



## In the Share

Spinach, 1 bag  
Pea Shoots, 1 bunch  
Radishes, 1 bunch  
Green Garlic, 1 bunch  
Salad Mix, 1 bag  
Butterhead Lettuce, 1 head  
Choice of Spouts, 1 bag  
Cilantro, 1 bunch

Last year at this time we were recovering from a recent frost and struggling to find enough mature vegetables to put in our first share. Not so this year! As crazy as the weather has been with extreme temperatures (both high and low), strong winds, hail, and even a three-week drought, the vegetables are large and lovely.

I always think of these first weeks of the CSA as the salad season. We eat salad at our house most every day in June. After a winter of potatoes and squash and carrots from the root cell, I am more than ready to move away from the storage vegetables and on to the spring greens. Everything in the share this week can go into salad. If you tire of salad after a few days, take a look at the [spring roll recipe](#) in this newsletter from a few years ago. It is basically salad in a roll with peanut dipping sauce. It is a delicious go-to-recipe in our house.

For those of you who have not yet encountered green garlic, you are in for a treat. The only garlic heads that are available at this time of year have been stored through the winter and are generally soft and sprouty and starting to go brown. But green garlic is fresh and full of flavor. Cut green garlic as you would a scallion, stem and leaves and all. But use it anywhere you would use clove garlic: humus, stir-fry, salad dressing, etc.

The pea shoots are another spring treat that we generally only have in this first share. Anyone who

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## Claire's Comments

### The Year of...

I think it started back in late fall when my partner and I borrowed a friend's juicer and started working our way through all the excess juice carrots that we had from the farm last season. I had never made juice at home before and I was impressed with how delicious it was. Soon the carrots and beets and celeriac that had been clogging our fridge were gone and we started thinking about all the juice possibilities that would come with the next growing season. We bought our own juicer and decided it would be the year of juice.

Then I went to visit my friend Lisa and she made the most delicious Indian dish for dinner. The primary flavor came from a puree of cilantro, garlic, ginger, and onion. I could not believe how wonderful that dinner was. When Lisa told me that the original recipe for the garlic scape cilantro pesto that she used in the puree came from this very newsletter, I understood that even though I have been growing and providing cilantro for years, I have never really liked it. Next Sarah and I went to visit Sarah's sister Hannah and she made a cranberry salsa dip with a huge bunch of cilantro. Again I was struck by how wonderful the flavor was. Clearly I have been missing out on all the possibilities that cilantro has to offer. So, I decided to plant cilantro in my own home garden and have a year of cilantro as well.

As some of you will recall from last season, perhaps the most important "year of" that we will be having in 2012 is the first year of a new weed policy we are calling "no weed left behind." After a field trip to friend's practically weed-free farm, we hatched a plan to make our farm weed-free as well. The plan includes adding a half-acre of managed fallow to our rotation, using a new bare-fallow technique for six weeks of the summer, sometimes making the difficult decision to prioritize weeding over other equally important tasks, and introducing new summer worker share positions that will boost our crew numbers during the most critical weeding months. This is the first year of our five-year plan for "no weed left behind." (It is a five-year plan because it will take five years before every section of the farm goes through the bare fallow cycle.) After that time, if all goes well, we will have germinated and killed a huge number of weeds and we will have significantly reduced our weed seed bank, making Troy Community Farm practically a new place to grow food.

I am telling you all of this in part because it is silly. As we keep adding "year of's" to our list, it is becoming the year of everything! But on the serious side, I am hoping that these "year of's" allow me to focus on topics that I might not otherwise write about in this newsletter. And because we have a plethora of "year of's" even if you are not interested in cilantro or juice or weeds, we will likely hit on some other "year of" that does interest you. In fact, if you are having a "year of" something, please let me know. Maybe we can add it to our list and explore it with you.

Welcome to the CSA season everyone! This season marks the twentieth year of having CSAs in Madison, so the Fair Share CSA Coalition has decided that it is year of CSA as well!

# Logistical Questions and Answers

## CSA Share Pick-up:

**Q: Since I get to choose my own vegetables from the stacks, how do I know what and how much to take?**

A: The name and quantity of each vegetable is listed on a board at the pickup table as well as on this newsletter (i.e. green garlic, 1 bunch; sprouts, 1 bag, etc.) The vegetables are displayed on the table in the same order that they are listed. This arrangement will help you identify any mysterious veggies and also make it less likely that you will forget an item. Sometimes there will be multiple varieties of a particular vegetable to choose from, but you will still take only the number listed for that vegetable. For instance, there may be red and green lettuce in the pile; you choose one or the other when the list says "lettuce, 1 head." Also, someone will always be behind the stand to help you. Just ask.

**Q: What do I pack my vegetables in?**

A: That is up to you. Bring a bag or a box to take your vegetables home in. But don't worry if you forget a tote on occasion. We will have some extra bags in the truck for you to use.

**Q: What if I forget to come to the pick-up some week?**

A: We bag unclaimed shares and set them on my front porch for the night. You can come by to get yours anytime between 7:00 PM on Thursday and 6:00 AM on Friday. In this case, you will simply take a pre-packed bag and will not be able to choose your own varieties. At 6:00 AM on Friday I take any leftovers to the farm to distribute to our volunteers. My porch is at 1814 Sheridan Drive (don't be distracted by nearby Sheridan Street!).

**Q: What if I am out of town during the pickup?**

A: Have a friend or neighbor pick up your vegetables instead. You can ask your friend to deliver the food to you, or just have her/him eat it if you will be gone for a while and won't be able to use it. If you cannot find someone to come to the pick-up, please try to let me know ahead of time and I won't harvest your share that week.

**Q: I signed up for eggs. How do I get them?**

A: Eggs will be in a separate cooler. Just cross your name off the egg list on top of the cooler and add your dozen to your bag. Folks who signed up for a weekly dozen will get eggs every week. Those who signed up for biweekly eggs will be assigned to a "Green" week or a "Yellow" week and will get their dozen every other week accordingly. Either way, your name will be on the list if you are scheduled to get eggs that week. If you are picking up your share at my house, the egg cooler will be there as well, and you should follow the same procedure as at the farm.

## Market Share Pick-up:

The market share is different from the standard share in that it is a simple credit at the farm stand. Market share members can shop as often or as little as they like. If you miss a week, just come the next. There will not be a share waiting for you on my porch.

**More Questions? Please ask. Contact information is below.**

# Recipe

*This is a Chinese recipe that I came across while looking for new ways to serve radishes. I especially like the crushed radish effect, both visually seeing the red and white and also because it absorbs the flavors. It can be used to dress a salad or as a side dish.*

*- from Julie Engel, Farm Crew Leader*

## Sweet & Sour Radish Salad

1 bunches of fresh radishes, both ends  
trimmed and washed well  
1/4 teaspoon salt  
1 tablespoon honey  
1 tablespoon cider vinegar  
1/2 tablespoon soy sauce  
1/4 teaspoon Asian sesame oil

Crush each radish with the broad side of a knife. A Chinese knife is best for this job. Cut larger ones in half before crushing. Just crush enough to crack the radish so it will absorb the dressing better.

Place the radish in a bowl and sprinkle with salt. Let stand for 15 minutes and drain. Transfer to a serving bowl.

Mix the honey, vinegar and soy sauce in a small bowl and pour it over the radishes. Drizzle with the sesame oil, toss and serve.

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has not tried them before is always surprised at how delicious and full of pea flavor they are. Snip them into your salad stem and tendrils and all. Or have them on a sandwich. Finally peas on a sandwich without having to worry about them rolling off!

I have been joking this spring that this will be "the year of cilantro." Depending on your opinion of this herb, that pronouncement will usually elicit either delight or dread. I have to say that I have never been a particular cilantro fan. I never used it in my own cooking and never looked forward to eating it in anyone else's. Then, this past winter, my friend Lisa made me the most delicious Indian dish centered around cilantro and garlic scape pesto. That dish has converted me. I am now a cilantro lover. I will share the recipe when we have garlic scapes in a week or two. Meanwhile, I have been using cilantro in humus and spring rolls and snipped into both bean salads and green salads.

Coming next week: bok choy and more spinach, salad mix, radishes, green garlic and sprouts.

## Troy Community Farm

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