In the Share

Green Cabbage, 1 head
Green Beans, 1 bag
Carrots, 1 bunch
Cauliflower, 1 piece
Summer Squash, 6 pieces
Yellow Beans, 1 bag
Cucumbers, 3 pieces
Fennel, 1 bulb
Batavian Lettuce, 1 head
Fresh Garlic, 1 bulb
Basil, Parsley, or Cilantro, 1 bunch

With the orange of the carrots, the white of the fennel and cauliflower, the yellow of the squash and the beans – it is a very pretty share this week.

Though my love of green beans is in no way diminished, they must take a back seat to the carrots today. The color and flavor and pure pleasure of these carrots can not be overstated. My sister Nicole is visiting from Boston this week with her husband Shaun and their two daughters Ali and Tabitha. Like many children, my nieces are not vegetable fans. But after harvesting and cleaning a few of these orange beauties, the carrots were able to draw in even these most cautious eaters!

I myself was drawn in long ago. I love raw carrots with lunch, as a snack with hummus, or cut into salad for dinner. The variety today is Hercules. Julie speculated that the name referred to the strong tops that make this variety perfect for bunching. After a winter of carrots from the root cellar, these fresh gems are sweet and vibrant.

What’s more, I am expecting that we will have our very best carrot harvest ever this year. There will be plenty more carrots to come!

I am pretty sure that Jake’s favorite item today is the garlic. We harvested the first test garlic last (continued on the back)

Claire’s Comments

CSA Garden Opens Today

The entrance to the farm is blooming with salvia, rudbeckia, coreopsis, snapdragons, strawflowers, and more. Time to start making bouquets! When you come for your CSA share this week and in the weeks to come, please take some time to walk back to the farm and harvest a flower bouquet as well.

We planted this garden for you to enjoy, but we need your help to keep it thriving. Luckily, the most helpful thing you can do is harvest! The more the flowers are cut, the more they will produce. So, help us keep the CSA garden alive and beautiful by bringing a bouquet home whenever you like!

Here’s what to do:

- The farm is about 300 yards away from the farm stand. Follow the trail from the front of the property along the right side of the community gardens and up into the tree line. When you come to the wider gravel path that intersects with the smaller walking path, take a right onto the gravel. Then take a left though the trees again at the brown numbered post. When you emerge from the trees, you will see the farm right in front of you. Turn to your left and make your way to the gate.
- The flower garden will be right in front of you when you enter the gate. There will be a bucket with a clipper and some rubber bands at the base of the rain gauge.
- When harvesting, choose blooms that are just opened and cut them with a long stem. Just be sure to leave a few side shoots on the plant so that new stems and blooms can grow.
- If you see blooms that are fallen over, making seedpods, or otherwise “past,” harvest them as you normally would and leave them in the path. Then those plants can then make new blooms.
- When cutting your flowers, cut the stems at an angle and strip off the leaves as you go. The angle cut will make it easier for the flowers to take up water in the vase, and stripping the leaves will extend the life of your flowers and keep the vase water cleaner.
- When you are ready to leave, please return the clippers to the bucket and remember to close the gate! If the gate is left open and the deer get into the farm, they will not be so considerate with their harvest!
- Put your bouquet in water as soon as you get home. If you take the time to trim the stems once more as you arrange them, that extra effort will help them rehydrate from their journey.

There are also herbs in the flower garden: sweet and purple basil, parsley, sage, thyme, oregano, and chives. These are yours for the taking as well, and like the flowers actually benefit from your harvest. The best way to harvest the herbs is much like the flowers. Cut them down low, but leave enough on the plant to sprout new growth.

The CSA garden is one of my favorite things about Troy Community Farm. I love that it will draw you out to see just where your vegetables are growing and that you can take a bouquet home with your share each week. I hope you enjoy it as well!

Many thanks to our flower worker share Hayley Hart for keeping the garden weeded and ready for harvest!
(continued from “In the Share”)

week and he generously suggested that I be the one to
take it home and try it. But I just could not take that
first precious bulb from him. Jake is a great garlic fan
and he approved this harvest with no reservations.
We pulled all our 5500 garlic heads on Monday,
bundled them into bunches of 25 with twine, and
hung them in my garage to dry. You can now find my
house using only your nose, due to the incredible
garlic smell emanating from it! The bulbs you have
today are not fully dry so the papers around the cloves
will be wet and easy to remove.

You can use the garlic
right away or leave it to dry as you choose.

Green cabbage is also a new item this week. I
love cabbage shredded with carrots in coleslaw. I also
really like it steamed and served with rice and butter. I
would never make such a
bland dish for guests, but as
a quick evening meal I like it more than I am usually
willing to admit. Some of you will choose some rather
large heads today. Don’t worry if you cannot use it all
up at once, cabbage will keep for quite a long while
just in a plastic bag in the fridge.

Due to the extreme heat of the last couple of
weeks, our cauliflower harvest this year is not what it
has been in the past. Cauliflower is another one of
those cool-
loving crops, so the heads are on the small
side. But the
flavor is good! Really it is probably the
perfect week for small cauliflower, as this is another
heavy share over all.

Beans are in great supply today. You have a
pound of green beans and ten ounces of yellow beans.
I saw CSA members Mary Spike and Bill Rieder at our
vegetable garden on the square last night and Mary
told me that she really enjoys green beans with pesto
on them. I have never tried them that way, but
certainly will now! If you don’t get enough basil with
your share today to make the pesto, just walk back to
the CSA garden and harvest some extra with your
flowers. The basil in the CSA garden is perfect at the
moment.

Summer squash and cucumbers are still coming
in strong. Take a look at Anna’s summer squash pie
recipe on the left to use up a bunch of squash. And
then in a couple of weeks I will print Ellen’s recipe for
zucchini chocolate cake. (Ellen is also an intern on
the farm.)

You have the last of the fennel today. I tried it
last night just sliced raw and dipped in herbed goat
cheese made by our Executive Director Jill Jacklitz.
On a veggie tray with carrots, cucumbers, and green
beans, it was an excellent addition.

Coming next week: more beans, beets and
scallions, and perhaps the first salsa baskets and
tomatoes!

Recipe

This week’s recipe comes from Anna Richardson. Anna has been at Troy Gardens for a couple of years now, first at the Kids’ Garden and now at the farm, so she has had access to great quantities of summer squash on a regular basis. I am very much looking forward to trying this recipe.

Thanks Anna!

Savory Summer Squash Pie
from Anna Richardson

My mom used to be so surprised when, as a ten-year-old, I started regularly asking for zucchini pie to make it in to the meal list for the week. She was not surprised, 10 years later, when I asked her to send me her recipe so I could start making it for myself. This pie is a great way to use up a lot of the summer squash you’ve been getting in your shares, and figures some of our herbs too!

Either use your favorite pie crust recipe or buy a ready-made crust from the grocery store. The following recipe is for the filling:

4 cups thinly sliced summer squash (all of our varieties work!)
1 cup chopped green onion
2 cloves garlic, minced
3 tbsp butter or margarine
½ cup snipped parsley
¼ tsp basil (dried and crushed or fresh and chopped)
½ tsp salt
½ tsp oregano
¼ tsp pepper
2 beaten eggs
1 ½ cups shredded mozzarella cheese
2 tsp Dijon-style mustard

Preheat oven to 375 degrees. In a large skillet, cook squash, green onion, and garlic in butter or margarine until soft. Stir in parsley, basil, salt, oregano, and pepper. In bowl combine eggs, cheese, and mustard; stir in squash mixture when ready. Pour filling into crust. Bake for 20-25 minutes, or until a knife inserted in the middle comes out clean. Let stand 10 minutes before serving. Makes about 6 servings.

Troy Community Farm
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