



Urban Roots

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In the Bag

Snap, Shell, or Snow Peas
Japanese Eggplant
Cucumber
Broccoli
Collards
Butterhead or Batavian Lettuce
Cilantro

Pea season is over. It was a fast one. The heat and lack of rain have caused these plants to give up much earlier usual. So, enjoy this last taste of fresh pea sweetness - it will be another 11 months before we see them again. How sad.

This is the third week in a row with **broccoli** and/or cauliflower on the menu - it all seems to be coming in at once even though we space the plantings two weeks apart. Still, I'm hoping this will be the last of it for a little while. As I mentioned last time, the cabbage worms are fierce out there right now. All your broccoli has been twice washed to remove these harmless, though unappetizing, worms. Still, it might be worth your while to take a third look as you cut it up. Also, some of you will get a variety of broccoli that is not quite as pretty as we are used to seeing. Don't worry. It looks a little funny, but it still tastes as fresh and delicious as ever.

Eggplant is new this week. This variety is called orient express and it is a Japanese type eggplant - longer, thinner, and more tender than American eggplant. Marcia's favorite eggplant sandwich recipe is on the back and it is delicious. If you want to do something more simple, just cut the eggplant into rounds and roast it with onions and garlic coated in olive oil. Then serve it over pasta with or without tomato sauce or pesto.

Collards are also new this week. I've never grown them before, so I'm still searching for my favorite way to eat them. I'm starting my search with the Black-Eyed Peas and Greens recipe on the back. Do let me know if you have any favorite collard dishes!

The **lettuce**, **cucumber**, and **cilantro** can all go together in a salad with the Cilantro Lime Vinaigrette dressing recipe on the back. Luckily salad is easy and good with every meal.

Next week: Beets (really this time), scallions, more lettuce, maybe beans and chard.

Claire's Comments

CSA Flower and Herb Garden is Open!

Everything is early this year. We picked out first few green beans this week; we can see some ripe cherry tomatoes on the plants; and you've got eggplant in your share! In the first week of July! The peas didn't have a chance in this weather, but I've got high hopes that all the tomatoes, cucumbers, peppers, and squash - all those heat-loving foods - will thrive. Time will tell.

Meanwhile there is one more crop maturing early this year. The flowers! The entrance to the farm is looking lovely with snapdragons, rudbekia, cosmos, zinnias, verbena, salvia, agrostema and more. It's time for you to start making bouquets! Already in early July! The idea is that when you come to pick up your share you can take a walk back to the farm and also harvest flowers. Every week for as long as they last (hopefully through frost in September) they will be there waiting for you.

We plant this garden for you to enjoy, but we also need your help to keep it thriving. The more the flowers are harvested, the more they will produce. So, don't be shy. Harvest! If too many blooms are left on the plants, they will think they have succeeded in making seeds for the year and they will stop trying. That means no more flowers. So, help us keep the CSA garden alive and beautiful by bringing a bouquet home every week! Here's what to do:

- We can give you directions to the farm from the farm stand. It is about 300 yards away, behind the tree line. The deer fence will be closed. Just open it up and go in. The flowers will be right in front of you.
- There will be a bucket with a pair of clippers and some rubber bands near the rain gauge. Use the clippers to harvest, and the rubber bands to bind your bouquet.
- When harvesting, choose blooms that are just opened and cut them with a long stem. Just be sure to leave some sprouts at the bottom so that new stems and blooms can grow.
- If you see blooms that are past (old and yellowing or drying) cut them off and drop them in the path. Then that plant can send up new shoots.
- Cut the stems at an angle (so it is easier for them to take up water in the vase) and strip the leaves from the stems as you harvest. Either arrange as you go, or when you get the flowers back home.
- **Be sure to close the deer fence when you leave!** This step is extremely important. Please do not forget. The deer will have no qualms about eating all your vegetables if they get into the farm.

There are also a few herbs in the CSA garden. We have eposote, purple basil, anise hyssop, sage, thyme, and chives. Those are all there for you as well. Help yourself! It's your garden!

Cilantro Lime Vinaigrette

2/3 cup (6 ounces) lime juice	2/3 cup packed cilantro leaves	1 tablespoon cumin
3 tablespoons minced garlic	2-4 dashes bottled hot pepper sauce	1/4 cup canola oil
1/4 cup apple cider vinegar	pinch salt	

Place all ingredients except the oil in a blender. Turn on blender. Add oil very slowly through the "hole" in the middle. Use a little water if you lose the hold, but just enough to keep the little hole so the oil will get blended. Makes about 1 1/4 cups.

Baguette with Roasted Eggplant, Tomatoes and Pesto

3/4 lb. Japanese eggplant, sliced 1/2" thick on the diagonal	1 T balsamic vinegar	salt & pepper
1 1/2 T extra virgin olive oil	1 French baguette	lettuce leaves
1 garlic clove, minced	1/4 to 1/2 cup pesto	1/4 lb. thinly sliced Provolone or Fontina cheese
	1/2 lb. tomatoes, sliced	

Preheat oven to 350 degrees. Toss eggplant slices with olive oil, garlic, 1/4 tsp. salt, and a few pinches of pepper. Arrange on a baking sheet and bake 15-20 min., until soft in center. Brush warm eggplant with vinegar. Cut baguette in half lengthwise and hollow out the center. Brush both sides generously with pesto, then lay eggplant slices on bottom half in overlapping slices. Follow with a layer of sliced tomatoes; sprinkle lightly with salt and pepper. Place cheese on top and follow with lettuce and remaining half of baguette. Slice diagonally into 4 sandwiches. Makes four servings. This sandwich is incredibly good and worth the effort!

Black-Eyed Peas and Greens

3 cups dried black-eyed peas	2 medium-sized leeks or onions, cleaned and chopped
6 medium-sized cloves garlic, minced	6-8 cups collards and/or other greens, cleaned and chopped
1 1/2 teaspoon salt	

Place black-eyed peas and 6 cups water in a very large soup pot or Dutch oven. Bring to boil, lower heat and simmer, partially covered, until peas are tender. About 15 minutes into the cooking, add garlic. The peas will take 30-35 minutes to cook. When they are nearly tender, stir in salt, leeks or onions, and greens. Cover and continue to simmer for a few more minutes. The greens will cook very quickly. Season to taste with pepper. Serve hot. Makes 6-8 servings.

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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