



In the Share

Snow Peas, 1 bag
Summer Squash, 2 pieces
Broccoli, 1 large & 2 medium heads
Radish, 1 bunch
Fennel, 1 bulb
Spinach, 1 bag
Salad Mix, 1 bag
Batavian Lettuce, 1 head
Choice of Herb, 1 bunch

Pea season is officially upon us. Given the recent heat, it is sure to be short and fast this year. Of course, it will also be sweet! This week you have a full pound of snow peas in your share. You can eat these pod and all. We pick them on the larger side so that the peas in the pods have time to develop a fuller sweetness. If there are any left in the bag by the time you get home with your share, you can use them in salad, on sandwiches, or in the most classic snow pea dish, stir fry.

Fennel is also new this week. We were only able to harvest one bulb per share, which is not quite enough for the fennel recipe on the back. Still the recipe will give you a good idea for how to get started with this unusual vegetable. You can also eat it rare in salad for the full sweet anise flavor. We will have some more fennel next week.

Summer squash is the last new item in the share. This crop is just getting started, so you can expect to see more of it in the coming weeks.

Though I said last week that we would not have any more salad mix for a while, I was wrong. This crop is actually the best we have had this year! The broccoli and spinach are also going strong.

Next week: Romaine lettuce, a bit more salad mix and spinach, beets, scallions, and more fennel, peas, and broccoli.

Claire's Comments

Early Morning Swam

Wednesday is our big CSA harvest day on the farm. I always start extra early those mornings so that I can be ready for the crew when they arrive at 7:00 AM. This Wednesday as I was putting my lunch in my bag and getting ready to walk out the door at 5:30 AM, I happened to glance outside and notice something brown and furry looking in one of our apple trees. At first, I thought it was an animal that had climbed up for a nap. Then I realized it was a swarm of bees. The tree was not far from the front of our strongest hive, Dulce. We knew she was getting ready to swarm. It was just pure luck that she happened to gather in a tree right in our backyard.

Bees swarm when the hive is strong and they start to run out of room for their babies and their honey. Though no beekeeper wants half of a hive to leave in a swarm, and we do all we can to keep them happy and at home, swarming really is a sign of health. We knew Dulce was getting ready to go because we saw queen cells in the hive when we inspected her on Friday. She was busy raising a new queen to replace the old one that would leave with about half of the bees to find a new home and establish a new colony.

When the swarm first leaves the hive, they gather on a nearby tree or fence or some such in a thick clump. The old queen is protected in

(continued on the back)



Sarah transferring the captured swarm to a new hive in our backyard.

Recipe

I spent all last year working on a farm in the North East Kingdom of Vermont, where one of my favorite crops that we grew was fennel. To my delight, we had so much fennel, I got to try many different recipes. I ended up combining two of my favorites to come up with what I consider to be a delicious and simple fennel delight.
-- from Claire Carpenter, Farm Intern

Roasted Fennel Delight

2-4 fennel bulbs, cut horizontally into ½ thick slices,
fronds reserved
olive oil
balsamic vinegar
salt and freshly ground pepper
1/3 cup freshly shredded Parmesan

Preheat oven to 375 degrees. Lightly oil the bottom of a 13 by 9 inch glass baking dish. Arrange the fennel in the dish. Drizzle with olive oil and balsamic vinegar. Sprinkle with a dash of salt, pepper, and all of the shredded Parmesan. Bake for 30 minutes, or until the fennel is fork-tender and the top is golden brown. Chop enough fennel fronds to equal two tablespoons and sprinkle over roasted fennel. Serve and enjoy!

Cooking It All

CSA Menu Planning & Cooking Techniques

FairShare CSA Coalition is offering a series of CSA menu-planning workshops on how to utilize spring, summer, and fall CSA boxes. Professional cooks **Deb Shapiro** and **Barbara Wright** will use a sample CSA share to provide weekly menu plans, recipes, tips, and techniques for incorporating a full CSA share into your weekly meals. Each of the three seasonal CSA menu-planning workshops will be offered at both Willy Street Co-op East and West. Individual workshops cost \$15 to attend, or register for all three for \$40. Contact Willy Street Co-op East or West to register.

Spring Box

- 4:30-6:30 p.m. Sunday, June 24 at Willy Street Co-op East
- 6-8 p.m. Thursday, June 28 at Willy Street Co-op West

Summer Box

- 4:30-6:30 p.m. Sunday, Aug. 5 at Willy Street Co-op East
- 6-8 p.m. Thursday, Aug. 16 at Willy Street Co-op West

Fall Box

- 4:30-6:30 p.m. Sunday, Sept. 23 at Willy Street Co-op East
- 6-8 p.m. Thursday, Sept. 27 at Willy Street Co-op West

Willy Street Co-op East, 1221 Williamson Street, Madison, 251-6776
Willy Street Co-op West, 2825 University Avenue, Middleton, 284-7800

(continued from "Claire's Comments")

the middle of the clump and scout bees from the outside of the mass head off to find a new home. The scouts are looking for a hollow and protected cavity where they can build new comb and put up stores for winter. After complex communications and final agreement on best new home, the swarm takes flight together from the temporary scouting location to their final destination.

When we found Dulce's swarm in the tree at 5:30 AM, we knew we had to move her into a new hive right away before she found herself a spot in the wild. So, we put on our bee suits, set up a new empty hive, and got out some cardboard boxes to physically move the bees from the tree to the hive.

Bees are quite docile when they swarm. Before they leave home, they fill their bellies with honey for the flight. So, they are a bit lethargic. Also, until they find a new home, they have nothing to protect and are not so apt to sting in defense. Still, it is a bit unnerving to be sweeping thousands of bees into a cardboard box that they really have no interest in. Since they are all clinging together in a lump, many of the bees will simply fall into the box together as they are swept from the tree. Many, but not all. Plenty of the bees take flight around our heads and let us know that they already have a plan and would rather that we not interfere.

As Sarah and I captured the swarm early on Wednesday morning, we made many trips back and forth from the tree to the new hive with the cardboard box. Not only was this swarm huge, it was also spread out on a number of the tree branches, so it was impossible to get it all in one box. Once most of the bees were in the new hive, they started gathering on the edges and exposing their scent glands in order to attract the remaining bees. I took that as a good sign that we had managed to include the queen in one of our first trips. But of course we could not see her among the thousands of bees. We will not know for sure if she made it until we inspect the hive for eggs in about a week.

Amazingly, the whole process only took about 45 minutes and both Sarah and I were able to get to work on time. When we got home Wednesday evening, we were happy to see that the swam was still settling into their new hive. If all goes well, we will now have two strong hives each with their own queen and the potential for twice as much honey!

Troy Community Farm

Claire Strader • 442-6760 • claire@troygardens.org