### In the Share

<table>
<thead>
<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>Broccoli, 1 large &amp; 1 smaller head</td>
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<tr>
<td>Kohlrabi, 2 bulbs</td>
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<tr>
<td>Spinach, 1 bag</td>
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<tr>
<td>Snow Peas, 1 bag</td>
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<tr>
<td>Radishes, 1 bunch</td>
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<tr>
<td>Lettuce Mix, 1 bag</td>
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<tr>
<td>Summer Squash, 2 pieces</td>
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<tr>
<td>Romaine Lettuce, 1 head</td>
</tr>
<tr>
<td>Red Batavian Lettuce, 1 head</td>
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<tr>
<td>Basil, Dill, or Cilantro, 1 bunch</td>
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The first peas and summer squash all in the same share! We are surely in the height of the spring to summer transition. This week is one of those were we feel we might be pushing the limits of both your fridge and your tummy. I know it was difficult to fit all this food into our cooler, so please know we empathize with any difficulty you might have at home. The good news is that the temperatures are finally going up for the summer, so huge and cooling salads are just the thing!

Speaking of huge salads, you have two heads of lettuce in the share this week. Both of which are large and lovely. Though this is the first romaine from the farm this season, it will be familiar to most of you. The Batavian is not new, but it is even larger and more beautiful than it has been in the past. The Batavian is a romaine and red leaf cross that is upright and crisp like a romaine, but sweet like a leaf lettuce. It is my perennial favorite.

You have another pound of spinach this week and another portion of lettuce mix as well. My favorite use of these two items is to make the spinach sandwich recipe on the back and then serve it with a salad. This week I’m adding toasted almonds to my salad along with kohlrabi and peas. I may even add some sliced raw summer squash.

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### Claire’s Comments

#### Our Outstanding Crew!

Mondays on the farm are our intern only day. We start out with a tour of the field where look at each section and talk though what is happening and what needs to happen. All the interns have a section assignment where they take primary responsibility for observations and for leading discussion. Now that we are into the heat of the season, they all know that most of the time, no matter the crop, when I ask, “so what needs to happen here?” the default answer is “we need to weed.” We may also need to seed cover crops, mulch, trellis, harvest, or irrigate; but in most cases the highest priority is to weed.

Jake and I typically finish the field tour with a long list of priorities and a sense of panic. We think “the farm looked so good on Friday, what happened?” Then as the crew goes to work, we remember that what happened was that our wonderfully responsible and diligent crew got a lot of work done the week before and then we planted more crops and more weeds grew. That’s just how it is at this time of year. The crops and the weeds seem to visibly grow from one day to the next. In the case of beans and tomatoes, it is amazing and exciting; and in the case of foxtail and purslane, it can be scary.

Generally Jake and I hesitate to be too optimistic about the state of the farm. We have been through too many cycles where we feel like we have things under control only to be hit with a week of rain and a carpet of weeds. Or worse, a few weeks of dry and very little crop growth. Even so, at the end of the day yesterday we took stock and were feeling very optimistic.

While our new irrigation system helps, and the weather is helping now that the temperatures have finally settled into a more normal summer range, really the most significant factor this year is the size and the caliber of our crew. We have 13 interns all of whom come to work regularly, take notes during field tour and intern classes, work hard, and are clearly serious about learning to grow food. Each year I think we have the best intern team we have ever had. This year again our crew is impressive in both the speed with which they acquire new skills and the positive attitude they bring to their work.

The interns also help to supervise and instruct our worker share and volunteer teams. We have 10 worker shares this year, some of whom have been interns at the farm in the past, some of whom are new to farming and are so great that I hope they may consider interning in the future. We also have an outstanding group of volunteers who come once or twice a week, work hard, and have an impressive willingness to learn through whichever tasks come their way. All together, this group is a crew any farmer would be pleased and privileged to work with. I know we certainly are.

Another person central to our crew this year is our new crew leader Julie Engel. She has been great and both Jake and I have grown to trust and lean on her very quickly. She comes to us with experience on both vegetable and animal farms, and I am always interested to hear her perspective on how we can do things differently and more effectively here at Troy. I’m hoping Julie will write an article to introduce herself to you all in the next few weeks. When she does, maybe she will tell you about her rabbit business as well.

I know that many things can and will change over the next few months, we will have successes and troubles as is the course on any farm. Another thing that will change is that as our crew continues to learn and grow, our farm will get even better!

(continued on the back)
Of course the most exciting items in the share are the peas. This week you have either Sumo or Blizzard snow peas. The Sumos are long and wide and more pale green. The Blizzard are thinner and smaller overall. Both are delicious and both can be eaten pod and all. If you don’t finish them off raw from the bag, try them lightly sautéed with the kohlrabi, broccoli, summer squash, and even some radishes. The combination will be beautiful sprinkled with whichever fresh herb you choose and served with rice.

Broccoli is back! You all have two good-sized heads in your share that total about a pound and a half. Some of the heads will be more pale and perhaps a bit more uneven than you are used to seeing in broccoli. We first noticed these characteristics last year in our early July broccoli. We could not figure out what was causing these abnormalities. Now I’m pretty sure it is the variety—so we will be switching away from Gypsy in favor or the prettier Green Magic next season. Meanwhile, we tasted both raw from the field and these heads are sweet and delicious, just as they should be. Enjoy!

We harvested lots of basil this week thinking many of you will choose it this first time. For those that don’t choose it, don’t worry we will be on to pesto sized basil bunches very soon!

Coming next week: more lettuce, radishes, turnips, broccoli, and summer squash, as well as the last of the spinach and kohlrabi. Also likely are fennel, scallions, and more peas.

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**Recipe**

Last week Sarah and I had some friends over for dinner. Like many of you, we had a pound of spinach in the fridge, but we had finally had our fill of spinach salad. It was time to cook some of that bounty down into a more manageable amount. We found the following “supper sandwich” recipe and modified it to fit what we had on hand. Most importantly, the original recipe called for tomatoes (which are never in season with spinach!), so we substituted some frozen roasted red peppers from last year’s pepper harvest. We also didn’t have any goat cheese on hand, so we used some slices of mozzarella and shaved parmesan. Those cheeses were great, but I think the goat cheese would have been better. These sandwiches with a huge salad were delicious, filling, and simple to prepare.

**Braised Spinach with Roasted Red Peppers and Onion on Focaccia**

_(Adapted by Claire from Vegetarian Cooking for Everyone, by Deborah Madison)_

Olive oil as needed
3 garlic cloves (or scapes)
1 pound spinach
Salt and pepper
1 medium onion
4 big squares focaccia (or 8 large slices of sourdough bread)
8 strips of roasted red peppers (or fresh tomatoes)
8 to 12½-inch rounds of goat cheese (or other cheese)
Balsamic or red wine vinegar

1. Heat 1 tablespoon oil with two of the sliced garlic in a medium skillet over medium-high heat until the garlic begins to color, then add the spinach and sprinkle with salt. Raise the heat and sauté until wilted and tender, after a few minutes. Remove to a colander to drain.

2. Discard any juices left in the pan, add 2 teaspoons oil and the onion, and sauté over high heat until golden, about 5 minutes. (I added some vermouth, vinegar, thyme, and a sprinkle of brown sugar to the onions for added flavor. I highly recommend these additions.) Toast or broil the focaccia, then rub with the halved garlic clove.

3. Pile the spinach on the bottom halves of the focaccia, then top with the onion, thawed roasted red pepper, and cheese. Drizzle with olive oil and season with pepper. Broil until the cheese begins to color in spots, about 5 minutes. Sprinkle generously with vinegar, add the tops, and press down to secure them.