



## In the Share

Cherry Tomatoes, 67-91 & EOW  
Green Cabbage, 1 head  
Green Beans, 1 bag  
Carmen Sweet Peppers, 1 piece  
Red or Yellow Bell Pepper, 1 piece  
Edamame, 1 bag  
Chioggia Beets, 1 bunch  
Salad Mix, 1 bag  
Poblano Hot Peppers, 3 pieces  
Choice of Herb, 1 bunch  
Garlic, 1 head  
Tomatoes, as noted on signs

Today cherry tomatoes go to members 67 through 91 and all the EOW Green week members. Also, anyone who has not yet received **two** bags of cherry tomatoes this season should also get a bag. Please remember to ask us for them when you arrive, and we will gladly hand them over.

What a strange tomato year! They came on early and ugly and heavy. Now, eight weeks later, they are finally pretty and still coming on strong. For a while there, a long while really, we were full of dismay that the crop was so blemished. We wondered if we could have done something wrong. But what? Now that we are seeing the quality of fruits that we have been expecting, we smile while harvesting. Apparently our tomato problems were just another symptom of this crazy hot, dry summer.

The heirlooms are especially abundant this week. Strangely, never in all the years we have grown tomatoes have we harvested heirlooms that look as good as these. As you choose your heirlooms this week, here are a few helpful identifiers on what you might be bringing home: The large heirlooms can all be identified by their color. The pink/red ones are Brandywine. The

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## Claire's Comments

### Garden Talk

I talk about farming and gardening all the time in my job, but last Friday was the first time I did so on Wisconsin Public Radio. Megan Cain and I were invited to be guests on Larry Meiller's Garden Talk, which felt like a great honor. We were invited as the folks who run Madison FarmWorks – our business designing, installing, and educating about urban vegetable gardens.

We started Madison FarmWorks in 2009 as a way to both increase and improve urban food production in Madison. As more and more people become interested in eating local and organic food, we need more skilled growers who can provide that food. Some of those growers will start larger urban farms and grow for the community, and some of them will start smaller urban "farms" in their own yards and grow for their families. Troy Community Farm is our model for the former option. And through Madison FarmWorks we address the needs of the latter. In both cases, it's all about high quality, organic food, grown right in our own city.

Being on the show was very interesting. Larry was friendly and easy-going and totally confident in all aspects of being on the air. While Megan and I have plenty of experience growing vegetables and also teaching together, it was new for us to go in without a planned outline and just take questions as they come. Luckily, we had plenty of aids. There was a computer showing the names of the callers waiting as well as a small bit about their questions. That list helped a lot in terms of thinking about what was coming next. The show's facebook page was also up throughout the show. I do not have a facebook account, so the format was somewhat new to me, but it was interesting to see photos that people posted and to be able to read along as Larry asked their questions. Finally, Larry is skilled at making transitions and keeping things moving. So, overall the show went quickly and pretty easily. It was especially fun to see the behind the scenes of the radio station that I listen to regularly!

My favorite part of the whole show was when Garrett called to ask about cover crops. Garrett was an intern both on the farm and for Madison FarmWorks last year. This year he is a worker share on the farm, so we got a chance to talk about what might happen on the show the week before. I said that I hoped someone would call to ask about cover crops. It is my favorite topic after all. But it is a new frontier for most home gardeners, and so not a question that folks are likely bring up. When I saw Garrett's name and question appear on the caller list, I smiled. But with just 15 minutes to go before the end of the show, I was sure we would never get to him. Instead Garrett made it on right at the end and we got to close the show with oats and peas and buckwheat. So fun.

If you want to hear the show yourself, go to [wpr.org/gardentalk](http://wpr.org/gardentalk) and look for the show from 9/7. You can also find out more about what we do through Madison FarmWorks (including the vegetable garden on the capital square) on our Community GroundWorks website. Go to [communitygroundworks.org](http://communitygroundworks.org) and click on "what we do." Madison FarmWorks will appear in the drop down menu.

## Recipe

*After stocking up on beets from the market stand, CSA Member Chris Odt sent in this recipe for the beloved red root. She says that she found it a few years ago and fell in love with it. Thanks Chris!*

*If you have a favorite recipe, please send it to Claire and we will share it with other members through the newsletter.*

### Parmesan Beet Pesto

from *Small Bites* by Jennifer Joyce (available at Lakeview library)

2-3 medium beets                      2 cloves garlic  
½ tsp salt, then S&P to taste      ½ cup nuts (pine, walnut, etc.)  
¼ cup olive oil                        ¼ cup shredded Parmesan

Cook your beets: roast/steam/boil/bake/grill/steam. Drizzle with oil while cooking if necessary. Remove skin when cooked and tender. Buzz beets in a food processor with garlic and nuts, and 1/2 tsp salt. Puree with olive oil until smooth. Add Parmesan and mix. Add salt and pepper to your taste. Serve with a crusty bread or toasted pita triangles. This stores well in the frig for up to 3 days.

### Chilies Rellenos

by Chelsie Kenyon from about.com

4 to 12 roasted and peeled Poblano or Anaheim peppers  
2 to 6 eggs (1 egg for 2 chilies)  
1 cup flour  
1 slice of cheese for each chili, 1 inch thick and as long as the chili.  
Monterey Jack and Queso Blanco work well.  
oil for frying

1. Roast and peel each chili. Let them cool.
2. Remove the seeds by inserting a knife into the top of the chili, just under the stem, and slicing downward about half way to the bottom. Scrape out the seeds without tearing the chili flesh.
3. Stuff the chilies with one slice of cheese each, making sure the open edges of the chili still come together.
4. Prepare the chilies. Place half of the flour in the bottom of a plate. Place the chilies on the flour and sprinkle the rest of the flour on top. Use your fingers to make sure the entire chili is coated. Dust off any remaining flour so that the flour coat is light, and set chilies aside.
5. Prepare the batter. Whip egg whites until stiff. Slowly fold in yolks and a pinch of salt.
6. Cook Chiles. One at a time, dip the stuffed chilies into the batter and then into the hot oil. Cook until batter is crisp and golden brown.
7. Remove chilies from the oil and drain on paper towels.

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green fruits are Cherokee Green. And the yellow/orange ones are Golden Sunray. The small heirlooms are Green Zebra (green with stripes), Garden Peach (yellow/pink with slight fuzz), Japanese Black Trifele (deep red to black), and Rose de Buerne (pink).

Of course you will also have plenty of standard red tomatoes this week as well. Most of those will be Estiva, but there may be a few Jet Star and Big Beef thrown in, as we are trialing those two varieties this year. And all the tomatoes in the pink crates are Pink Beauty.

We did our annual blind tomato taste test on Monday. This year the ratings on some of the varieties were all over the board. For instance, we all agree that the Garden Peach is delicious, but it ranked pretty low in our trial. Maybe the one fruit we tasted was not up to snuff? Or maybe it was effected that the tomato we tasted right before? These trials are never perfect, but always fun! We rated on a scale of 1 to 5, with 5 being the best. The results are below. The varieties marked with (F1) are all hybrids. The others are all heirlooms.

Variety	Rating
Brandywine	4.50
Cherokee Green	3.90
Green Zebra	3.60
Pink Beauty (F1)	3.50
Estiva (F1)	3.45
Rose de Buerne	3.40
Japanese Black	3.25
Golden Sunray	3.00
Garden Peach	2.75
Big Beef (F1)	2.60
Jet Star (F1)	2.40

The two new items this week are green cabbage (back for a brief fall showing), and poblano peppers. The poblanos are mildly hot peppers used primarily for roasting and/or stuffing. Do not confuse them with your sweet red bell pepper or your long and tapered Carmen sweet pepper! They will be perfect for a small batch of the Chilies Rellenos recipe on the left.

The beet variety is also new this week. These are the red and white striped Chioggia beets that make such a pretty display.

Next week: Kohlrabi, greens of some kind (salad and/or collards), leeks, potatoes, winter squash, tomatoes, and possibly the last of the edamame and the first of the fall radishes.

## Troy Community Farm

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