



# Urban Roots

Volume 4, Issue 9  
28 July 2005

## In the Bag

Cucumber, 1 piece  
Cippolini Onions, 1 bag  
Roma Tomatoes, 1 bag  
Beets, 1 bunch  
Fennel, 2 bulbs  
Cherry Tomatoes, 1 bag  
Slicing Tomatoes, 5 pieces  
Batavian Lettuce, 1 head  
Cilantro, 1 bunch

The tomatoes are here! Never before have I been able to deliver tomatoes to the CSA in July. And so many of them! This week you have sungold **cherry tomatoes** which ripen to orange and are the sweetest tomato there is. You also have **romas**, those are the egg-shaped red tomatoes which are best used for making pasta sauce and salsa. They are known for their lower water content, which makes them perfect for cooking down quickly. And finally you have **slicing tomatoes**. These have a great salty bite and are perfect for salads and sandwiches.

Half of the slicers in your bag are perfect, and half probably have some degree of "green shoulders." One of my projects this winter will be to do some research about why tomatoes get green shoulders and what can be done to prevent it. Meanwhile, those patches of green do not hurt the flavor nor the quality of the tomato at all, they are just unsightly.

This will be the last **lettuce** you see until fall. I have to warn you that the hot weather has brought out some bitterness in these heads, so use some good salad dressing! Also, the crispier leaves at the center will be sweeter.

Our **cucumbers** are not producing very well, so you have been getting them just one at a time. At least their flavor is good! You can try this one cut up in rounds,

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## Claire's Comments

### Looking toward the Future

I am pleased to report that the rain has made a difference in some of our crops. The kale most notably. On Friday of last week, after the first two inches of rain, we weeded all seven beds of kale and collards, added compost around the base of every plant, and mulched every bed. When we started they were looking old and tired and ready to give up. When we finished with the mulch, they just looked buried. Today, after two more inches of rain, they are gorgeous, full of vigor and new green growth. It is an incredible transformation.

While no other crop has been transformed in quite the same way as the kale, we are seeing improvements in the peppers, summer squash, basil, and leeks. Time will tell the true fate of these crops, but meanwhile my outlook on the situation has taken a marked turn for the better. No crop has risen from the dead, but some of the ones that were merely sick are reviving. And the tomatoes are truly booming right now, as you can see in your share. I am definitely feeling renewed by this turn.

I am also pleased to report that we had one of the most pleasant days ever on the farm this harvest Wednesday. The air was cool and dry. The crew had worked enough harvests now to be confident and efficient in their work. There were no major disappointments in crop quality. And the soil was the perfect moisture for weeding.

I love weeding. It is the only farm task that requires absolutely no preparation. All we have to do is pick up the hoe bucket, head out to the field, and go to work. It's easy to talk while weeding, easy to feel confident in what you are doing, and easy to see incredible results in a relatively short amount of time. After the harvest on Wednesday, we weeded, added compost to, and mulched the leeks. It was a very satisfying task.

My next most favorite task on the farm, after weeding, is mowing down old crops and planting the area to cover. It is so exciting to see a whole section of the farm leveled and tilled with just a couple passes of the tractor. And then when the cover crop sprouts from the freshly tilled soil a week or so later, I can breath a sigh of relief that that area of the farm is done for the year. The cover crop can grow in peace without needing anything from me. It will just quietly do its job of smothering weeds and drawing up nutrients from deep in the soil to make them more accessible to next year's crops. And it is beautiful to see those thick patches of clean, delicious green throughout the farm.

Next week we will harvest all the garlic and possibly the onions. Then I will be able to sow cover on that area of the farm and begin setting a good foundation for next year. That's the thing I need to keep remembering about farming – There are good and bad weeks, good and bad years; never get stuck in an up or a down; just keep moving forward enjoying the good days and doing all you can to set a good foundation for a good future.

# Proceeds from the Savor the Summer Raffle will Help Buy the Farm a New Truck!

The "check engine" light is glowing on the dash and our truck is running on borrowed time. We need a new one with a better engine and a bigger bed to haul all food from the farm. When you buy tickets for the Savor the Summer Raffle, not only are you increasing your chances of winning one of the great prizes below, you are also helping us raise money to buy a new truck. **Raffle tickets are available at the farm stand, so remember to bring some money to the next pick-up and get your stash of chances.** The raffle drawing will be held at the Savor the Summer Festival on the 6<sup>th</sup> of August.

**Ticket Prices:** 1 for \$3, 2 for \$5, 5 for \$12, 10 for \$20, 20 for \$30

## PRIZES

Troy Community Farm CSA membership (\$225 value - Can be applied to next year's share!)

Capitol Kids - \$35 gift basket

Orange Tree Imports - \$20.00 Gift Certificate

Roman Candle Pizzeria - 2 Gift Certificates

Silver Leaf Design Gallery - Decorative Pillow

Revolution Cycles - Free Tune-up

Gaston's - Gift Certificate for \$25.00

Windemere Institute of Healing Arts - 10 massage gift certificates

Fiskar's - pruners

Massage East - 5 gift certificates for massages

Mallards - 20 baseball tickets

Sponsorship for Rain Gardens LLC - 2 Free consultations

Bike Fed of WI - Gift pack, \$100 value

Just Coffee - Gift pack, \$100 value

Friends of Troy Gardens Gift pack

Friends of Troy Gardens T-shirt (2)

You can also **help your farmer win a free massage** by buying your tickets from Claire. Whoever sells the most tickets. wins the massage. So. buy your tickets today!

## Recipes

### Tomato Salsa

*Sharon Redinger, Dog Hollow Farm member*

1 small onion	3 minced garlic cloves	salt to taste
1/2 green pepper	chili pepper to taste	1 3/4 pounds peeled, fresh
small bunch cilantro	1 tablespoon honey	tomatoes

Process all ingredients except tomatoes in a food processor. Add peeled tomatoes. Process again, and it's ready to eat. Will keep in the refrigerator for 1 week. Does not freeze well. Makes about 2 cups.

### Pasta with Fresh Tomato-Basil-Olive Sauce

*Irene Mauro*

4 cloves garlic	3 tablespoons extra-virgin olive oil
10 large basil leaves	2 tablespoons pitted green olives
1/4 cup toasted pine nuts	4 tablespoons grated parmesan cheese
1 pound seeded, chopped tomatoes (about 4 medium tomatoes)	salt and pepper to taste
	1/2 pound pasta

Puree all ingredients except pasta. Cook pasta in lots of salted, boiling water; drain and toss with sauce. Makes 4 servings.

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combined with the **fennel** bulbs cut into slices and tossed with a vinaigrette.

Someone prepared this salad for me this past weekend and it was delicious.

Our onions have not and will not size up this year, so you have a very small portion of **cippolini onions** in your share. These onions are supposed to be small, just not this small. They are traditionally boiled to bring out their sweetness and served on their own with tarragon. I recommend boiling them with the **beets** and tossing them with the chopped **cilantro**, olive oil, vinegar, and a bit of salt and pepper. I had this salad over the weekend as well, and it was also delicious.

Next week you will have plenty more tomatoes! You will also have more green salsa and maybe some kale, potatoes, and parsley.

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