



## In the Share

Cucumber, 4 pieces  
Summer Squash, 6 pieces  
Sweet Onions, 1 bunch  
Beets, 1 bunch  
Eggplant, 1 globe OR 2 long  
Salsa Basket, 1 bag  
Kale, Collards, OR chard, 1 bunch  
Beans, 1 bag  
Garlic, 1 head  
Herbs, 1 bunch  
Tomatoes, TBD

We are now well into the summer vegetable season, and your share will look a lot like the last couple. The cucumbers have really been prolific this year, and I have really been enjoying them raw or sliced into salad. My daughter, Grace, is quite partial to the refrigerator pickles that a friend gave us recently and she frequently pleads "mo' 'ickles please," in her two year old style.

The summer squash too has been bountiful (it always is!). I like to slice it up, brush it with olive oil, and grill it. We also sautéed some of it last night, along with some sweet onions, and used it as burrito fillings.

Speaking of the sweet onions, I like to simply slice them thinly and eat them on sandwiches. Be sure to refrigerate them, though,

(continued on the back)

## From the Farmer

### Tomato-nado

I like to boast that I only watch one movie a year. The reality probably lies closer to a couple, but I am certainly not what you would call a movie buff. I also have been known to occasionally fixate on something that really tickles me for some reason, and to endlessly reuse the same joke over and over again (some might even say I have gone so far as to recycle a given joke a time or two too many). These two mildly annoying tendencies have converged this summer in an unexpected place: *Shark-nado*. For those few of you who have not already seen it, *Shark-nado* is a ridiculous sci-fi/horror movie, in which an epic tornado starts over the ocean, whips up the seas, scoops up zillions of sharks, and deposits them in downtown L.A. The fact that I have never seen (nor will I ever see) *Shark-nado* has not stopped me from bringing up the hilarious concept of airborne carnivorous fish a few times at the farm lately.

I will spare you the details of the conversation in the tomatoes yesterday, but let's just say that it was an easy leap to *Tomato-nado*. Every Wednesday afternoon now, we pick tomatoes for the CSA delivery. Most of our harvesting chores are best done in the early morning, when things are still crisp from the cool of the night, but tomatoes are a notable exception. Because water is one of the primary vehicles for disease transmission in tomatoes, we make sure to never handle the plants until all of the dew has evaporated and they are perfectly dry. It usually takes us until about lunch time on Wednesday to get all the rest of the harvest picked, cleaned, packed, and tucked into the cooler, at which point we head out to the tomatoes with armloads of buckets. Each row of tomatoes is neatly pruned, mulched, and trellised, and most people seem to enjoy the task of hunting for the gaudy red and yellow orbs. Everyone is careful to remove the stems (otherwise they will impale their neighbors) and gently place them in their buckets as they move down the row.

Meanwhile, a couple of us sort the bounty as fast as we can, desperately trying to stay ahead of the pickers. As we sort into crates on the tailgate of the truck, the full buckets pile up at our feet. If we don't sort quickly enough, the pickers run out of empty buckets and start raising my blood pressure by milling around for a minute or two with nothing to do. The tomatoes are separated by variety, by ripeness, and by whether they are "first" or "second" quality. At the farm pickup, you will notice that you will usually be packing your share out of several different crates of tomatoes, which is our attempt to make sure that everyone goes home with an equal variety.

Despite all of the cool weather we have been enjoying this season, there was a noticeable uptick in the tomato harvest this week. The plants look relatively healthy for this point in the season and they seem to have really hit their stride in terms of fruit production. We store all of the tomatoes in the back of the big yellow truck to let them continue to ripen, and the crates are piled high. Each year production seems to climax for a week or two, before gradually tapering off, and this year we have of course dubbed this anticipated peak the *Tomato-nado*. There was some speculation yesterday among the crew whether or not we were indeed in the midst of this season's *Tomato-nado*. I won't know the answer to that question until I see what happen in the next week or two. One thing I am pretty sure of, though, is that unlike *Shark-nado* (which I am pretty sure doesn't end well for many a southern Californian), *Tomato-nado* should have a happy ending for all!

-Jake

# Recipe

*One of my family's very favorite summer meal consists of these two recipes. I like to top my beet burgers with some faux aoli (mayonnaise, with a little minced garlic and lemon juice mixed in), a thin slice of sweet onion, and a thick slice of fresh tomato. Even the kids like both of these dishes (though Grace prefers her burgers topped with 'ickles)*  
-Jake

## Beet Burgers

From Asparagus to Zucchini, first edition

2 cups grated beets	2 eggs, beaten
2 cups grated carrots	2 Tablespoons soy sauce
½ cup grated onions	1 cup grated cheddar cheese
1 cup cooked rice	3 Tablespoons flour
1 cup toasted sunflower seeds	¼ cup oil
½ cup toasted sesame seeds	Minced garlic and parsley to taste

Toast sunflower and sesame seeds in dry skillet or hot oven several minutes, tossing often. Mix ingredients, form into patties, and bake at 350 degrees. Unless patties are very large, it should not be necessary to turn them. Makes 6-8 burgers

## Will's Collard Greens

From Asparagus to Zucchini, third edition

1 bunch collard greens, stems cut out and discarded
¼ cup olive oil
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon sugar
1 teaspoon minced garlic

Wash the collard leaves and stack them (5-10 leaves at a time). Roll them up tightly, then slice thinly so you have a chiffonade of greens. Heat the olive oil in a large pan over medium heat with salt, pepper, sugar, and garlic. When the oil is hot, add collards and stir often for 15-20 minutes, until collards are tender, taking care not to burn the greens. Add more oil if necessary. Makes 4 servings.

(continued from "In the Share")

as they have not been cured for storage. The past few years we have struggled with our onion crop because of rot and disease brought on by damage from a nasty little insect called a thrip. This season, though, the thrip damage seems to be virtually non-existent, and our onion crop looks beautiful.

When we were bunching beets yesterday, Caren, one of our worker shares, couldn't get over how big they were. She kept saying that they were like small people and even started naming them by the end of the morning. All I can say is that whoever is lucky enough to take "George" home is in for a treat! I would suggest simply steaming the beets and topping them with a little butter and salt and pepper, or trying the recipe for beet burgers to the left.

I must admit I am not a huge eggplant fan, but when I do prepare it I enjoy it grilled or in ratatouille. Most of you are familiar with the tomatillo salsa baskets by now. Remember, if you don't get around to eating it this week, simply blend it up and stick it in the freezer, as it freezes beautifully.

The exciting new item this week is the head of garlic. We planted this year's crop way back at the end of last October, just after the CSA season had ended. We insulated it against the winter storms with a thick layer of mulch, and it poked through in the early spring. It has been growing and sizing up those flavorful bulbs ever since. Being in the same family as onions (allium), it came as no surprise that the garlic looks big and beautiful. We dug all 6000 heads on Monday and got them hanging to dry. The head in your share this week has not yet been dried, though, and you should keep in refrigerated. You will see plenty of storage garlic in the future.  
-Jake

Coming next week...more tomatoes, cukes, summer squash, cabbage, and garlic, and maybe the season's debut of peppers

## Troy Community Farm

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