



In the Share

Carnival Squash, 1 piece
Sunshine Squash, 1 piece
Yellow Potatoes, 1 bag
Carrots, 1 bag
Kohlrabi, 1 bulb
Scallions, 1 bunch
Bok Choy, 2 heads
Brussels Sprouts, 1 bag
Green Sweet Pepper, 1 piece
Collards, 1 bunch
Cilantro, 1 bunch
Garlic, 1 head

Claire's Comments

The Fall of the Year

Fall has never been my favorite season. Cold mornings that don't see the sun until 6:30 or 7:00 AM and then struggle to turn into warm days that end so much sooner than they use to are such a let down. I prefer the long, hot days of summer. Still, the fall comes every year and every year I am reminded of its more subtle pleasures.

One big benefit of fall is that most other folks on the farm crew prefer this weather. Just when the crew is getting tired of the heat and the weeding and the relentless tomato harvest, things change and there are new things to do. Granted, we still spend most of our time harvesting, but it has been fun to move on to some fall crops that we have been watching grow all year and that we finally get to dig up.

Right now the favorite farm task is harvesting sweet potatoes. Whether it was the extreme heat or the regular irrigation or some combination of factors we cannot guess at, this sweet potato crop is outrageously good. Some of the tubers are so large as to constitute a CSA share in and of themselves. What a change from last year when we seemed to find not tubers under those plants but shoestrings! We usually sort the sweet potatoes into "goods" and "cuts." The goods are just that – large and lovely and whole. And the cuts are the ones we have to slice to remove a blemish or critter bite. This year we added a new category that Jake likes to call "mama jamas." Those are the tubers as big as our heads (or close anyway). We have about 20 so far. Some of you will see them in your shares next week.

My favorite fall task, of course, is planting cover crops. Once those seeds are in the ground, the land can rest and rejuvenate until we plow again in the spring. Plus the farm is so pretty with its thick blanket of rye or oats all ready for the snow to fly. This year we have a whole section of a new cover crop called groundhog radish. These are basically daikon radishes that grow large taproots that penetrate deep into the soil to break up compaction and bring up nutrients. They will die and rot over the winter leaving holes full of fertility and beneficial microorganisms. Cover crops are all about building the soil and getting ready for another season of farming. I love that.

In fact, one of the things I like best about farming is the chance we get to do it all again the next year, trying out new ideas and incorporating lessons learned. Fall is an important step in that process because it is when we clean up and reflect on how the year went. As we dig out the sweet potatoes, take down the tomato trellis, roll up the irrigation pipe, and clean the hoes and the buckets, not only do we get the satisfaction of putting a good season to bed, but we also get to start thinking about how the next season might be even better.

On Friday night it hailed. The ice chunks from the sky were so large and plentiful that they left the open ground at the farm literally pockmarked with their impact. Though it is never a good time for the destructive power of hail, the timing on Saturday really was not that bad. Coupled with the frost, the hail made it very clear that we are done harvesting tomatoes and peppers. Whatever fruit was not frozen was cracked and bruised and no longer fit to harvest. So, you have the very last of the green peppers that we could salvage in your share this week, and tomatoes are done. Like I said, the timing was really pretty good. We have so many fall vegetables to take their place, that it feels pretty good to be done with the summer crops.

The frosts have actually done some good on the farm as well. Things like Brussels sprouts, collards, kale, and even bok choy taste sweeter after a frost. Beulah, who was our first worker share on the farm and who grew up in Mississippi eating collards on a regular basis, actually refused to eat them from the farm until after a frost. So, any of you who are skeptical of these fall brassicas might want to give them another try this week. They

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Recipes

My friend Lisa made this recipe for me last winter and it started me on a love affair with cilantro. In the past I have not been much a fan of this love-it or hate-it herb, but in this dish it really shines. The recipe is easy and delicious and just about the only Indian dish I can successfully make at home!

-- Claire Strader, Farm Director

Lisa's Indian Dish

2 garlic cloves	1 Tbs. cumin
2 inches ginger	1 tsp. paprika
2 small onions (or bunch scallions)	2 Tbs. coriander
1 cup cilantro	1 tsp. turmeric
3 Tbs. oil	2 tsp. salt
1 Tbs. jalapeno pepper, finely chopped	6 medium potatoes
1 bunch spinach, chard, collards, kale, or 1 bag frozen peas	

Pulse garlic, ginger, onion (or leeks or scallions), and cilantro to paste in a food processor. Then heat oil in skillet over high heat. Add the paste and turn down to medium to until onions soften and brown. Add jalapeno and cook 5 to 7 minutes. Stir in spices. Add the potatoes, greens or peas, and enough water to cover. Cover and cook until potatoes are soft. Mash about half the mixture together. Serve with chutney and naan bread.



It makes me laugh thinking about the few times my dad tried to incorporate Brussels sprouts into the family dinners with all of us kids growing up. We were so picky! And unfortunately the Brussels sprouts never stood a chance. But my taste buds have evolved and now I cannot get enough of this vegetable! I love roasting them to get the crispy texture, and they are so simple to make.

-- Steph Armstead, Farm Intern

Lemon Roasted Brussels Sprouts

from Caroline on Chocolate & Carrots blog <http://chocolateandcarrots.com/author/caroline>

2 – 3 cups whole, fresh Brussels sprouts
1 Tbs. fresh squeezed lemon juice
1 Tbs. olive oil
fresh ground black pepper and salt, to taste
2 Tbs. pine nuts

1. Preheat the oven to 400°F.
2. Cut the Brussels sprouts in half, longwise, and place in a bowl.
3. Add the remaining ingredients, except the pine nuts, to the bowl.
4. Stir together and pour onto a baking sheet that has been covered with a non-stick foil.
5. Sprinkle the pine nuts around the baking sheet.
6. Bake for about 15 minutes, or when they start to look golden and delicious!

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will be sweeter and more tender than any we have had so far this season.

A new item this week is the sunshine squash. I grew these for the first time last year, and on my first taste they easily became one of my favorite squashes. The flesh is so smooth and the flavor is just the right kind of sweet. Though you can use the sunshine in soup or curry or anything else you would use a winter squash for, you can also just steam them and serve them with a bit of butter and/or salt. Like the delicata, you can eat them skin and all. But in my opinion both the flavor and the texture surpass even that highly lauded squash. Plus they are a beautiful fall red!

The carnival squash is back for a final showing this week as well. I have already eaten the carnival steamed and grilled this season, so my last trick is to serve it stuffed. Just cut off the top a bit under the stem, stuff it with your favorite stuffing, replace the top as a little hat, and bake the whole thing standing in a pan with a bit of water in the bottom. If I am feeling a bit fancy, I will then surround the finished squash with a ring of roasted Brussels sprouts for a festival fall dinner. See Steph's roasted Brussels sprout recipe to the left.

Potatoes are back this week, this time paired with collards and cilantro instead of leeks. I have been looking forward to including the recipe for my friend Lisa's Indian dish all season. This is the dish that turned me on to the wonders of cilantro. I have always been a great fan of Indian food, but have never been able to satisfactorily recreate those flavors in my own kitchen. This dish is easy and totally satisfying, and I attribute it all to the cilantro. As a former cilantro hater, I encourage even those of you who are not fans of this herb to try this dish. It is really good.

One bad thing about that hail is that it also did some damage to our greens. As you will see, both the bok choy and the collards have some holes in them where those little ice chunks fell right through. We just could not bear to leave these crops in the field, so we hope you will forgive us and these greens their few holes. Unfortunately, the even more fragile salad mix and lettuce that was supposed to be in your share this week, sustained quite a bit more damage – too much to harvest them. We do have some hope they will outgrow the damage in the next couple of weeks to appear in your share.

Next week: Butternut squash, pie pumpkin, Brussels sprouts, beets, sweet potatoes, turnips, salad and/or cooking greens, and more.

Troy Community Farm

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