



## In the Share

Green or Yellow Beans, 1 bag  
Cucumber, 3 pieces  
Japanese Eggplant, 2 pieces  
Green Cabbage, 1 head  
Carrots, 1 bunch  
Scallions, 1 bunch  
Summer Squash, 4 pieces  
New Garlic, 1 head  
Batavian Lettuce, 1 head  
Choice of Herb, 1 bunch

I just figured out that we are spending 20 to 30 hours per week moving irrigation lines around our farm. It requires 6 different irrigation sets to water about two thirds of the farm. For the rest we have a drip system that requires an additional 3 sets. When you think of us out in the field these days, an image of sweaty, dirty people moving around black plastic tubing will give you a pretty accurate picture. I would so like to be using those hours to do other necessary farm work, but that irrigation system is really the only thing keeping the farm alive after almost 6 weeks of no rain.

After a record short pea season, we are on to beans. Peas like it cool and wet, so it is no wonder they gave up and died in this hot, dry soil. Beans on the other hand should do pretty well in this weather. This first harvest is lovely and delicious and for me at least, bodes of good things to come. I love beans! The green are my favorite, but really I love them all. The yellow beans are a variety called Rocdor which is the longest, sweetest yellow bean I can find. I favor the fancy French varieties, which do not really exist in colors other than green, but these Rocdor come pretty close. The greens are Maxibel, which in my opinion have no match in the world of green beans. They are long and slender

(continued on the back)

## Claire's Comments

### CSA Garden Opens Today

The entrance to the farm is just beginning to bloom with salvia, rudbeckia, coreopsis, snapdragons, strawflowers, and more. Time to start making bouquets! When you come for your CSA share this week and in the weeks to come, please take some time to walk back to the farm and harvest a flower bouquet as well.

We planted this garden for you to enjoy, but we need your help to keep it thriving. Luckily, the most helpful thing you can do is harvest! The more the flowers are cut, the more they will produce. So, help us keep the CSA garden alive and beautiful by bringing a bouquet home whenever you like!

Here's what to do:

- The farm is about 300 yards away from the farm stand. The best way to find it is to walk up the middle of the community gardens (100 feet or so to the left of the farm stand) past the striped tent and the two red sheds and all the way up to the grassy area behind the gardens. Then keep going up the little hill walking toward the prairie with the trees on your right. When you get past the trees, take a right. The 8-foot tall farm fence and gate will be about 200 feet in front of you.
- The flower garden will be right in front of you when you enter the gate. There will be a bucket with a clipper and some rubber bands in the open space in front of the basil.
- When harvesting, choose blooms that are just opened and cut them with a long stem. Just be sure to leave a few side shoots on the plant so that new stems and blooms can grow.
- If you see blooms that are fallen over, making seedpods, or otherwise "past," harvest them as you normally would and leave them in the path. Then those plants can then make new blooms.
- When cutting your flowers, cut the stems at an angle and strip off the leaves as you go. The angle cut will make it easier for the flowers to take up water in the vase, and stripping the leaves will extend the life of your flowers and keep the vase water cleaner.
- When you are ready to leave, please return the clippers to the bucket and remember to **close the gate!** If the gate is left open and the deer get into the farm, they will not be so considerate with their harvest!
- Put your bouquet in water as soon as you get home. If you take the time to trim the stems once more as you arrange them, that extra effort will help them rehydrate from their journey.

There are also herbs in the flower garden: sweet and purple basil, parsley, sage, thyme, oregano, and chives. These are yours for the taking as well, and like the flowers actually benefit from your harvest. The best way to harvest the herbs is much like the flowers. Cut them down low, but leave enough on the plant to sprout new growth.

The CSA garden is one of my favorite things about Troy Community Farm. I love that it will draw you out to see just where your vegetables are growing and that you can take a bouquet home with your share each week. I hope you enjoy it as well!

## Recipe

*This is a super easy, very refreshing summer sandwich to eat. I like it a lot because it requires no cooking, and no cooking equals no sweating :).*

*People can feel free to add meat if they want, turkey or chicken would probably be good options. Feta cheese is also a good substitute for those that don't want or like cream cheese.*

*--from Natalie Emmerich, Farm Intern*

### Cucumber Sandwich

2 thick slices whole wheat bread	1 teaspoon red wine vinegar
2 tablespoons cream cheese, softened	1 tomato, sliced
6 slices cucumber	1 leaf lettuce
2 tablespoons alfalfa sprouts	1 peperoncini, sliced
1 teaspoon olive oil	1/2 avocado, mashed

Spread each slice of bread with 1 tablespoon cream cheese. On one slice of bread, arrange cucumber slices in a single layer. Cover with sprouts, and then sprinkle with oil and vinegar. Layer tomato slices, lettuce, and peperoncini. Spread other slice of bread with mashed avocado. Close sandwich and serve immediately.



*Cabbage is one of those standard, hardy, eastern European vegetables. This recipe is from former farm intern Laura Jasiczek who has a Polish background and a taste for Polish food. She sent me a photocopy of this recipe taken directly from her Polish cookbook (which, unfortunately, I do not have the name of). Hand-written on the side of the recipe it says "very good" with three little stars.*

### Polish Noodles and Cabbage

*from Laura Jasiczek, Farm Intern 2010 & 2011  
taken from one of her Polish cookbooks*

1/4 cup butter  
1/2 cup chopped onion or scallion  
4 cups chopped or sliced cabbage  
1 tsp. caraway seed  
1/2 tsp salt  
1/8 tsp pepper  
1 package (8 ounces) egg noodles  
1/2 cup dairy sour cream (optional)

1. Melt butter in a large skillet. Add onion; sauté until soft.
2. Add cabbage; sauté 5 minutes, or until crisp-tender. Stir in caraway seed, salt, and pepper.
3. Meanwhile, cook noodles in salted boiling water as directed on package. Drain well.
4. Stir noodles into cabbage. Add sour cream, if desired. Cook 5 minutes longer, stirring frequently. Serve.

## Save the Date

### Good Food Garden Party September 8, 2012 at Troy Gardens 4:30 – dusk

Join us for an evening of elegant dining al fresco presented by some of Madison's top chefs, using the freshest local ingredients.

With produce from **Troy Community Farm**, of course.

Stay tuned for details and ticket information coming soon.



(continued from "In the Share")

and sweet. I eat them steamed with a bit of butter, and I am happy to eat them most every night of the week.

Carrots are another exciting new item today. This variety is Nelson and it was planted in that March warm spell. The bunches and the carrots themselves are not especially large today, but we could not resist offering up this first carrot taste. Plus they will go well with the cabbage if you decide to make some slaw.

I am a big fan of this new cabbage variety. The name is KY Cross and this is the first year we have grown it. I love that flattened shape, which minimizes the core. Plus it is tender and yummy. And most importantly in a year like this, it made some lovely summer heads even though cabbage prefers the same cool weather that peas and broccoli favor. A fresh cole slaw could be just the thing in this heat.

Eggplant is also new today. These Japanese eggplant are not bitter, so there is no need to salt them before using. In our house we sauté them with scallions or onions and a little vegetable bouillon and serve with rice.

Next Week: More beans, carrots, summer squash, and cucumbers, plus likely some kale. The first salsa baskets are also not far away.

## Troy Community Farm

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