



In the Share

Spinach, 1 bag
 Pac Choi, 2 heads
 Radishes, 1 bunch
 Green Garlic, 1 bunch
 Purple Kohlrabi, 2 bulbs
 Salad Mix, 1 bag
 Broccoli, 1 head
 Batavian Lettuce, 1 head
 Choice of Spouts, 1 bag
 Choice of Herb, 1 bunch

The farm is really booming right now. We have many more vegetables ready for harvest than we usually have at this time of year. Fun!

Broccoli is likely the most exciting new item this week. Everyone gets only one medium/small head. But think of this small taste as a sign of things to come. The broccoli field is looking lovely and we are expecting a great crop over the next few weeks. I still remember the first time I tasted fresh broccoli from the farm. I couldn't believe how much better it was than what I was used to from the supermarket. This first taste should be sweet and delicious.

The purple kohlrabi is certainly one of the most eye-catching items today. I have a fondness for the red and purple vegetable colors and these kohlrabi remind me why. But these vegetables are not just about looks. We tried some for lunch at the farm on Wednesday and they are also delicious – crisp and sweet. Jake loves them and eats them as though they were apples without a core (though he does peel them first). They are great cut into sticks for dipping, grated or cut into cubes for salad, or even (according to Jake) cut into rounds and served on burgers in place of tomatoes.

(continued on the back)

Claire's Comments

Kitchen Scraps to Compost

Good compost is an essential part of most any organic vegetable production system. In an organic system we do not use any chemical fertilizers to feed our plants. Instead we feed our soil with cover crops, mulch, and plenty of compost. When the soil is rich and fertile, our plants are strong and healthy.

Unfortunately, we at Troy have never had much success producing our own on-site compost. Until now! This year with the support of a grant from the Blooming Prairie Foundation, we built a series of compost bins where we are producing compost from our own waste to be used again in our own fields. The bins were completed over the winter and we started filling the first one almost two months ago. We keep adding, and the pile keeps sinking, so things are definitely starting to cook.

Now that we are feeling pretty comfortable with the new bins, we are looking for additional compostable donations to fill them up! For years I have been looking forward to the day when I would be able to invite CSA members to bring their kitchen scraps back to the farm where their vegetables were grown, where we would make them into compost and grow more vegetables to bring back home to their kitchens. It is such a lovely circle, and today is finally the day that I can make that invitation.

If you are willing to separate and save your compostable food waste, we will take it off your hands as often as you bring it to us. The easiest day to bring your compost will be Thursdays when you come to pickup your share at the farm. Starting today, we will have a bin at the pickup where you can dump your scraps. We will also have a hose set up where you can rinse out your compost container and bring it back home clean and ready to fill once again. Then, at the end of the pickup, we will bring all your donations back to the compost bins (behind the greenhouse) and add them to the pile. If you want to bring your scraps on any other day, you can add them directly to the compost bins yourself. There is only one active bin at any time, so just look for the bin with the instructions on how to add your scraps and then follow the instructions. It's easy.

Thanks so much for adding to our compost project. Here's to a year of making lovely soil together!

Things to include and exclude from your compost donation:

| YES - add these materials | NO – not these materials |
|---------------------------|------------------------------|
| Vegetable & Fruit Scraps | Biodegradable Plastic |
| Coffee Grounds & Filters | Compostable Plastic |
| Eggshells | Meat & Bones |
| Grains (including bread) | Dairy (milk, yogurt, cheese) |

Recipe

Sarah and I transformed our front yard into a garden last summer. We saved just a bit of grass where we envisioned eating yummy dinners right in the midst of where they were grown. Part of the vision also included regular grill outs in the garden. Sarah is the official grill master and she has been exploring how to make the best use of our vegetarian grill. She found the following recipe just at the start of grill season and we used the last of our overwintered spinach to make it. I was surprised at how delicious the burgers were! Sarah was surprised at how easy they were to make. Not only are they extremely flavorful, they also actually hold together on the grill (both elusive qualities in the homemade veggie burger genera.) Frozen spinach works almost as well as fresh. And if you are feeling decadent, a little cheddar cheese melted on top of these rich burgers makes them even more indulgent. Sarah and I are planning to freeze some spinach this spring so that we can have these burgers through the summer!

-- from Claire Strader, Farm Director

Spinach Walnut Burgers

adapted from the New York Times

| | |
|----------------------------------|---------------|
| 1 bag or bunch of spinach | 1 tsp. cumin |
| 1 medium onion, coarsely chopped | 1 ½ tsp. salt |
| 2 Tbs. fresh chives, chopped | black pepper |
| 1 cup walnuts | 1 egg |
| 1 cup rolled oats | |

1. Heat spinach in a pot or pan over medium heat until wilted. Let cool. (If using frozen spinach skip this step.)
2. Squeeze out excess liquid from spinach using hands or cheesecloth. Set aside. (This step is important for the burgers' ability to hold together on the grill.)
3. Process onions in food processor for a few seconds.
4. Add remaining ingredients and spinach to the food processor and process until well blended, but not smooth.
5. Let mix sit for a few minutes, then shape into patties and fry in oil or grill for about 4-5 minutes on each side.

(continued from In the Share)

The pac choi is the last new item. While the flavor is good, these heads are not the most aesthetically pleasing pac choi we have grown. Unfortunately, there are more holes in the leaves than we would like to see. Over the years, I have grown to look forward to this early summer crop. It can be used raw or cooked, and we only have it for a couple of weeks, so there is no time to get sick of it. If you are new to pac choi, take a look at the recipe for [Choi with Gingery Butter](#) on the second page of one of last year's early newsletters.

Everything else in the share will be more or less familiar from last week. The lettuce variety is new. Today's is called Magenta which is a Batavian variety known for its crisp sweetness. The Batavians are my favorite lettuces. There are a few more herbs to choose from including a very few of the first basil, some mint, and some oregano. Mostly we have cilantro again this week, as it will soon be leaving the selection as the basil begins to come on more for summer. This is the last of the green garlic for the season. Usually we get three weeks out of this crop, but this year the green garlic season is cut short because already the garlic is producing scapes (which you will see in next week's share.) The sprouts will come and go from your shares throughout the season, and this week will likely be the last of the sprouts for a few weeks to come.

Next Week: More broccoli, spinach, kohlrabi, radishes, and pac choi, plus garlic scapes, turnips, and leaf lettuce.

Below: Troy Community Farm compost bins ready for your compost donations. Notice the bin on the right is almost full already.



Troy Community Farm

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