



In the Share

Butternut Squash, 1 piece
Sweet Potatoes, See Signs
Leeks, 1 bunch
Cabbage OR Bok Choy, 1 head
Turnips OR Radishes, 1 bunch
Mustard Greens, 1 bunch
Carrots OR Beets, 1 bag
Rutabaga OR Celeriac, 1 bag
Broccoli, See Sign
Garlic, 1 head
Choice of Herb, 1 bunch

A Growing Season

I started my internship at Troy this year as a novice. Having minimal experience growing food, I was often intimidated by my own lack of know-how, especially compared to other interns.

I remember the first week vividly: Claire's demonstration of comfortable squatting positions, that she guaranteed were equally, if not more comfortable than, butt sitting; remaying the Brassica sections that had been exposed due to the strong May winds with Sadie; transplanting and mulching tomatoes; and sitting next to Julie at lunch (a habit that would stick for the entire summer). The list goes on and on,
(Continued on the back)

The Intern Insider

Intern Reflections

As I near the end of my first full season of working on a farm I can honestly say it has been an experience to remember, the full impact of which will not likely be realized for many years. From day one all the way through intern solo week I have been consistently challenged and encouraged. I experienced firsthand how much work goes into growing good food in a way that enriches the soil, the consumer, and the grower. I soaked up the combined wisdom of Claire, Jake and Julie; a rocking team of interns; and some great worker shares and volunteers. I shared tasty treats, hard work, disappointments, and successes with the farm crew and saw strong friendships spring from this sharing. Perhaps most importantly, I end this season with a deeper connection to the land, to my food, and to my community.
- Wayde Lawler

I can't believe how fast these last few weeks have gone by on the farm, solo week has arrived and the interns have taken over! It's been exciting to have the opportunity to take charge and make decisions on this week's CSA share. I couldn't be happier with how well all of us interns have worked as a team in making every decision on the farm this week. I am so grateful for the internship experience on the farm and I have learned so much thanks to our amazing teachers Claire, Jake and Julie! Very proud to be a part of the work at Troy Community Farm ☺ - Steph Armstead

If pursued, interests will reveal passions and passions will create identity. Seeking an alternative to university education, I began volunteering at Troy last season with nothing more than a vague interest in local food and farming. Now, after completing the internship program, interest has yielded a passion for the work, philosophy, and culture of sustainable organic agriculture. A truly unique environment in which to grow both food and as an individual, Troy Farm has come to feel like a second home. I have met many wonderful people, and have learned more than I can yet fully appreciate. Most significantly, however, Troy has introduced me to a way of life I wish to identify with. Participating in the internship has done more than bring me happiness and fulfillment; it has taught me where to find those things in the world.
- Phil Weyers

The experience of growing food is very important to me and I feel so confident being a farmer after this season at Troy. Yet I am most happy knowing how hard my work on the farm has grown such a fantastic community with our customers and us farmers. Claire, Jake and Julie are tough, brilliant, silly leaders that will forever be an inspiration to me. I have really learned that good communication can solve any problem and that bees aren't as scary as I first thought. Thanks everyone! - Sadie Sturgeon

(Continued on the back)

The Intern Insider & Recipe

(Continued from "Intern Insider")

This summer was one of the most difficult on record as far as weather was concerned. While most may not see this as a positive, I feel fortunate to have been able to work through it. Despite the many challenges the summer threw at us we were able to not only provide a share each week but a beautiful one at that. The conditions allowed us to really "test" the vegetable varieties to see how they performed and if changes should be made in the future. While it seemed like most of the summer was spent weeding I do feel happy with the small successes in our "No Weed Left Behind" program. I always knew good soil was key to a productive garden but my experiences this summer opened my eyes to seeing the soil as a living organism and not as something to anchor the roots.

During these 5 months I learned organic planting methods, the importance of good soil and most importantly the personal connection of a working CSA pickup. Seeing the smiles on the members' faces as they "ohh" and "ah" over the beautiful vegetables, which I spent so much time weeding, watering and harvesting, invokes an incredible sense of pride and satisfaction. That's a feeling I haven't felt in a long time and one that has encouraged me to pursue a career in farming. Thank you all for your support this summer and for making it such a memorable experience!
- Christine Welcher

I came into this year very excited about learning the nitty gritty details involved with bringing delicious, healthy vegetables from seed to plate in a way that aligns with my values. I expected to learn about cover crops, soil fertility, crop planning and post-harvest handling, and I did. I knew that I would end many days tired, sunburned and sore. But it's the little things that I will remember most: chuckling when a certain farm manager recounted their discovery the previous night of a wonderful website called YouTube where you could watch as many videos about dry walling corners as your heart desired; listening to spirited renditions of late nineties hip-hop songs while pulling beets, and concocting haikus on a variety of artful topics not always germane to the task at hand. Three cheers for you, the members, for supporting such a great farm, and especially to Claire, Jake and Julie!

- Eric Udelhofen

Roasted Root Veggies

Different Version from Last Week!!

Ingredients:

8 cups total of beets, turnips, rutabagas, potatoes and/or parsnips
(Chopped into bite size pieces)

1/2 cup oil (or less)

2 1/2 tsp garlic salt

2 Tbsp fresh oregano finely chopped (2 tsp dried)

1 1/2 tsp sugar

2 Tbsp fresh thyme finely chopped (2 tsp dried)

Directions:

*Mix spices and oil in a jar and let stand for 1 hr or more.

*Boil turnips and rutabagas until they are tender-firm since they take longer to cook.

*Place veggies in a 9x13" baking pan. Drizzle with spice and oil mixture and toss.

*Bake at 425 for 20-25 minutes, stirring occasionally

*Serve warm and enjoy!

Next Year!

First CSA pickup for 2013 - Thursday, June 6th

We hope you will join us again in 2013 for our 12th CSA season! Claire will send the 2013 CSA brochure in January. Look for it in your e-mail.

(Continued from "A Growing Season")
and that was only the first week.

As the season continued on, I became increasingly aware of how special Troy really was. Claire, Jake, and Julie have devoted themselves to more than just growing food. They have created a community. This was especially clear to interns from the devotion to farm education. This included field tours every Monday, weekly class, and extra time spent explaining the reason behind the methods. However, this community extended further than the interns. Every week included: pick-ups from CSA members, worker shares that toiled away in the fields with the interns and volunteers who came simply because they loved Troy.

I found my place at Troy this summer. I learned more in three months than I ever thought possible. I met wonderful people, who care deeply about food. I became part of a community that was built around food, but that extended far beyond that. Ultimately, this summer revealed to me the culture, the community, and love that food can create. It's a lesson I will never forget.

-Paige Kelly

Troy Community Farm

Claire Strader • 442-6760 • claire@troygardens.org