



## In the Share

Carnival Squash, 2 pieces  
Beets, 1 bag  
Bok Choy, 2 heads  
Napa Cabbage, 1 head  
Eggplant, 1 piece  
Carmen Sweet Pepper, 2 pieces  
Salsa basket, 1 bag  
Choice of herb, 1 bunch  
Onions, 2 bulbs  
Garlic, 1 head  
Tomatoes, TBD

The other week I gave a farm tour to a group from the Willy Street Co-op and interested gardeners from the Community Action Coalition Garden Days. Afterwards, as part of the CAC Garden Days, they had Hmong cabbage rolls and other foods in the Culinary Outdoor Arts Classroom. The rolls were delicious, so different from our traditional rolls. Intrigued, I quizzed the woman extensively on how they were made. She finally gave up and said she didn't actually make them, but she told me how she thought they were made. I then, of course, found an online recipe which I have included here. Note: I have not yet tested this recipe! But it follows what she said and was corroborated by another cook. The Napa cabbage in your share is perfect for this recipe. Coming next week...pumpkins, cabbage, and possibly sweet potatoes

## From the Farmer

### Inspected

Troy is a certified Organic farm. According to the USDA, that means that our food is produced by "farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations," and that it "is produced without using conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation." This lovely definition is accompanied by a lengthy rule book, and we are inspected annually by a third party, who pokes around the farm and our records to verify our compliance.

Earlier this week I received the inspection report from our Organic certification agency, and it made me think back to the afternoon in early July that I was to meet with our inspector. Interestingly enough, it is technically the farmer, as opposed to the farm itself, who is certified as "organic", and I had never personally been through the process before this year. In the weeks leading up to the inspection, I will admit to a bit of trepidation, images of an intimidating interrogator grilling me on my every management decision and demanding to know where I had stashed my secret ionizing radiation ray-gun and that missing vat of sewage sludge. My nerves were definitely soothed the day before our meeting when Eli, one of our interns this year, mentioned that our assigned inspector happened to have been his second grade teacher fifteen years ago. As it turns out, the aging elementary school teacher was a much more apt picture than was the aggressive investigator. If it is possible for an organic inspection to be enjoyable, this one was just that.

We spent three hours going through the details of our field management techniques, greenhouse production methods, sprout facility, and all of our supporting documentation, receipts, and written plans. I have been blessed this season to have inherited a very organized and well thought-out farm plan and record keeping system from my predecessor, and I have managed to not goof it up during my tenure. Everything was in order, the inspector was duly impressed, and we passed our examination with ease.

Even more gratifying, however, was her surprise in the details that separated us even from the vast majority of other small organic vegetable farms that she visits. Prior to her visit, as part of my written application, I was required to inventory all of our crop inputs. Though synthetic pesticides, herbicides, and fertilizers are clearly banned in the organic standards, plenty of other naturally derived products are allowed, and are extremely common on organic vegetable farms. Our inspector admitted to me that she had arrived assuming that I had simply forgotten to list all of my crop inputs, and was clearly delighted when I explained that avoiding inputs, even organically approved ones, whenever possible is an important guiding principle here at Troy. Similarly, I have elected to cut down on our solid waste by eschewing the use of plastic mulches and disposable grade irrigation tape, and to strive to minimize our fossil fuel use as much as possible. At every turn, we instead try to use crop rotations, cover crops, hand labor, compost, organic mulches, and other environmentally sound approaches to address weeds, pests, and fertility issues. We don't make these decisions simply to technically qualify as Organic, but rather because we take the "enhancing of environmental quality for future generations" part very seriously, and this is our best guess at how to achieve that.

Now if I could just remember where I put that secret ionizing radiation ray-gun...  
-Jake

# Recipe

## Hmong Cabbage Rolls

Courtesy of the following website: <http://www.familycookbookproject.com/recipe/2466893/hmong-cabbage-rolls.html>

2 lb head of cabbage, boiled whole in water for 1/2 hour. Remove and cool.\*  
1 lb raw ground pork  
5 small bundles of bean thread noodles (pink package). Softened in very hot water, drain and cut into 2 inch pieces.  
7 eggs,  
5 green onions, chopped  
Bunch of cilantro, chopped.  
1 garlic glove crushed  
1 T salt and 2 t black pepper  
2 T of fish sauce

Gently peel off cabbage leaves. Mix all other ingredients together, and roll up in cabbage leaves. Steam for 40 minutes. Serve with hot pepper sauce and rice.

*\*According to the nice women I interrogated, they bring salted water to a boil, put in the cabbage head, let the outer leaves cook, pull out the head, peel off the outer cooked layers, and place the head back in to cook another round while they fill the leaves they removed. They said it used time more efficiently, and cooked the cabbage more effectively.*

## Storage Share Option

We offer a few extra storage crops as a way to keep your pantry stocked with Troy vegetables beyond the end of the growing season. The butternut will keep on your counter for a couple of months, but will last even longer in a cool basement. The carrots, beets, and leeks can be kept in perforated plastic bags or in a plastic bucket with a loose lid in a cool basement but will stay hydrated longer if you can fit them in your fridge. The garlic keeps best at room temperature in a kitchen cupboard, but will also keep in a cool basement. Onions will do best in a cool, dry, dark place, like a basement. Quantities on all these items are limited. We will make an attempt to distribute orders as evenly as possible, but will resort to first come-first serve if necessary.

Number	Item	Price	Total
	15 lbs. Butternut Squash (3-6 squash)	\$17.00	
	5 lbs. Carrots	\$9.00	
	5 lbs. Beets	\$8.00	
	5 lbs. Leeks (8 to 15 leeks)	\$8.00	
	2 lbs. Garlic (10 to 15 heads)	\$18.00	
	4 lbs. Popcorn	\$12.00	
	5 lbs. Onions	\$10.00	
		Total	

Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

**Return this form by Thursday 10/3 either over e-mail to Jake or to the farm stand.  
Your storage vegetables will be ready for pick-up on 10/17. Payment is due at pickup.**

## Troy Community Farm

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