In the Share

Cherry Tomatoes, members 1-40
Beans, 1 bag
Cauliflower, 1 piece
Carrots, 1 bunch
Scallions, 1 bunch
Green or Red Curly Kale, 1 bunch
Cucumbers, 3 pieces
Summer Squash, 6 pieces
Parsley, 1 bunch
Garlic, 1 bulb
Tomatoes, see signs on crates

Claire’s Comments

Carrots and Harvesting

Tomatoes! While the crop is still coming on a bit slowly due to the incredible lack of rain over the last two months, these fruits are delicious and well worth the wait.

The first 40 members on the CSA cross off list will get cherry tomatoes today. We never have enough of the cherries at one time for everyone to get them in the same week, but everyone will get them eventually! We will proceed down the list in order week by week as they ripen. Just watch the newsletter and the cross off sheet for your number to come up. When it does, let us know and we will bag up the cherries for you.

Beyond the cherry tomatoes, there are two other types of tomatoes in your share today – both red slicers. The smaller tomatoes are New Girl. They are the first tomatoes to mature each year and I really like their tangy flavor. The larger more firm tomatoes are Estiva. These are my favorite because of their slightly larger size, and relatively blemish free appearance. Of course, even with those qualities, they would still be worthless without their excellent flavor. I hope you enjoy this first tomato taste. There should be many more tomatoes to come.

(continued on the back)

Often, when we get behind in our work on the farm, I can be heard to comment that we sure could do a lot more if we did not have to spend so much time harvesting. Everyone but me seems to see clearly that the harvest is our real point. We do this work because we love to eat this food. Still, I want more time to plant and weed and trellis. Harvesting we pretty much have down. In my opinion, the real fun is in the production.

Still, even I can appreciate the beauty of a harvest day. These photos were all taken on Wednesday of this week. You can see carrots being weeded, harvested, and cleaned. The result is the lovely bunch of orange beauties in your share.

The carrot crop this year is the best we have ever had. They germinated well; we thinned them; we weeded them (twice) at the right times; we were able to get them water with our new irrigation system; and now we are reaping the harvest of a delicious and bountiful crop. Historically, carrots have been difficult for me, so I am especially proud of this year’s crop.

It can be such a vicious circle. As we get better at production there is just that much more to harvest!
**Recipes**

This kale recipe comes from CSA member John Arms. He was inspired by the idea of "massaged" kale salad and added his own twist – avocado! The kale itself is raw but softens when massaged.

### Avocado Rubbed Kale

*from John Arms*

1. Wash, dry, and cut kale into bite sized pieces. Place the raw kale in a salad bowl.
2. Scoop out a ripe avocado into the bowl with the kale, add a drizzle of extra virgin olive oil, salt, and pepper to taste.
3. "Massage" the avocado into the kale for a few minutes until there are no chunks left, making sure the kale is well covered.
4. Cut up any other veggies you would like and toss them with the kale. Tomatoes, cucumbers, and scallions all work well.
5. Eat as is or add a dressing of your choice.

Ellen Geisler is a farm intern and as graciously shared her trick for using up the bounty of summer squash. Her recipe calls for zucchini, but you can also use any type of summer squash you have on hand.

### Zucchini Chocolate Cake

*from Ellen Geisler*

I spent weeks eating zucchini in stir fry, marinated and grilled, in raw salads, baked into bread, and I swore I wouldn’t plant any zucchini the following year. Then a friend shared his recipe for zucchini chocolate cake with me. I use the basic recipe below, and for a richer variation I make a molten chocolate cake – less flour, a few more eggs, baked until the top crust is set but the inside is gooey, and served while still warm. How much zucchini can one person eat? Slightly more with a few dessert recipes!

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<thead>
<tr>
<th>Mix together in a bowl:</th>
<th>Blend into first ingredients:</th>
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<tr>
<td>½ cup butter</td>
<td>2 eggs</td>
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<tr>
<td>½ cup vegetable oil</td>
<td>½ cup sour milk</td>
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<tr>
<td>1¼ cups white sugar</td>
<td>1 tsp. vanilla extract</td>
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<th>Add the dry ingredients to liquids:</th>
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<td>2 cups sifted all-purpose flour</td>
<td>½ tsp. ground cloves</td>
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<tr>
<td>1 tsp. baking soda</td>
<td>½ tsp. salt</td>
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<tr>
<td>½ tsp. ground cinnamon</td>
<td>4 Tbs. unsweetened cocoa powder</td>
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<th>Add and mix well:</th>
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<td>2 1/2 cups grated zucchini</td>
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Pour into a greased and floured 9x13in pan, and bake in a preheated 325F oven until tester inserted into center comes out clean, about 45 minutes.

(continued from “In the Share”)

The only other new item in the share this week is buried in your bag of beans. Those flat, white and purple beans are Dragon’s Tongue. In addition to being especially pretty, they are also excellent for fresh raw eating. They are a bit juicier and slightly sweeter than the green beans. In my opinion, the green beans are still much better cooked, but I very much appreciate the Dragon’s Tongue raw. The Dragon’s Tongue are Jake’s favorite and the green Maxibel are mine, so this is a great bean week for both of us!

That said, the quality of the green beans in this week’s share is not what it has been. The heat and high humidity have been rough on these plants. Just to make sure they are still good, I sampled many of them! I’m happy to report that while their appearance is lacking today, their flavor is still very nice.

This week in only the second delivery of kale for the season, which is hard to believe. The kale has been so lovely. Today you have a choice of red or green curly kale. Both are great and either can be used in the recipe on the left. As we ran up against our harvest deadline on Wednesday, I started thinking that we might have to eliminate either the kale or the parsley from our list. When I asked the crew which would be more important to include if we had to choose, everyone agreed that the kale was much more important. Dan, who is a worker share on the farm registered a vote for the kale and then said, “remember I am a parsley lover.” In the end, we were able to harvest the parsley as well, but the kale/parsley vote results had me hoping that you all love the kale as much as our crew does!

The carrots doing very well and we should have plenty of them to get us through the rest of the season. Today you have the last of the spring Hercules carrots. While you will still find a few baby carrot bunches in the pile, most of them are the large and heavy. All of them are sweet and delicious.

The summer squash is finally starting to slow down, not that you can tell with the 6 pieces in your share today. Take a look at Ellen’s cake recipe on the left if you are looking for a decadent way to eat up a bunch of squash. Cucumbers are also starting to slow down, and will likely be finished in a week or two.

Next week: Sweet onions, cabbage, beets, beans, salsa basket, and more tomatoes. If we are very lucky, you may also have melon!

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Troy Community Farm
Claire Strader • 442-6760 • claire@troygardens.org
www.communitygroundworks.org