



## In the Share

Cherry Tomatoes, members 31-60  
Red Cabbage, 1 head  
Melons, 1 piece  
Beets, 1 bunch  
Beans, 1 bag  
Carmen Sweet Peppers, 4 pieces  
Edamame, 1 bag  
Summer Squash, 5 pieces  
Cucumber, 1 piece  
Choice of Herb, 1 bunch  
Tomatoes, as noted on signs

Members on the every week pickup list starting at 31 and continuing through 60 will get cherry tomatoes this week. We should be able to provide these sweeties to the rest of the every week members next week. Slowly but surely ...

Edamame is the exciting new item this week. For those of you who have not yet tried this popular Japanese bar food, you are in for a treat. My favorite way to eat them is to simply boil them in some salted water for about 5 minutes. You will be able to tell when they are done by pulling one from the water with a slotted spoon, cooling it under cold water and then slipping the beans from the fuzzy pod with your teeth. If the bean is tender and not yet mushy, it is done. Remove all the pods from the water with a colander and then sprinkle a bit of salt over them. When you pull the beans from the pod with your teeth they will be flavored with the salt. We often eat these as a snack or as an appetizer before dinner.

The red peppers are just about as exciting as the edamame, and much prettier. The variety in your share is Carmen, which is a wonderful Italian type with excellent flavor and great versatility. They can be eaten raw, roasted, stuffed, or sautéed.

(continued on the back)

## Claire's Comments

### Small Farm, Interns, and Flowers

At a time when "get big or get out" is still the guiding motto of our increasingly industrialized food system, we at Troy are trying something different. We have made the very conscious decision to stay small. We want to work with our hands in the vegetable field, not drive through it on a tractor. Which is lucky for us, because as urban farmers we do not really have the option of getting big. The amount of urban land available for agriculture is limited and using it well means using intensive hand-scale techniques that require planning, precision, and constant innovation. This type of farming requires more labor, but also produces many more pounds of food per acre – food that is typically fresher and more delicious because it did not have to travel from miles or thousands of miles away to arrive at your table.

Using small urban plots to grow food for urban populations also requires increasing numbers of skilled urban farmers. So, here at Troy not only do we grow vegetables, we also aim to grow future farmers. We train 10 to 14 interns on the farm each year. Our goal is to provide these interns with a solid base in small-scale agriculture. They get a taste of everything from planning to production to marketing both through hands-on work in the field and through our series of formal intern classes. A number of our past interns are currently running their own farms, working on farms, or working on farm policy and research. When I asked our current intern crew who was planning to work in management positions on their own or other farms in the future, every single person raised her or his hand. It takes a lot longer to grow a good farmer than to grow a good melon, and I am very pleased to help all our interns toward both of those goals.

This week our interns are taking on a new project, which I hope will be a great learning experience for them as well as a great benefit to all of you. As those of you who have been back to our flower garden know, it is simply beautiful this year - easily the best flower garden we have ever had. And the blooms are abundant. There are many more available than are being harvested. So, I thought it might be fun for the interns to start a little bouquet business. I know many of you are often too busy to go back to the farm to harvest flowers, so the interns will be making bouquets for sale right up at the farm stand. All CSA members are still welcome to harvest their own flowers for free, but now you can also purchase a ready made bouquet. The proceeds from these bouquet sales will go to the interns. Plus they get to make their own management decisions about size, quality, price, and plenty of other factors that go into delivering a farm product to customers. I cannot wait to hear how it goes!

As the summer winds down, and as I get more and more tired, it is helpful to remember the larger goals of our farm. Seeing our interns take on this bouquet project is just the sort of reminder I needed.

# FaireShare CSA Coalition Fundraiser this Saturday!

# Tickets on Sale

## 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 - including produce from **Troy Community Farm**, of course.

Click on the Good Food Garden Party logo on our website home page for more information and to purchase tickets.

[www.communitygroundworks.org](http://www.communitygroundworks.org)



(continued from "In the Share")

It has been an excellent run of melon! The one in your share today is the last one for the season, but we learned a lot this year and look forward to bring you even more melon next year.

This week's cucumber is also the last for the year. But the summer squash, beans, and beets will all keep coming. The beans and beets are especially lovely this week.

Even in the late blight years, we have never had so much trouble with tomatoes. Still the plants are not producing any first quality fruits. Cracks and blemishes are par for the course this year. I wish I knew what the problem was so that I could think about how to solve it. Blaming the problems on the seven-week drought is getting old. Thankfully we have had rain each of the last five weeks. What more do these plants need?! I do comfort myself with knowing that at least they taste good.

Next week: more peppers, carrots and tomatoes, also onions or scallions, garlic, and perhaps another salsa basket.

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## Troy Community Farm

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