



In the Bag

Broccoli or Cauliflower
Scallions
Kale
Lettuce
Snow Peas
Garlic Scapes

“My husband, the non-vegetable-eater, decided he loves **kale**.” CSA member Heather Mann reported this conversion after serving kale from the share two weeks ago. I was thrilled to hear the news. I love kale also, and feel sad when others have such a hard time with this vegetable.

This week I'm sharing another kale lover's favorite recipe with you. Julie comes to the Eastside Farmers' Market every Tuesday and buys three bunches of kale from our stand. Her recipe is on the back. It does call for three whole bunches though, so you may have to reduce the recipe a bit if you are not ready to eat that much kale in one sitting!

Scallions and garlic scapes are new this week. The **scallions** are probably familiar to most of you. They are tender young onions that can be used from top to bottom in salads, sauces, or in the place of onion in your kale dishes! Eat them raw or lightly sautéed.

The **garlic scapes** can be used the same way you use scallions (from top to bottom, raw or cooked), but they have a strong garlic flavor, instead of an onion flavor. The scapes are the seed head of the garlic. We cut them off to encourage the plant to send more energy to the garlic bulb forming under the ground. Eating the delicious and beautiful scapes is really a side benefit!

Snow peas are new this week. If you don't eat them all right from the bag before you even get home, try them in your salads or stir fries. Eat them pod and all.

Next week look for sugar snap peas and summer squash.

Claire's Comments

Intern Memories

I heard a story from a fellow farmer this spring about her days as a farm intern. She said that on one particular farm she worked on, the farmer gave a little speech at the beginning of the season about expecting interns to increase both skills and speed as the season progressed. He said something like, “at the beginning I will be working about four times as fast as you. You need time both to learn how we do things and to get physically acclimated to the work. But after a while, I should only be able to work about three times as fast, and then only twice as fast, as so on. I expect you to continue to increase your knowledge and your speed as we work together this year.”

I loved hearing this story. I work with over thirty different people (interns, worker shares, students in the Farm and Field program, and volunteers) at the farm every week. A really big part of my job now is organizing and instructing all these people, at all their various levels of skill and experience. As those who work with me know, I get a little frustrated when the kale bunches are sloppy or it takes too long to harvest the lettuce and get it out of the sun. I can admit that I am fairly obsessed with both quality and efficiency. And as a result, I expect a lot from the people who work with me. So hearing this story was a good reminder to me that everyone is going to start out at a different place and it is my job to help them learn and improve (while still making sure everything is as close to perfect as possible!) So it may take a little longer than I would like to get the peppers weeded today. But if people are learning and honing their skills while we work, that means it won't take quite as long to weed the melons the tomorrow.

The story also reminded me of one of my memories from my first summer as an intern. I worked with Tim Winship at New Field Farm in Temple, New Hampshire that wet summer of 1992. My friend Lisa and I were there together, and we were constantly striving to get things done as fast as Tim could. I'm sure we sacrificed efficiency at times just because we were so focused on watching exactly how he held his knife, or carried his harvest crate, or maneuvered his hoe around those strawberries so quickly. We worked with focus and determination that whole summer in the hopes that we could match him someday.

My day came one August afternoon when Lisa was off at market and Tim took me out to weed the summer squash. By then I had been watching Tim for about three months and I had learned at least a thing or two. As we stood side by side at the edge of the field each facing our own 150 foot bed of weedy zucchini, I knew it was time to prove myself. We straddled the plants, bent over at the waist, and set off down the rows wielding our hand hoes as fast as possible. We both seemed to sense that this job would mark a turning point in my tenure as an intern. We did not talk at all, but rather focused completely on the squash, the weeds, and our own hands and feet. When we reached the other end of the field at the same time, and stood up, each with our own satisfied smile, I said, “What's next?” And we moved over to the corn rows where we did the same thing again and again all afternoon.

I went to bed tired and happy that night. Tim educated me and

(continued on the back)

Recipe

Sukuma Wiki Maradadi Style (Kale from Coastal Kenya)

I learned to make this dish years ago while living in Kenya. This is an old coastal Kenyan recipe where Sukuma Wiki (or Kale) grows like a weed and is a staple of the diet. I have tried to put together a regular sort of recipe, but I learned this from an old Swahili woman over a jiko in her mud hut, so feel free to experiment with the amounts and consistency. I have added the Swahili words next to the ingredients. I hope everyone enjoys! ~ Julie

Ingredients:

- 3 bunches of *fresh* collards or kale (Sikuma)
- 5 cloves of garlic (Vitunguu saumu)
- 1 yellow onion (Kitunguu)
- 1 serano pepper (other hot pepper will do) (Pili Pili)
- 3 tablespoons of turmeric + (Kiungo)
- 3 tomatoes (Nyanya)
- extra virgin olive oil (Uto)
- 2 cups basmati rice (Mchele)

Equipment:

- 1 large frying pan with cover
- 1 rice cooker (I can't cook rice the other way)

Preparation:

Slice the onion. Coarsely chop the garlic. Slice one serano pepper to taste (I usually use only half, but if you like it hot by all means). Strip Sukuma from the stem, coarsely chop, and set aside. Cut tomatoes in chunks and set aside.

Place onion, garlic, and pepper in the frying pan. Add oil to coat the bottom of pan. Add the turmeric and set aside for 1 hour (less time if you are in a hurry). The secret is in this paste—I call it paste but it is more the consistency of a thick oil. You want it to be orangish- yellow (remember turmeric will stain your clothes and hands yellow) and fairly thick. Add more oil now to thicken it. Or add water while cooking if it seems too thick.

Cooking:

Cook rice according to directions.

Place the frying pan with the paste over high heat and sauté for about 2-3 minutes, continuously stirring. Add all the Sikuma to the pan. Place your hand flat on the Sikuma and push it down firmly until you begin to hear the Sukuma pop (sounds like popcorn with the freshest Sikuma). Once you hear the sound, remove your hand and begin mixing constantly. You may have to lower the heat. (You can leave the hand part out so you don't get burned—but give it a whirl as you become more experienced.) Coat the Sukuma with paste as you stir. If the paste becomes too thick, add water to thin. Cook until the Sukuma is wilted and bright green. Cooking time is about 10 minutes or so.

Once your Sukuma Wiki is done, add tomatoes, cover the pan, and turn off the heat. Set aside. Do not stir once you add tomatoes. You want them warm, not fully cooked. Serve over warm rice.

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inspired me to constantly improve. I felt proud and accomplished when I left his farm. Now I look forward to the day when one of the Farm and Field students gives me the same satisfied smile I gave Tim all those years ago, and I proudly smile back.

Reminders

The farm stand opens at 4:00 pm
and closes at 6:30 pm
every Thursday.

Please do not come early!

Each week this summer I am training a new student from the Farm and Field crew to work with me at the farm stand. Coming early impacts our training time and our ability to get set up by 4:00 pm. Also, Liz and Marcia do not arrive with the newsletters (hot from the presses!) until right at 4:00. I'm sorry to be such a stickler, but we run a pretty tight ship (tractor, wheel hoe, wash shed?) at the farm, and we are much happier and more effective when we can stick to our schedule!

If you have to come late, pick up your share from my porch.

If you miss the 6:30 close of the farm stand, you can get your share from my front porch at 1814 Sheridan Drive. It takes me about a half hour to pack up the farm stand and get home, so the shares are usually there by 7:00 pm. They stay out over night until 6:00 am on Friday, when I consolidate and repack them for the kitchen below.

If you completely forget your share, it goes into a free meal for the needy.

CSA member Shirley Jonas picks up any unclaimed shares from my porch on Friday morning and uses them in a free community meal that she prepares each Friday at St. Mark's Lutheran Church on the south side. While it is sad when CSA members do not get their vegetables for the week, at least you can know that they are going into another hungry belly.

Troy Community Farm

Claire Strader

1814 Sheridan Drive

Madison, WI 54704

Phone: 442-6760 e-mail: claires@chorus.net

Send newsletter comments,
suggestions, and recipe ideas to:
Liz and Marcia Campbell, Editors
mcatoncampbe@wisc.edu