until we had finished what had to be done and then we quit early. By that point we were covered in mud from crawling around harvesting onions and had to be sprayed down with the hose before getting in the truck to leave. I took a hot shower when I got home and was truly grateful to be inside for the rest of the day.

We don’t start work until 8:00 AM on Tuesdays (we start at 7:00 AM every other day), so there was some extra time for the farm to warm up and dry off before we got out to harvest the peppers and tomatoes for your shares. The wind kept the mosquitoes down and dried the herbs that we had to harvest for wholesale. And the sun eventually came out to warm us up as well. Tuesday was a good day. Though the water from the hose at the wash shed did feel ominously warm. In reality the water from the hose is a constant temperature. Isn’t is about 55 degrees when it comes out of the ground? So, when it feels warm on my hands I know that my hands are cold. I wondered how that would go on Wednesday when we spend most of the day in the wet, shady wash shed.

Sure enough Wednesday morning was cold and covered in heavy dew. While it did not frost on Tuesday night as predicted, it did get down into the 30’s. By the time we got to the farm it was only in the low 40’s. The crew was covered in hats and sweaters and rain gear and still we shivered. That hose water was feeling like a hot spring on our cold hands while bunching beets. There was talk of the need of new gloves and new waterproof boots all morning. But the shares were all harvested eventually, and the morning did pass.

It passed on to a lovely afternoon, warm and sunny and productive. We finished harvesting all the onions (small and sad as they are) and also took a few more forklifts of potatoes out of the ground. Now it feels like fall when these swings from cold to lovely and back again are oh so common.
Recipes

It’s a stuffing theme! This dhal recipe is great stuffed in tomatoes and peppers and served on a bed of rice. I would cut the tops off the tomatoes and scoop the insides right into the dhal as it boils. For the peppers, I would slice them in half from top to bottom and discard the seeds. Then blanch the peppers for a minute or two in boiling water to soften them just a bit. Stuff both the tomatoes and peppers with the dhal and bake in the oven until the tomatoes soften, maybe 10 minutes. Serve the stuffed vegetables on a bed of basmati rice and garnish with chopped, fresh cilantro or basil.

Basic Indian Dahl

From Extending the Table by Joetta Handrich Schlabach

Fry in 2 Tbs. oil until golden brown:
- 1 onion, finely diced
- 1-2 cloves garlic, minced
- 1 tsp. turmeric
- 1 cup orange juice
- 3 cups chopped onion

Add:
- 3 cups whole wheat bread cubes
- 1 Tbs. sesame seeds
- ½ tsp. dried Sage
- ½ tsp. dried thyme
- 2 Tbs. canola oil

Bring to a boil. Reduce heat, cover, and simmer until lentils are tender, about 45 minutes. Remove cover and simmer over very low heat, stirring frequently, about 20 more minutes, until lentils are mushy and thick, about the consistency of refried beans. Garnish with onions, thinly sliced and browned, or a squeeze of lemon. Serve with rice.

Butternut Squash with Whole Wheat, Wild Rice, and Onion Stuffing

From N. Atlas, Vegetarian Gourmet, Fall 1996

I could not find my very favorite squash-stuffing recipe, but this one is close. I would modify it to include a few stalks of celery to be sautéed with the onion and garlic. I love celery in stuffing! Also, I would use this recipe with carnival and delicata squash as well as butternut. Maybe cut the quantities in half for the two carnivals you have in your share today.

2-4 butternut squash (about 4 pounds)
- ½ cup raw wild rice, rinsed
- 3 cups chopped onion
- 1 clove garlic, minced
- 2 Tbs. canola oil
- 3 cups whole wheat bread cubes

Halve squashes, remove seeds and place cut side up in shallow baking dish. Cover and bake in 350-degree oven until easily pierced with a knife but still firm, about 50 minutes. Cool. Meanwhile, bring 2 cups water to boil in a saucepan. Stir in rice, reduce heat and cover; simmer until water is absorbed, about 40 minutes. Scoop pulp from squash, leaving ¼-inch-thick shells. Chop pulp; place in a large bowl. Sauté onion and garlic in oil in a skillet until golden, 4-5 minutes. Stir cooked rice, onion mixture and remaining ingredients into squash pulp. Spoon into shells and place in foil-lined baking dish. Cover and bake until heated through, about 20 minutes.

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