In the Share

Spaghetti Squash, 1 piece
Delicata Squash, 1 piece
Salsa Basket, 1 bag
Poblano Peppers, 4 pieces
Carrots, 1 bag
Sweet Red Peppers, see signs
Kale, 1 bunch
Choice of Herb, 1 bunch
Garlic, 1 bulb
Tomatoes, see signs

Claire’s Comments

Pretending It’s Still Summer

Fall is not my favorite season. I know there are many people who happily put away their shorts and tank tops in favor of jackets and sweaters, but for me summer is the best. I like the long days and truly, I like the heat. Unfortunately for me, summer came to an abrupt end on Friday. The sudden drop in temperature was all I needed to kick me into feasting on the last of the summer’s outdoor fun. In and around our preservation chores, Sarah and I spent the weekend pretending it was still summer.

We started off on Saturday night at the Midwest break dancing competition at the Memorial Union. I was never a fan of break dancing even when it was all the rage, but that competition was incredible. Those dancers are strong. They do things with their bodies that are impossible to us mere mortals even when we are not trying to keep the beat. I have never seen anything like that before. It was impressive and great fun!

I have to admit though, I did not originally agree to go the Union for the break dancing. I was mostly in it for the hoop dancing possibilities that were to follow. I know what it feels like to be ignorant of the latest trends and fashions, and hooping is not exactly mainstream, so I’m going to take a few sentences to explain it. First, think “hula hooping.” Then drop the “hula” and add in dancing. Now add hoop lifts (moving the hoop over your head while keeping it going), stalls (spinning so that it appears the hoop is suspended in the air), breaks (quickly stopping the hoop and forcing it to change direction) and a bunch of other techniques with funny names that Jake takes great pleasure in teasing me about. Hooping has been my obsession for the last two years and I love to hoop to music outside. I did get to do that after the break dancing, which was great. (Though I did have to wear my long underwear because it was so cold.)

Then on Sunday, Sarah and I attended the last of the Mad City Ski Team shows for 2010. Again, it was cold and the winds were strong, but the water skiers were incredible. Though they were in and out of that water constantly, they did not flinch once. My turn at the water came the next day.

The highlight of the weekend was on Monday when I had my first ever canoe lesson. Our friends Amy and Julie hike and kayak and rock climb and happen to be canoe instructors as well. Sarah wants to canoe the Wisconsin River some day and camp on the sand bars, but before we can do that, I have to actually learn how to canoe. Thus the lesson. Amy and Julie were very thorough so both Sarah and I learned a lot. We also had a lot of fun. After spending a couple of hours on the water we were feeling pretty good. It then came time to learn the canoe rescue. We were going to both be rescued and do a rescue. I had been dreading that part from the beginning because it meant me getting into the cold water. Remember, I hate to be cold. After I spent some time complaining and building it up to as big and bad as it could get, Amy gave us the order and we rocked the boat until it tipped over. The water was cold, but really not quite as bad as I was expecting. As soon as Sarah and I were both back in the canoe, we did it again! Then poor Amy tipped out of her canoe so that we could rescue her. Turns out Sarah and I were better at being rescued than doing the rescuing. Amy too much time in that cold water waiting for us to right her canoe and help her back in. Ug.

The cold weather continued this week as we harvested and washed and hoped for another chance at summer before the month ends.
Recipe

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)
⅛ cup flour
1 slice of cheese for each chili, ¼ inch thick and as long as the chili, Monterey Jack and Queso Blanco work well.

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. So that the flour coat is light, and set chilies aside.
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 form the oil and drain on paper towels.

Spaghetti Squash with Feta Cheese
from allrecipes.com

1 spaghetti squash, halved lengthwise and seeded
2 tablespoons vegetable oil
1 onion, chopped
1 clove garlic, minced
1 1/2 cups chopped tomatoes
3/4 cup crumbled feta cheese
3 tablespoons sliced black olives
2 tablespoons chopped fresh basil

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
2. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.
3. Meanwhile, heat oil in a skillet over medium heat. Sauté onion in oil until tender. Add garlic, and sauté for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.
4. Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sautéed vegetables, feta cheese, olives, and basil. Serve warm.

(continued from “In the Share”)

kale and tofu for dinner. Before then I had only thought of kale as a garnish. She sautéed it with onions, garlic, tamari (or soy sauce), and a dash of cider vinegar. It was so delicious that I was embarrassed to have never before thought of kale as food. She served the green curly kale, which, though delicious, is the toughest kale there is. In your share this week you have a choice of red Russian (my favorite), red curly, and lacinato. All of these are more tender than the green curly. My hope is that even those of you who have not been big fans of kale in the past will enjoy these more tender types. Though some will disagree with me, I feel kale is best when cut small and thoroughly wilted. Those two steps will help make any kale more tender.

Along with the usual sweet peppers, we have some mildly hot peppers in the share this week. The hot peppers are green and the sweet peppers are red. See the chilies rellenos recipe on the left for a delicious fried-food treat that features these poblanos.

We are reaching the end of many crops this week. These are the last red tomatoes you will have from the farm this year. We had a hugely bountiful crop for several weeks there, but our tired, old plants will produce no more. The tomatillos are winding down also. We do still hope to deliver one more salsa basket in a couple of weeks, but we stripped the plants pretty thoroughly for this share, and the cool weather is not likely to inspire them to produce much more. We shall see. The sweet red peppers also are coming to an end. In another week or two we will strip the plants and deliver the last of red peppers along with any of the green fruits that will not have time to fully ripen to red. Summer squash, eggplant, and beans are also done for the year. There is no holding back the fall!

Luckily there are some new fall foods to fill the gap. You will see more varieties of winter squash over the coming weeks including carnival, acorn, and butternut. Brussels sprouts, sweet potatoes, and popcorn will also be among the new fall foods to make an appearance in the near future. Fall also means that some spring foods come back for a second show. We have two or three shares worth of lettuces in the field right now as well as bok choy, broccolini, salad mix, and radishes. They are all growing slowly in these unexpectedly cool days, but have hope that they will mature in time.

Next week: Carnival squash, beets, leeks, sprouts, and possibly radishes.

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