



In the Share

Green and Yellow Beans, 1 bag
Cucumber, 1 piece
2 Japanese OR 1 Globe Eggplant
Green Cabbage, 1 head
Carrots, 1 bunch
Beets, 1 bunch
Summer Squash, 4 pieces
Choice of Kale, 1 bunch
New Garlic, 1 head
Choice of Herb, 1 bunch

The beans have officially arrived! You have a half pound of yellow beans and a full pound of green beans today. If you somehow get tired of eating them steamed with a bit of butter, try them in three bean salad; or stir fry them with soy sauce, ginger, and sesame seeds; or freeze them for the winter. To freeze beans, blanch them for 2 minutes in boiling water; cool them immediately in ice water; dry them in a salad spinner and/or towel; pack them into freezer bags; and freeze. It's easy.

The only new item this week is kale. I love kale. Though we grow over 1000 kale plants at the farm, Sarah and I also grow it in our home garden so that we can walk outside and harvest some for dinner whenever we like. If you too love kale, I do not need to advise you on how to use it. If you do not love kale, try it in Steph's Kale and Beet Green Pesto recipe printed in this newsletter on 28 June 2012. We have made that recipe twice since Steph submitted it and we actually love it even more than basil pesto. Especially on grilled pizza!

A cabbage two weeks in a row is a bit much, but luckily these are delicious. Check out Wayne's recipe on the back as you dig into the best cabbage harvest we have ever had.

Next week: the first sweet onions, plus more beets and beans.

Claire's Comments

The Secrets of Grilled Pizza

I first learned that you could make pizza on the grill a few years ago. It sounded delicious, but as someone who had never even lit a grill before, it seemed like more than I could handle. So we asked our friend and expert griller Julie Koenke, for some help. After a number of lessons and a fair bit of grill stress, Sarah and I made our best grilled pizza ever, just this past weekend, just the two of us. Julie will be so proud! What follows are first some tips and then the actual steps to making great grilled pizza without the stress.

Tips:

1. Use good charcoal. Julie taught us this lesson right away. We use Kingsford or the hardwood lump charcoal from the co-op. The inferior brand we were using before did not light well in our grill chimney and caused great frustration before we even got started.
2. The grill should not be super hot. A medium or low heat will grill the crust, but not burn it before the toppings can get hot. Use fewer coals or grill your pizza after grilling other items that need higher heat.
3. A thin crust of medium or small diameter is best. It will be easier to flip (described below). We make ours from the bread recipe on the back. The dough keeps for two weeks in the fridge, so one batch gets us two or three weeks worth of pizza. I roll out the dough in the kitchen just to the point that I can carry it to the grill without it ripping on the way. A pizza peel well dusted with corn meal can make this transport step easier, but is not necessary.
4. Four hands are better than two. As I am still a beginner on the grill, I find I need help for getting toppings on quickly and for getting the finished pizza off the grill and onto the cutting board without incident.

How to do it:

1. Make the dough recipe on the back a day or weeks in advance.
2. Light the charcoal in your grill chimney about a half hour before you want to get the pizza on the grill. We fill our chimney only a bit over half way so that the grill will not be too hot.
3. Prepare all the toppings including sauce or pesto, grated cheese, eggplant rounds, summer squash rounds, caramelized onions, etc., and place them all on a table right by the grill.
4. When the coals are hot and grey dump them from the chimney onto the coal grate, landing them in a small heap.
5. Roll out the crust. Thin and medium/small is best. Brush the grill with a bit of canola oil and transport the crust to the grill. Carefully place it on the grate, being sure it ends up in a single layer. Don't worry if the shape is distorted.
6. Cover the grill and let the crust cook until it is browned on the bottom, usually only a minute or three. Then use a spatula to flip the crust over.
7. Quickly top the pizza and then cover to let the toppings heat and/or melt. Speed in topping is important because if it takes too long, the bottom crust will burn before the toppings are ready.
8. Check the bottom crust to make sure it has a few but not too many black spots. Then use the spatula to move the finished pizza to a cutting board that your grilling partner is holding close to the pizza.
9. Cut and savor!

Recipes

Cabbage. So beautiful in the field, so perplexing (at least for me) in the kitchen. My childhood memories of cabbage are limited to overcooked, mushy leaves wrapped around spiced ground beef as something we called "pigs in a blanket," or the ubiquitous mayo-drenched coleslaw. In my adult life, though, cabbage has been redeemed as a nutritious and flavorful addition to the menu. This stir fry is a delicious way to use those random half heads of cabbage that often populate my crisper drawer. Serve with grilled fish, tofu; over noodles/rice; or just by itself.

--Wayde Lawler, Farm Intern

Spicy Stir Fried Cabbage

from NY Times, November 2, 2010

4 garlic cloves, minced	1 small cabbage, quartered,
2 tsp. minced ginger	cored and cut crosswise
1/2 tsp. red pepper flakes	into 1/8-inch shreds
1 star anise, broken in half	1 medium carrot, julienned
2 tsp. soy sauce (more to taste)	Salt to taste
2 Tbs. rice wine or dry sherry	2 Tbs. minced chives or cilantro
2 Tbs. peanut or canola oil	

1. Combine the garlic, ginger, red pepper flakes and star anise in a small bowl. Combine the soy sauce and wine or sherry in another small bowl.
2. Heat a 14-inch flat-bottomed wok or a 12-inch skillet over high heat until a drop of water evaporates within a second or two when added to the pan. Swirl in the oil by adding it to the sides of the pan and tilting it back and forth. Add the garlic, ginger, pepper flakes and star anise. Stir-fry for a few seconds, just until fragrant, then add the cabbage and carrots. Stir-fry for one to two minutes until the cabbage begins to wilt, then add the salt and wine/soy sauce mixture. Cover and cook over high heat for one minute until just wilted. Uncover and stir-fry for another 30 seconds, then stir in the chives or cilantro and remove from the heat. The cabbage should be crisp-tender.



Sarah and Claire's first solo grilled pizza! Crust is from the recipe on the right. Sauce is Kale and Beet Green Pesto from 28 June 2012 newsletter. Toppings are scallions, olives, and cherry tomatoes.

I love eggplant. I was unaware I needed to defend this love until recently when my mother admitted she doesn't like the vegetable and never has. Turns out, there are a lot of folks at the farm (I won't name any names) that find the eggplant "without merit" as the word is rumored to mean in Hindi. I, however, love the very things others bash about it: the texture that is creamy when roasted but can hold its own when sautéed or pan-fried, its ability to take on nearly any flavor, and its amazing habit of soaking up oil in unfathomable quantities. What more could you ask from a vegetable? Don't answer that. Instead, try this recipe for baba ghanouj which has won universal praise in my circles: even my mother likes it.

--Julie Engle, Farm Crew Leader

Baba Ghanouj

about 2 lbs. eggplant	3 T lemon juice
oil	2 cloves garlic or more to taste
1/4 C tahini	salt and pepper
1/4 C olive oil	

Brush whole eggplant with oil and grill until collapsed and creamy inside, about an hour. (I've learned that there is no substitute for the smoky flavor that comes from the grill. It's summer; you're going to be grilling; just throw it on the back while other things are cooking. No need to pierce holes or fuss about it in any way.) Let cool before handling! Meanwhile, blend remaining ingredients and let flavors meld. When eggplant is cool enough to handle, make one long split along the side, and scoop out the insides right into the food processor with the other ingredients. Blend just enough to incorporate. Taste and season with salt and pepper. Serve with your choice of dippers which could include pita bread or other vegetables like carrots, cauliflower, broccoli, cherry tomatoes, etc.



This is my favorite bread recipe. We use it for pizza, loaves and more. For pizza, we also include some rosemary with the salt.

--Claire Strader, Farm Director

The Master Recipe: Boule

*--modified from Artisan Bread in Five Minutes a Day
by Jeff Hertzberg and Zoe Francois*

3 cups lukewarm water	1 ½ kosher or other coarse salt
1 ½ Tbs. yeast	6 ½ cups unbleached white flour

Add the yeast and salt to the warm water (a little warmer than body temperature). Mix in the flour by adding it all at once and then using a big spoon to incorporate. This is a wet dough, so it will be easy. Do not knead. Loosely cover and let rise for two hours. Refrigerate for up to two weeks and use as needed. Or use fresh.
For Pizza: Dust with flour and cut off a lump of dough. Roll out on floured surface. Top and bake as usual.
For Bread: Dust with flour and cut off a lump of dough. Form into a loaf. Let rise on corn meal dusted pizza peel for 40 minutes. Preheat oven and pizza stone to 450 degrees. Transfer loaf to pizza stone in oven. Pour 1 cup water into bottom of hot oven to create steam. Close oven and bake for and 20 minutes.

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