



In the Share

Red Cabbage, 1 head
Sweet Onions, 3 bulbs
1 Japanese AND 1 Globe Eggplant
Salsa Basket, 1 bag
Carrots, 1 bunch
Summer Squash, 3 pieces
Cucumber, 2 pieces
Choice of Herb, 1 bunch
Garlic, 1 bulb
Tomatoes, as noted on signs

Salsa baskets are back! This item is definitely a CSA favorite. All the ingredients you need to make fresh green salsa are included in the bag. All you need to add is a bit of salt. The simple "how-to" is on the back of this newsletter. Though the ingredients themselves are not especially exciting, the finished salsa is very unique and yummy. My sister and her family were visiting last week, and one of the first things she wanted to know was if the salsa baskets were ready. Even all the way from Massachusetts, she has become a real fan of our fresh green salsa!

Tomatoes are also new this week. We are delighted to have so many so early, and sad that so few of them are first quality. Tomatoes are prone to "blossom end rot" when they do not get enough water. In an effort to keep their cells hydrated, they will pull water from the most expendable part of the plant – the blossom end of the fruits. Effected fruits have dark, sunken tips that look a lot like burned cigars. Though we started irrigating the most susceptible varieties three weeks ago, we are still losing many tomatoes to this problem. Then, as if that were not enough, we got another heavy (and very welcome) rain the night before our tomato harvest. That rain caused

(continued on the back)

Claire's Comments

Vandals

Dealing with the unpredictability of weather and insects and crop diseases is all part of farming. We know it is part of the package when we decide to grow food. Dealing with senseless vandalism is not usually on the list of potential problems. Then again, most farms are not within city limits and easily accessible by foot or bike. For better and worse, our urban farm is very accessible, and also very susceptible to vandals.

We have had a number of incidents of vandalism and theft over the last eleven years, but none so bad as the most recent incident on Saturday. I was away for the weekend with my sister, so Jake had to deal with it all himself. On Sunday, a neighbor who had taken a walk back by the farm came to his house to let him know that something bad had happened.

When he arrived at the farm, the shed doors were open to reveal chaos inside; our hand hoes were hanging from our harvest canopy where they had been used to slash gaping holes; our hoop house plastic was also slashed; and even our harvest records were shredded and strewn around the site. The only things missing from the shed were our harvest knives, our brand new knife sharpener, and our hammers. We assume these tools were used to create the trail of destruction Jake discovered throughout the shed and farm.

As he explored, Jake found that wires had been cut on our tractor Nicole and one of the caps for a fluid reservoir was removed before putting dirt or some such inside the reservoir. We are still not sure about the extent of the damage to Nicole. She is in the shop right now and we are anxiously waiting to hear word. We are in the middle of putting in our fall crops, so it is bad time for her to be away.

Mysteriously, all the vandals we have had over the years have always closed the field gate before they leave. Do they think we will not notice they have been there if the gate is closed? Still, Jake knew they had been in the field because there were smashed melons by the tractor. Melons, of all things. We have been nursing those melons along all year. As he got into the field, he saw that the vandals used our knives to slash open a number of the fruits right in the beds. So much of our care and attention amounting to nothing but the pleasure of a few sweeps of the knife. Though there were many other points of destruction including compost poured into our tool box, irrigation towers taken from the hoophouse and bent, crates and buckets and other tools tossed around the shed, and other crops slashed, it was the melons that hurt the most.

Jake met with the police on Sunday and filed a report. The police took finger prints and will be adding Troy to their usual patrol routes, but they are not hopeful of finding the culprits. Meanwhile, we are looking into security cameras and other means of protecting the farm. Building a barn to securely store our tractor, tools, and crops will be a big improvement over our small and vulnerable shed.

Just as the drought ended and things were looking up in general, we added one more difficult "environmental" factor to the unpredictability of farming. It has been a month of "if its not one thing, its another."

Recipes

Please keep this salsa recipe on hand! You will be seeing more salsa baskets throughout the summer.

Fresh Salsa Verde

from Troy Community Farm

All ingredients are in the "salsa basket" in your share, except for the salt.

- Remove the husks from and wash the tomatillos.
- Put tomatillos, garlic, cilantro, and hot pepper in a food processor or blender. [Note on the hot pepper: Be careful! Add it a little at a time so as not to go too far. Include the seeds for extra heat.]
- Blend on low until ingredients are combined.
- Chop the onion or scallion separately and add it to the mix with a dash of salt.

Salsa ingredients will store well in the fridge for up to a week. Once you make the salsa, it is best if eaten within a few days.



This recipe came from Marcia Caton Campbell. She and her family were one of our first CSA members back in 2002. Marcia was also a board member for Community GroundWorks and her daughter Liz was an intern on the farm a few years back. Marcia and her family have since moved to Milwaukee, so we do not see them much anymore. With this record fourth delivery of eggplant, I thought of Marcia and remembered her delicious sandwich recipe. I decided to print it again. It is very good and well worth the effort involved.

Baguette with Roasted Eggplant, Tomatoes and Pesto

from Marcia Caton Campbell, former CSA Member

3/4 lb. Japanese eggplant, sliced 1/2" thick on the diagonal	1 French baguette
1 1/2 T extra virgin olive oil	1/4 to 1/2 cup pesto
1 garlic clove, minced	1/2 lb. tomatoes, sliced
1 T balsamic vinegar	salt & pepper
1/4 lb. thinly sliced Provolone or Fontina cheese	lettuce leaves

Preheat oven to 350 degrees. Toss eggplant slices with olive oil, garlic, 1/4 tsp. salt, and a few pinches of pepper. Arrange on a baking sheet and bake 15-20 min., until soft in center. Brush warm eggplant with vinegar. Cut baguette in half lengthwise and hollow out the center. Brush both sides generously with pesto, then lay eggplant slices on bottom half in overlapping slices. Follow with a layer of sliced tomatoes; sprinkle lightly with salt and pepper. Place cheese on top and follow with lettuce and remaining half of baguette. Slice diagonally into 4 sandwiches. Makes four servings.

Melons?

One of our goals for 2012 is to grow a good crop of melons. Most everyone loves melons, but we have always struggled to grow them. So, I made a bunch of changes to our crop plan over the winter – I changed the spacing, the varieties, the weed management plan, and more. To our great delight, these changes seem to be working! Despite the vandals, we harvested our first melons on Wednesday and in addition to being delicious, it looks like we might actually get enough to deliver to the CSA over the next few weeks!

Jake is our melon harvester. It is not an easy job deciding which melons are ready and which are not. The rules change with each variety and it can be very difficult to get it right. He is pictured below with a perfect Sarah's Choice muskmelon. We have our fingers crossed that there are many more of these on the way!



(continued from "In the Share")

most all of the ripening fruits to crack. Tomatoes, like most other crops, like a regular and even supply of water. Going from very dry to very wet has been a bit much for them, and we are now seeing the results in our harvest. So, you have just a couple of first quality tomatoes in your share today, and a number of cracked (but delicious!) tomatoes as well. Eat them up quickly as they will not keep for long. There will be more tomatoes next week.

Red cabbage is also new. These are smaller than the green cabbages were, but so much more eye catching! I love eating these shredded raw into salad with carrots and a few slices of sweet onions.

Next week: more carrots, summer squash, scallions, and tomatoes; plus possibly the first melons or peppers.

Troy Community Farm

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