



In the Share

Green OR Yellow Beans, 1 bag
Cauliflower, 2 heads
Sweet Onions, 3 bulbs
Cucumber, 1 piece
Beets, 1 bunch
2 Japanese OR 1 Globe Eggplant
Summer Squash, 6 pieces
Collards or Chard, 1 bunch
Choice of Herb, 1 bunch

Cauliflower is new today. This crop is always hit or miss. Honestly, it is mostly miss. But every now and then we get such a lovely harvest that it keeps me trying. Given the heat and the drought, it is not especially lovely this year. Still, we were able to harvest two smallish heads per share. So there should be enough to make a favorite cauliflower dish or to cut up and dip in some more baba ghanouj or a batch of hummus. I actually really love this rather bland vegetable, especially for dipping.

The sweet onions are also new. This variety is called white wing and it has won quite a following with some of our CSA members. The flavor is both sweet and pungent. These onions are freshly pulled, as you can see from the green tops. They will keep in your fridge for a couple of weeks, but will not last for months the way storage onions do. You can use them as you would use any other onion, but they will really shine in any dish where you normally use raw onion including sliced on sandwiches, salads, and burgers. There will be a couple more deliveries of the sweet onions this summer, so feel free to use these up. There are more on the way.

The collards and chard are the last new items. You have your choice of one or the other today.

(continued on the back)

Claire's Comments

Rain? Rain. Rain!

I woke up at about 4:00 AM on Wednesday morning, thinking and making plans for our main harvest day. I thought I must be having an auditory illusion when I heard sounds I normally associate with rain. It was a quiet dripping that I knew could not be coming from inside the house. I immediately got up to investigate. Sure enough it was raining. Honestly, I did not think much of it. A few drips that would dry up as soon as the sun came out would not make any difference at all after these long weeks of drought. Still, I was hopeful that it might keep up and at least allow us to skip our usual morning irrigation pipe move.

When I got to the farm the rain had passed, but the ground was wet. I checked the rain gauge and found that less than one tenth of an inch had fallen. Not enough by a long shot. Still, the sky was dark and it seemed like maybe, just maybe, there could be more rain on the way. So, for the first time in seven weeks the irrigation crew was able to join the harvest team instead of spending their first hour on the farm irrigating. What a treat! And it turned out to be the right decision. As we harvested it rained some more, and we chalked up a full tenth of an inch to our tally. Still, not enough but helpful none-the-less.

In the afternoon Jake took advantage of the just moist soil to till down all the broccoli, beans, peas, and other crops that have finished producing but that we have not been able to incorporate because of the dry ground. That little morning rain saved us about 12 hours of irrigating! While Jake was tilling, the irrigation crew moved the pipes to the next crops on our rotation and we were ready to go for our usual nighttime irrigation.

Later that evening, while the irrigation system was running, the sky got dark again, the thunder boomed, the lightning flashed, and Jake made the brave decision to such off the irrigation and wait for the rain. If it didn't rain we would be behind on our irrigation schedule and some crops would not get water this week. But if it did rain, the WHOLE FARM would be watered all at once and save us a great deal of work.

That is when "Rain?" turned into "Rain!" It was hard and fast and accompanied by plenty of wind, but it rained a full inch and a half on Wednesday night. We will not have to irrigate the farm again for a full week! That means we will save about 25 hours of work and many gallons of water. We also now have the potential that our tomatoes will ripen instead of falling off the vines with blossom end rot (caused by lack of water); that the kale and collards will grow out of the flea beetle damage that is so much worse in the hot, dry water; and that maybe we can seed some cover crops to build our soil and cover our bare ground.

We at the farm are all breathing a sigh of relief. We have never gone so long without rain. It is so wonderful to think that this drought may finally be broken!

Recipes

Summer squash is a very versatile vegetable and one of the most prolific plants of summer. It's great prepared as a light snack or in a side dish. I like this recipe from The Joy of Cooking because it is simple, fast and delicious! Here's one idea for what you can make with your bounty, enjoy!

--from Sara Randle, Farm Intern

Sautéed Summer Squash

from The Joy of Cooking

Prepare: 3 cups diced any summer squash
Heat in a large skillet: 3 T butter or olive oil
Add & cook, stirring until golden: 1 cup minced onions
Add the squash and season with: 1/2 teaspoon salt and 1/4 teaspoon white pepper
Cover and cook until the squash is tender, about 6 minutes, shaking the pan occasionally to prevent sticking.
Remove the lid and cook 3 minutes longer to evaporate juices.
Serve sprinkled with any of the following:
 chopped parsley or basil
 grated Parmesan
 2 large cloves of garlic, finely chopped
 1 T grated lemon zest



When eggplant comes into season, we make up a bunch of these "meat" balls to use with pasta and red sauce throughout the winter. They are easy and delicious! We usually freeze the balls before baking and then bake them up in the winter when it is cooler. In the summer we also use this recipe to make burger patties for the grill. This is definitely one of those dishes that is surprisingly good.

--from Sarah Shatz

Eggplant "Meat" Balls

modified from a recipe found on the web

3 Tbs. olive oil	1/2 cup Parmesan
3 cloves garlic	1/4 cup parsley & basil
1 small onion	2 eggs, beaten
4 cups eggplant, cubed	3/4 cup bread crumbs
1 Tbs. water	

Coat eggplant with olive oil and spread on a baking sheet. Cook in a 350 degree oven until soft (or roast pieces in a vegetable basket on the grill). Chop garlic, onion, Parmesan, parsley, and basil in a food processor. We do separate batches for the cheese, herbs, and finally the garlic and onions and transfer each batch to a mixing bowl. When the eggplant is done, pulse it through the food processor and add it to the mixing bowl as well. Add the eggs and the bread crumbs and mix all ingredients together. Form the mixture into balls or patties and fry, bake, grill, or freeze to pull out and use in the winter.

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")

Neither is especially pretty – again because of the heat and drought – but both will be delicious sautéed with some of the sweet onion, garlic, olive oil, and a dash of tamari or soy sauce and vinegar. That preparation is my favorite way to eat greens and I will have them that way as a side dish with most anything or even on their own with rice.

Eggplant is one of these vegetables that never seems to do very well at our farm. If it is not the flea beetles or the potato beetles its something else that I can never seem to identify as the problem. Apparently the eggplants have been waiting for seven weeks of drought and heat to perform at their best. We have never had so many lovely and prolific fruits. You have more in your share today and another recipe to use them up on the left. Even those who are not such fans of eggplant will likely enjoy them as "meat" balls. I am always surprised at how delicious they are in that recipe.

Next week: more sweet onions and carrots, plus red cabbage and possibly the first salsa baskets and tomatoes.

Troy Community Farm

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