



## In the Share

Kuri OR Carnival Squash, 1 piece  
Delicata Squash, 2 pieces  
Broccoli, 2 heads (1 large, 1 small)  
Purple Carrots, 1 bag  
Leeks, 2 large  
Radish OR Turnip, 1 bunch  
Eggplant, 1 piece  
Sweet Peppers, 2 Carmen  
Poblano Peppers, 2 pieces  
Salsa Verde, 1 bag  
Onion, 2 bulb  
Garlic, 1 head  
Tomatoes, TBD

Lest you worry about our worldliness, we have vegetables from all over the globe in your share today. Perhaps you were questioning our taste with the raving about rutabaga and would rather leave northern Central Europe, that gastronomic hotbed, behind. Rest assured, today we visit Japan, Italy and Mexico, far better known for their culinary contributions to world cuisine. I know you thought you were buying local vegetables, and you are, but they wouldn't be here without the growers and cooks of other countries preserving their food traditions; my favorite James Beard quote: "American food is anything you eat at home."

First stop: Japan. Kuri squash is a Kabocha-type squash from... guess where. It kept its Asian name in our marketplace although (continued on the back)

## From the Farmer

### Hoarding Instincts

My weeks, particularly late in the season like this, begin to take on a fairly predictable rhythm. We always start our week with field tour and quickly move on to harvesting summer squash, cucumbers and broccoli. Monday lunch is eagerly anticipated because it features "Monday Treat", a snack rotation amongst interns and staff that is not taken lightly. I have been spending a good portion of my Tuesdays of late in the office, attending to administrative tasks, while the crew is in the field picking peppers, wading through the bean harvest, and washing anything leafy. Wednesday mornings are when we finish up any outstanding harvesting and packing for that week's share, and tomatoes are delighted to devour our Wednesday afternoons. Thursday is all about writing the newsletter, responding to e-mails, and preparing for the market stand and CSA distribution that evening. We spend Friday tying up loose ends, harvesting for our wholesale accounts and delivering sprouts and produce to grocery stores all around town. Each week it seems like there is just a little more work to be done than can possibly be accomplished, but I find the regular cadence comforting.

One minor weekly chore that I have come to really enjoy is the simple act of recording everyone's bulk orders. Each week we decide what items we have enough of to offer in bulk, and offer them to members and customers at a bulk discount. Every time a request lands in my in-box, I find myself jotting it down and daydreaming about the alchemy that will soon happen in that person's kitchen. Transforming that bag of beets into pickled beets, that case of slicing tomatoes into marinara sauce and homemade ketchup, and that box of blemished carrots into carrot sticks for their kids' lunches.

It would be difficult to make the case that I am a hoarder, and if anything, my pendulum often swings a bit too far in the opposite direction. One time, Kat excitedly brought home a new pair of cross country skis. Before she had a chance to explain to me that she had not gotten new poles and that she intended to just continue using her old ones, my purging instincts had already driven me to eagerly deposit all of her old gear at the thrift store, poles and all. And I still have moments when I rue the day that I reasoned that, because my old shoe box filled with all of the photographs of my childhood and young adulthood had not been opened in a year, its contents were not worth keeping.

When it comes to putting food up for the winter, however, my hoarding instincts are alive and well. We try not to buy much in the way of produce, and to get through the winter on whatever we have managed to can, freeze, dehydrate, or jam into the nether regions of our refrigerator. My family's evenings and weekends are busy, this time of year, preserving the harvest. Still, regardless of how many jars are full and lined up in the pantry or how many bags are sealed and tossed in the chest freezer, it just never feels like enough. Those January nights are awfully cold and dark, I think to myself, before deciding to start just one more batch. It is a problem, I know, and my instincts have occasionally gotten me into trouble (it turns out that 75 frozen delicata squashes for an infant that doesn't even eat solid food yet is a couple too many!). As vices go, though, it could be worse, and I will continue to squirrel my winter stores away with abandon. I will also continue to happily imagine your expanding larders each time one of you makes a bulk order.

-Jake

# Recipe

## Roasted Roma Tomatoes

*Don't give up on the tomatoes just yet! One of our lovely worker shares, Gretchen Macht, gave us this recipe. I know it calls for romas, but you can use regular tomatoes as well. Gretchen says "You can make this recipe with 'normal' tomatoes but it will take 3 hours instead of 2 for baking." She also says "These make the best BLTs and are terrific on crackers. I also freeze them in single layers in Ziploc bags and use them after the season. Terrific chopped up on pasta or pizza."-Julie Engel*

20 paste tomatoes (or 14-18 regular depending on size)	3 T fresh thyme, oregano, or rosemary
1 T kosher salt	8 cloves garlic
1 T turbinado sugar	1 C extra virgin olive oil
1-2 T balsamic vinegar	

Preheat oven to 350°F. Prepare a 12x18 cookie sheet by placing foil on the bottom and drizzling 3 T olive oil on the bottom. Not using foil will result in much scrubbing of the pan afterward. Slice the roma tomatoes lengthwise and de-seed them, placing each cut side up in the pan. Sprinkle a little salt and sugar on each half, followed by balsamic vinegar and fresh herbs. Slice the cloves of garlic and put at least one slice on every half. Gently distribute the remainder of the cup of olive oil over and around the tomatoes. Place the pan in the oven and cook for 2 hours.

## Coleslaw with Cumin-Lime Vinaigrette

*In case you happen to have some cabbage leftover from last week, this is a recipe from Steph Armstead, our very own seasonal staffer extraordinaire. She saves the day regularly, and even happens to enjoy doing it. She brought in this dish for us to try and I had to have a copy of the recipe. It's a delightful variation on a common theme. -Julie Engel*

### Ingredients

1/3 cup fresh lime juice  
1/2 teaspoon ground cumin  
2 cloves garlic, chopped  
Few dashes of hot sauce  
1/2 cup olive oil  
3 carrots, shredded  
1 head cabbage, shredded  
1 red bell pepper, diced  
1 red onion, thinly sliced  
1/2 cup chopped fresh cilantro  
Salt and pepper

Mix together all dressing ingredients until smooth. Combine all other ingredients in a large bowl, toss with the dressing and season with salt and pepper, to taste.

Recipe found on [foodnetwork.com](http://foodnetwork.com)

*Steph says: "This coleslaw is great on its own, but also delicious on tacos or any sandwiches!"*

(continued from "In the Share")  
it is likely crossed with something like a Hubbard. It is known for incredibly smooth and creamy flesh that makes soups velvety and eating it simply steamed and then pureed with a "drizzle of butter and a wedge of orange- no more" (says Elizabeth Schneider) seem like a sin.

The classy Carnival, a cross between an Acorn and a Sweet Dumpling, also has its roots in Japan. Baking it with a meat or grain based stuffing is delicious and showy, a nod to the name.

I don't think I formally introduced you to the Sweet Italian Frying Pepper named Carmen; which brings us to our next stop, Italy. We've been giving the pepper in the share for a few weeks now, but I haven't shared its merits. First, it's scrumptious both raw and cooked. I hope you've figured that out yourself. And second, it's reliable, uniform, and prolific. Not that you care about any of those traits as an eater, but as a grower, it doesn't get any better than that. If you haven't gathered from the name, it's ideal for dishes that require smothering by peppers and onions.

Finally, Mexico: Poblano peppers (the name literally means "of Puebla") are hot, but not as hot as a Jalapeno. They are widely recognized here as the peppers used in *Chiles Rellenos*. I thought about including Diana Kennedy's recipe, but it's three pages long. I've made it before and it's well worth the effort so if you want to try it, just let me know, I can forward it to you.

Did you know that purple carrots existed before orange ones? It's true! I don't know where they are from, William Woys Weaver guesses Afghanistan, but they are rich in flavor and so pretty! -Julie Engel  
Coming next week... lots more fall favorites, plus the end of the tomatoes?

## Troy Community Farm

Jake Hoeksema • 240-0409 • [jake@communitygroundworks.org](mailto:jake@communitygroundworks.org)