In the Share

Yellow Potatoes, 1 bag
Broccoli, 1 bunch
Carrots, 1 bag
Popcorn, 1 bundle
Leeks, 1 bunch
Radishes OR Turnips, 1 bunch
Lettuce, 1 head
Collards, 1 bunch
Garlic, 1 head
Shallots, 1 red & 1 yellow
Cilantro OR Dill, 1 bunch
Butternut Squash, 1 piece
Ristra, 1 string
1 Jack-o-lantern OR 4 gourds

The really good news about today’s delivery is that most of it will keep well for a long time. This is definitely a two-bag share, but only the greens, radishes, and broccoli need to be eaten before next week. We always try to give members a bit more than they can use in these last few pickups so that your Troy vegetables can feed you even beyond the end of the CSA season.

Though we are happy with many of the items in this share, it is probably the broccoli that I am most pleased with. It is always a struggle to get fall broccoli in the ground in July. It never rains at the right time, it is still too hot for this cold weather crop, and we are already so busy with harvest that it is hard to think about doing a major planting. Then, even after we do get it in the ground, it is always a question if it will mature in time for the CSA. The reason I am so happy about the broccoli today is that it worked! The harvest stared slowly and unevenly a couple weeks ago, but this week the plants finally produced enough for everyone. And (continued on the back)

Claire’s Comments

Winter Work

Though there is one more share and one more newsletter before the CSA season is over, this is the last newsletter you will have from me this year. Next week our farm interns will harvest and deliver your last 2011 share all on their own. In the past interns have referred to the solo week as their “farm test.” Our crew has been great this year, so I’m sure they will all do a wonderful job!

Meanwhile, the traditional topic for my last newsletter always addresses the question, “what will you do this winter.” Things change dramatically for all of us at the farm after the CSA season is over. We still grow sprouts, harvest herbs from the greenhouse, and make deliveries to the local grocery stores every week; but the farm field is put to bed and we move inside for four months. For me the winter is a time for catching up on all the things I let slide over the summer – reports and meetings and even just cleaning off my desk. But mostly I spend the time planning and preparing for the next season. One of the things I love most about farming is that I get to start new each spring with freshly plowed fields. I get to try new crops, new techniques, new ideas for making the farm better. Planning is an essential part of turning all those ideas into successes, and it turns out I really like thinking through changes and improvements over the winter so that I already have a plan when the growing season starts again.

In addition to that typical winter work, Jake and Julie and I will be working on a few special projects as well. Jake will be working on finishing up the worm room that is attached to our greenhouse so that we can start vermicomposting next season. Julie will be editing and improving both our intern training manual and our harvest task sheets. I will be developing new classes for our intern training program and, if all goes well, researching and beginning to write an urban gardener handbook as part of my work with Madison FarmWorks. As with the beginning of the growing season, I look to the beginning of the winter season with great anticipation for all that can be accomplished. I am very much looking forward to all these projects.

I am also looking forward to having a bit more time to myself. In November of last year I pieced a queen sized quilt to go on the new bed that Sarah made for us. Over the next six months, until we plowed the field in April, I worked on hand quilting for at least two hours every day. My goal was to finish the stitching before the farm took over again. I almost made it, but not quite. I have about 40 to 60 more hours of stitching to go. My new goal is to finish that quilt by Thanksgiving so that I can knit some sweaters, read a bunch of books, and then piece another quilt before spring. I also plan to sleep through many winter nights all warm and toasty under our new hand-made quilt.
I love kale, so I have been looking forward to including this recipe from our intern Kelly Frick. I thought we would have kale in the share today, but we decided to go with collards instead since they looked better in the field. Collards and kale are very similar, so I am planning to make this salad with the collards. If you don’t like the sound of that, just keep this recipe on hand for the next time you have kale.

**Raw Kale Salad**  
*adapted from http://www.elanaspantry.com/raw-kale-salad/* by Kelly Frick

I hope you do not find this recipe boring. To me, this salad is ambrosia. I have made several variations on this. My favorite version is with lime juice and cranberries (pine nuts would be an added bonus if you have them, but not a deal breaker). The cranberries are essential in my opinion. I have also enjoyed it with honey crisp apples or mango. Incorporating sesame seeds into this salad would also be a delicious option. Experiment and enjoy!

1 bunch kale  
2 ½ Tbs. lime juice (or lemon)  
1 tbsp olive oil  
1 tsp. pine nuts  
¼ tsp. sea salt  
1 handful dried cranberries

Clean the kale; shred leaves from stems, and shred into bite-sized pieces or ribbons. Sprinkle with oil, salt, and citrus juice. Rub the kale between your hands for 5 - 10 minutes (or at least a few minutes), grinding the salt and citrus juice into the leaves to break them down. Stop massaging when the kale looks “cooked.” Toss with cranberries and pine nuts. Serve.

**Will’s Collard Greens**  
*from Will Allen at Growing Power*

1 bunch collards, stems cut out  
¼ tsp. pepper  
¼ cup olive oil  
1 tsp. sugar  
½ tsp. salt  
1 tsp. minced garlic

Wash the collard leaves and stack them. Roll them up tightly, and then slice thinly so you have a chiffonade of greens. Heat the olive oil in a large pan over medium heat with salt, pepper, sugar, and garlic. When oil is hot, add collards and stir often for 15 – 20 minutes, until collards are tender, taking care not to burn the greens.

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