



## In the Share

Cucumber, 1 piece  
Fennel, 2 heads  
Radishes, 1 bunch  
Scallions, 1 bunch  
Summer Squash, 2 pieces  
Lettuce, 1 head  
Kale, Collards or Chard, 1 bunch  
Peas, ½ lb. sugar OR 1 lb. snow  
Salad mix, 1 bag  
Choice of Herb, 1 bunch

The scent of pine, sand, my Mom's potato salad (sand *in* my Mom's potato salad); these remind me of the motherland, Michigan, where I grew up. Late Wednesday, I whisked across the Great Lake on a high speed ferry to join my extended family for the holiday. I equally anticipate and dread the event. For me, part of the reason I feel so divided is because I eat much differently. My family is very health conscious, but it manifests in ways that are foreign to me. They would never buy organic, eat local, or join a CSA. My Mom says that I've changed the way my parents eat by introducing new vegetables and preparation techniques. I am, essentially, my parents very own intermittent and unreliable CSA. You should be glad you belong to Troy.

Cucumbers are here! Need I say more?

Fennel returns for the last time. It is truly, one of my favorites. (continued on the back)

## From the Farmer

### Real Work

As we were making our regular Monday early morning field tour this week, I looked out at all of the interns and grumbled something about "finally being able to get some real work done around here!" Most of them looked back at me with a look that was part outrage and part failure to comprehend. At that moment, I was in the midst of a mild panic at the urgency of all that I saw had to be done on the farm after last week's deluge, and I could not understand the crew's reaction to my statement. But I should have.

I was talking to a bunch of people who had been working their tails off for months. Most had started way back in April and had been reporting to the farm each morning by 7am (many of them having ridden their bikes or ridden the bus through the predawn light from across town). They had carefully tended plants in the greenhouse and dutifully planted thousands upon thousands of seedlings into the ground. They had harvested all of the food in last week's share in the midst of a torrential downpour. Then, when I managed to get the box truck full of all of that food stuck up to the axles in mud, they got to spend the next hour and a half pushing it out to higher ground. They had pounded hundreds of T-posts into the earth for tomato trellises and had painstakingly picked every pea (the ones that will get munched in the car on the way home from the pick up today) at the peak of sweetness. They had rolled dusty row cover out over some beds and had dragged sopping wet rolls (which are stunningly heavy!) off of other beds. They had spread 10 tons of compost onto the fields, one 5-gallon bucket at a time. They had wheel hoed miles of rows and path ways and had fretted over making perfectly round and nicely "crowned" bunches of radishes. They had gotten their forearms cut up harvesting summer squash and their patience tested pulling purslane out of the carrots. They had dodged lightning and sweat plenty. They had weeded and picked and washed and carried an awful lot of really heavy things. It is safe to say that they had done some real work!

Thankfully, Julie stepped in and explained that she had learned, after several years of working on vegetable farms, that in July, "real work" means anything that isn't picking, washing, packing, or delivering vegetables. The harvest never waits and as we get into the middle of the season, it begins to take over. Other work never goes away; it just gets squeezed into ever-shrinking windows of time. Fortunately, this week's break in the weather allowed us to start to address the work at hand. In between harvest obligations, we managed to get all of the tomatoes well pruned and trellised, and we planted the fifth succession of broccoli and the fourth one of basil. The buckwheat that was covering all of our fallow ground was mowed and tilled in. We started in on the long overdue project of weeding the eggplant, and we nearly finished the even longer overdue sweet potatoes (think: going from an overgrown and bumpy chia-pet to beautiful ridges of thriving sweet potatoes!) I feel so grateful to have such a hard working and resilient crew this year...and to have gotten some real work done this week.

-Jake

# Recipe

*This is the way I prepare greens. I don't know when I first made it, or where I got it, or even if it's a classic southern recipe, which is how I think of it. I don't even have it written down, honestly. For collards and kale, I separate the stem from the leaf and cook longer. For chard, I put it all in at the same time and cook a lot less time overall. I do use bacon, but when I cook for vegetarians, I sometimes use liquid smoke. I don't even know what that is, which maybe that's a little scary, but it does impart a lovely flavor.* -Julie Engel

## Classic Greens

2 strips bacon, cut into 1" pieces  
1 onion, chopped  
1 bunch greens  
¼-1/2 cup stock of your choice  
1 T apple cider vinegar  
1 t- 1 T brown sugar  
1 t salt

Brown bacon in a fairly large sauté pan over medium heat. While the bacon is browning, remove stems from the more assertive greens. Chop the stems into ¼" pieces. Chop the leaves into 1" strips. Remove the bacon from the pan and add the chopped onion. Cook until translucent. Add the stems from the greens and, depending on the green, cook from 3 to 10 minutes. Add the leaves and cook a little longer, stirring fairly frequently. Add the stock and cover. Cook anywhere from 5 to 30 minutes, depending on the green and your tenderness preference. For the last part, uncover the pan and let stock evaporate. Once the stock has reduced, sprinkle cider vinegar, brown sugar and salt over top. Add bacon bits and stir to incorporate. Serve steaming hot.

## Oven Roasted Fish with Fennel

By Martha Rose Shulman of the New York Times

[http://www.nytimes.com/2010/06/11/health/nutrition/1/recipehealth.html?\\_r=0](http://www.nytimes.com/2010/06/11/health/nutrition/1/recipehealth.html?_r=0)

One of the classic dishes of the French Riviera is sea bass grilled with fennel fronds. That's the inspiration for this simpler fish preparation. I use firm white fish fillets — those recommended by the [Environmental Defense Fund](#) include Pacific cod, Pacific halibut or striped mullet — roasting them in the oven with the fennel stalks trimmed from the bulbs on top. I serve them atop pan-cooked fennel.

2 pounds fennel with fronds still attached (3 medium bulbs)  
2 tablespoons extra virgin olive oil  
1 medium onion, preferably a spring onion, chopped (about 1 cup chopped onion)  
2 garlic cloves, minced  
Salt and freshly ground pepper to taste  
1 1/2 pounds firm white fish fillets, such as Pacific cod, Pacific halibut or striped mullet

1. Trim the stalks and fronds from the fennel, and set them aside. Quarter the bulbs, cut away the cores and slice thin across the grain. You should have about 4 cups sliced fennel. Chop the fronds, and measure out 1 to 2 tablespoons (to taste).
2. Heat the olive oil over medium heat in a large, nonstick skillet, and add the onion. Cook, stirring, until the onion begins to soften, about three minutes. Add the fennel and a generous pinch of salt. Cook, stirring often, until the fennel mixture is tender, about 10 minutes. Add the garlic, stir together and cover the pan. Turn the heat to low, and continue to cook 5 to 10 more minutes until the mixture is very soft and fragrant. Stir in the chopped fennel fronds, and remove from the heat. Season to taste with salt and pepper.
3. While the fennel is cooking, preheat the oven to 450 degrees. Oil a baking dish large enough for the fish to fit in a single layer. Season the fish with salt and pepper, and arrange in the baking dish. Cover with the fennel stalks you set aside. Cover the dish tightly with foil, and place in the oven. Bake 15 minutes. Check the fish; if you can cut into it with a fork, it is done (cod will cook more quickly than halibut). If it is still tough in the middle, cover and return to the oven for five minutes. Remove from the oven and check again. Remove the fennel stalks from the fish and discard.
4. Place the cooked fennel on a platter or on individual plates, top with fish, serve.

(continued from "In the Share")

The infamous Logan, along with former-intern Phil, roasted fennel with carrots and rosemary in the coals of their backyard fire pit.

We joked this week that we could market radishes, in honor of the Fourth, as "firecrackers in your mouth." Admittedly, none of us are marketing gurus but we found it entertaining.

Scallions are new this week. They are in the allium family along with onions, garlic and leeks and should be used similarly. Well, except you should use the whole thing! The green part is especially good raw and chopped on salad.

This past week I made pasta with garlic scape pesto (so if you're wondering what to do with all the rest of those scapes...) and summer squash and it was the go-to meal for lunch.

Another great thing about heads of lettuce (besides saying the very fun abbreviation "headuce") is that the leaves can be used in place of wraps. So wrap away some peas, radishes and scallions with a delicious dressing for a "walking salad."

The collards look magnificent again this week. I love collards. I love them more than any other green. Except chard. I really love chard. I could go on. Really, I love cooking greens. I prepare them all in a similar way with one exception- cooking time and whether or not I separate the stems. See the classic recipe to the left for more info.

Peas! Do a dance! You have your choice between the more familiar sugar snap peas or the less familiar but equally tasty snow peas. Best way to eat these crunchy, sweet pods? Raw, pods and all.

A classic French way to eat salad is to add herbs. Choose to top your salad mix with either basil or cilantro. -Julie Coming next week... More peas, summer squash, lettuce, and cukes, as well as the first of the beets.

## Troy Community Farm

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