



Urban Roots

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In the Bag

Sugar Snap Peas
Summer Squash
Shell Peas or Snow Peas
Broccoli or Cauliflower
Salad Mix
Garlic Scapes
Basil

More peas! The hot and dry weather this year means our pea season will be very short. Peas like cool and moist conditions. But you should have enough of these sweeties in the share this week to satisfy you for a little while..

You have two kinds of peas today. First, everyone has **sugar snap peas**. These are the short and fat ones, and the usual favorite of market customers and CSA members alike. The pod is thick and juicy and should be eaten right along with the peas. You have a whole pound of them today, so there should be plenty to snack on on the way home and use in a meal once you get there. I like them in stir fry, or raw in salads.

The second pea is your choice between **shell peas** (these too are fat and round, but longer than the sugar snaps and with a thinner, tougher pod) or **snow peas** (the same pea you got last week with the big, flat pod.) The shell peas have to be taken out of the pod to eat. The pod itself is quite fibrous and not very palatable. If you bite into one by mistake, you will know it. But the peas inside are even sweeter than sugar snaps in my opinion. Eat them raw, or lightly steam them and serve with butter. The snow peas are the classic stir fry ingredient. But you can also have them cut in half on crackers with gorgonzola cheese. Yum.

You have the first of the **summer squash** today as well, your choice of yellow, zucchini, or patty pan. Though these all look very different, I myself find their flavor pretty similar and don't have a favorite among them.

(continued on the back)

Claire's Comments

What Does the Weather Have in Store?

All the talk among the farmers this week is about rain. "Did you get any from that storm on Sunday?" "We've been dry for weeks." "Do you have irrigation?" "Those two tenths we got on Friday are not going to mature the onion crop."

The classic example of mundane small talk has to be conversation about the weather. But with farmers, talking about the weather is like talking about how you got a big promotion last week or how you might get laid-off next week. It's no small matter. Currently, the lack of rain has resulted in plenty of sleepless nights on the farms around here. If farmers have irrigation, they are out watering all night while it has a chance to soak in to the roots before the sun dries it up. And if they don't have irrigation, they are up all night worrying about the next crop that will be lost to the heat.

While we have gotten enough rain to keep everything alive at Troy, it has not been enough to keep the peas and onions and potatoes happy. We also don't have irrigation. Still, I have to admit that I'm not losing much sleep over it. Only once did I work on a farm that had irrigation. That was the summer I spent in Santa Cruz, California, where it never rains from April through October. But even then the work I did on the farm was pretty removed from the irrigation, so I never learned much about it. Instead my farm experience has taught me that I cannot control the rain any more than I can control which crops like the rain and which don't. Something will always do well in the conditions we have, and something will always suffer. Better to learn to live with it, than try to control it (especially when you have no irrigation and are not much inclined to use it anyway!)

Here in Wisconsin, we are lucky enough to get some rain in the summer, just not always at the times and in the amounts that we like. Last year we had way too much. This year it's too little. So last year we had great onions and potatoes, and terrible tomatoes and peppers. It looks like this year will be the reverse. This summer you can forget about French onion soup and plan on filling the pantry with enough tomatoes to get you through the winter.

Still, I do like to make my order for rain clear, just in case someone or something out there has more power over it than I do. I'll take one inch per week, in the form of a gentle soaking shower every Friday or Saturday night. Thank you!

Recipes

Two pesto recipes today. Try either or both over pasta, as a spread on a warmed baguette, or as a replacement for mustard and mayo on your sandwich.

Garlic Scape Pesto

1 cup tender scapes - cut in about 1" pieces, then processed in a food processor until finely chopped
Add the following and process until well blended:
2/3 cup olive oil
1/3 cup grated parmesan cheese
1/3 cup chopped pine nuts or walnuts

Other Garlic recipes:
www.dakotagarlic.com/garlic_scapes_recipes.htm

Basil Pesto

1/2 cup extra virgin olive oil
1 clove garlic
1 tablespoon pine nuts or walnuts
1/4 teaspoon salt
1/4 cup freshly grated Parmesan
2 or 3 cups fresh basil leaves

Place all ingredients except basil leaves in a blender or food processor. Blend until smooth, then add basil, a handful at a time, blending until all the basil is incorporated and pesto is somewhat smooth. Makes about 3/4 cup.

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I do have a favorite way to prepare them though. Sauté some garlic scapes in olive oil, add the squash (cut into rounds or wedges) and cook for just a few minutes. Finally add fresh basil and serve. The squash will go well with both the basil and garlic scape recipes on the left.

Karen Delahaut (Fresh Market Vegetable Program Coordinator in the UW Horticulture Department) came by the market on Tuesday and gave me a great tip on **garlic scapes**. Not only did she tell me about the garlic scape pesto recipe, she also sent me a web site where you can find a whole bunch more ideas on how to use this once-a-year treat. Both the recipe and the site are included to the left. Enjoy the scapes now, you won't see them again until next June!

Broccoli and **cauliflower** are back this week, and I have to warn you too look out for the little green worms. The imported cabbage worms are fierce out there this year. They like to crawl up in the branches of both these vegetables and they are hard to get back out. We do our best to wash them away before we pack the crates, and I'd like to think that we get them all, but just in case...you should be on the look out. If you do find some, they are as harmless as they are unpleasant.

The **basil** is really coming in now! You have enough in this delivery to make fresh pesto (recipe to the left), a real sign of summer.

Next week look for the last of the peas, beets, collards, and maybe eggplant!

Needed: CSA Representative to the FTG Board

As many of you know, Troy Community Farm is unique in that it is a project of a non-profit organization known as the Friends of Troy Gardens or FTG. FTG was originally established in 2001 with the mission of stewarding the 31 acres that make up Troy Gardens. Since then the work of FTG has grown and now includes the original community gardens that were on this site; the natural areas trails, edible landscaping, and prairie; two youth programs; the farm; and the upcoming co-housing development. FTG has a board of directors which oversees all these projects and makes important long-term decisions for the site. There are two seats on the board for representation from the farm. Barbara Fraser (a founding CSA member) has filled one of these seats for the last three years, but resigned over the winter. We miss her, and now both our seats are open.

If you are interested in representing the farm on the FTG board; if you want to help the Troy Gardens grow and prosper as both a valuable local resource and a national model of sustainable development; and if you want to work with a group of fun, energetic, and passionate board members, please let me know. I'll answer your questions and invite you to the next board meeting where can meet the board and see how things go!

Troy Community Farm

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