



In the Share

Sweet Onion, 1 bunch
Cabbage, 1 head
Carrots, 1 bunch
Summer Squash, 5 pieces
Cucumber, 2 pieces
Cauliflower, 1 head
Eggplant, 1 piece
Lettuce, 1 head
Green Beans, 1 bag
Salsa basket, 1 bag
Tomatoes, TBD

In the past, when I came across recipes that combined ingredients that I don't usually associate as being in season together, I was somewhat skeptical of the author's credentials. Sure, they may know how to cook, but clearly they don't know when things are in season. This year, however, is challenging that conception. It seems we have condensed spring and summer into a few short weeks. We've barely said good-bye to peas and we're hauling in tomatoes. Who ever heard of such a thing?

Right on time, however, are the beautiful onions in your share. They are a sweet slicing variety meant to be eaten raw on sandwiches, in salads, and like an apple (just kidding about that last part). Store them in your fridge in a plastic bag.

Cabbage! When I was in Greece, every tavern had its own style of slaw. What they all had in common is (continued on the back)

From the Farmer

Mirthful Mowing

I grew up in a decidedly urban neighborhood in medium-sized Grand Rapids, MI. We didn't have a garden and I had little relationship with preparing or eating fresh vegetables, much less what it would take to produce them. I'm sure that my adolescent conception of a farm more closely resembled the song "Old MacDonald" than it did my eventual profession. All of which is to say that during my first season working on an organic vegetable farm (way back in '01), I had an awful lot to learn. Some of my learning that year was pretty basic (turned out there are no cow and duck wandering around together going "moo moo" here and "quack quack" there) and some of it was a bit more surprising.

I clearly remember one such moment early on a warm morning in late August. The farmer and I were in the farm truck, on our way out to the summer squash field to harvest. When we neared the edge of the field, I readied myself for the familiar task. I had done this three times a week for months now, and I knew just what to do. Instead of putting the truck in park, though, she paused for a moment, narrowed her eyes, and hit the gas, veering into the field. I watched out my passenger side window in horror as plump fruits exploded under the weight of the tires and whole plants were ripped from the ground. When she was done cutting her six foot wide swath of cucurbit mayhem the entire length of the field, she muttered something about being *so* finished with summer squash and calmly continued on to our next harvest task.

It was then that I began to understand that, as a grower, you often develop a very different relationship to certain crops than you do as an eater. Summer squash sits there on the market table so cutely and innocently, but it actually belongs to a select group of crops that is needy and relentless. Squash, along with cucumbers, gets harvested every single Monday, Wednesday, and Friday through the summer. If we were to miss a day, not only would we lose that day's harvest to over maturity, but the plant would direct all of its reproductive efforts into that lost fruit, rather than the next wave of growth. Such a vacation on our part would have long lasting ramifications. Similarly, while they are in season, we must pick beans and peas every Tuesday and Friday to make sure that the quality stays at its peak. We can't snooze on the infamously impatient cilantro, as the harvestable window (large enough to cut, but not yet bolted) lasts about twenty minutes. By contrast, crops like beets and carrots are infinitely more considerate. They take a while to size up, but once they do, they are happy to just patiently hang out in the ground until it is convenient for us to harvest them. Greens, like kale and collards and chard, will wait all season to be picked, if that is what is asked of them. Leeks, too, are amazingly accommodating. We already have leeks that are of harvestable size, but I will completely ignore them until fall (I know that delivering a leek in July is a lot like giving someone a jack-o-lantern in August). Even crops like garlic and winter squash, while they need to come out at a certain time, at least they all come out at once. A bit impatient, perhaps, but not relentless.

This is why I experienced some mixed emotions when the time came on Monday to mow down all of this year's peas. As an eater I felt some sadness (I do love snacking on peas!), but as a farmer I felt overwhelming joy watching those insistent stalks succumb to the whirring blades. I can promise that I won't drive the truck through any crops this season...but I can't promise that I won't quietly enjoy the demise of certain ones when their time comes! -Jake

Recipe

Earlier in the year I found myself with a few extra zucchini and couldn't think of what to do with them so I turned to the sage-like advice of the internet. I discovered a recipe on Food Network's website called "Kittencal's Italian Zucchini Mozzarella Patties". I made them and was blown away by the delicious combination of cheese, vegetables and fried awesomeness.

When asked to provide a recipe for a vegetable that we grow on the farm I immediately thought of this recipe but wanted to tweak it a bit. That's my favorite part of cooking – getting familiar with a recipe/preparation and then altering it how I see fit (or based on what I have on hand). I am a huge fan of the combination of cumin, paprika and cayenne pepper, so I added these to the recipe to spice it up a bit. The result is a slightly spicy, highly flavorful treat. If these spices just aren't for you simply refrain from adding them and you will be left with an equally delicious meal.

-Anders Irland, Intern

Spicy, Cheesy Fried Squash Patties

- 4 cups coarsely grated Zucchini, packed (or try using any combination of zucchini, yellow squash, or potatoes)
 - 3 medium eggs (or 2 large eggs), slightly beaten
 - 1 small onion, finely chopped (about 1.5 cups worth)
 - ½ cup all purpose flour
 - 5 cloves garlic, minced
 - ½ cup grated parmesan cheese
 - 1 cup shredded mozzarella cheese
 - Salt and pepper, to taste
 - 2 tsp smoked paprika
 - 1 tsp ground cumin
 - ½ tsp cayenne
 - Oil for frying
1. Hand squeeze as much liquid out of the squash/potatoes as possible. I take a cup at a time and give it a few hard squeezes. Place the "squeezed" veggies into a large bowl.
 2. Add remaining ingredients except oil and mix well.
 3. Pour enough oil into a skillet to coat the bottom and heat over medium-high heat.

Drop the mixture into the hot oil by the spoonful. Fry until golden brown on both sides; push down with a spatula after flipping.

Carrot Soup

with olive oil and minced carrot tops

From Vegetable Soups from Deborah Madison's Kitchen

The Stock:	The Soup:
Carrot peels and tops- reserve 2-3 tops	1 T olive oil, plus extra for serving
½ onion, thinly sliced	1 onion, thinly sliced
1 thyme sprig	¾ lb carrots, thinly sliced (about 2 C)
4 parsley sprigs	1 small garlic clove, sliced
1 bay leaf	1 bay leaf
½ t sea salt	1 T chopped parsley
	1 t white rice
To finish:	Few drops apple cider vinegar
¾ C cooked rice, oil, 1 T minced tops	Sea salt and freshly ground pepper

1. Put 5 cups water in a pot with the stock ingredients. Bring to a boil, then simmer, covered, for about 30 minutes.
2. Heat the oil in a soup pot over medium heat. Add the onion, carrots, garlic, bay leaf, parsley and rice. Cook for a few minutes, then add ½ C water, cover the pot, and cook for 5 minutes more. Meanwhile, pour the stock through a strainer into a 1-quart measure. Add water if necessary to make a quart and add the stock to the pot. Simmer until the carrots are soft, 15-20 minutes.
3. Puree the soup, then return it to the pot. Add a few drops of vinegar, then taste for salt. Pour the soup over the rice if you're using it, drizzle olive oil over the top, sprinkle on the minced carrot tops, and season with pepper.

(continued from "In the Share")
is that they were dressed not in a creamy dressing, but simply in olive oil, a little vinegar, and salt and pepper. You could tell how much the Greeks liked you by the size of the slaw they served you.

Deborah Madison says "...with the first carrots of the season, you might find as I do that nothing is better than a carrot soup with a drizzle of olive oil and the spicy tops..." See the recipe to the left!

Our interns this year are incredible cooks. Even more impressive is that this trend effortlessly crosses gender lines. I love discussing the merits of different cooking styles with everyone participating. Anders, Logan and Eli can all hold their own. Check out Anders' recipe to the left for summer squash patties.

It's very unusual to have lettuce in July that tastes good and hasn't bolted. We've managed to pull off again this week just in time for tomatoes and onions, all of which are fantastic on a sandwich of Braunschweiger and rye bread.

Salsa baskets are back! If there is one thing that WI farmers can count on, it's that the tomatillos will be ready by July 26. If there is one thing farmers in Wisconsin can't count on, it's hot peppers. They are developing slowly because of the cool weather. Therefore, there are no peppers in your basket today. I guarantee it will still be delicious! Remove the contents from the plastic bag and store in your crisper until you are ready to blend it all together to serve. It really is that easy.

The interns are ecstatic about tomatoes. While harvesting, they hummed their way through the rows and exclaimed each tomato more beautiful than the last. I hope you feel the same way! -Julie
Coming next week...more carrots and tomatoes, and the first of the garlic.

Troy Community Farm

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