



## In the Bag

Salsa Basket, 1 bag  
Melon, 1 piece  
Red or Green Cabbage, 1 piece  
Summer Squash, 3 pieces  
Scallions, 1 bunch  
Roma Tomatoes, 1 bag  
Slicing Tomatoes, 5 pieces  
Basil, 1 bunch  
Garlic, 1 piece

Melon! This is the third year that I have tried to grow melon for the CSA. The first year I managed to grow some delicious fruits, but I never had enough to deliver. Last year was wet and cold, so we did not get a single melon. This is the year! We have plenty of lovely, delicious fruits. You have your choice of **muskmelon, red watermelon, and yellow watermelon** this week, and will likely have the same choice next week. I recommend that you eat your melon sooner than later, and that you make sure to warm it to room temperature before serving – it will be sweeter that way.

**Green salsa** is back this week. I love that you all enjoy this item so much. For those of you who may have missed it the last time, just remove the husks from the tomatillos and wash them. Then put them in the blender with the cilantro, the chopped garlic, and enough of the pepper to get the heat you like. Blend it all together with a dash of salt. Chop the onion and mix it in by hand. Serve with chips or burritos or whatever you like.

We harvested all our **garlic** this past Friday. Over 4000 heads! You have the first of your weekly garlic bulbs in the bag today. The biggest and best of the harvest will be preserved for planting next year's crop. You get the next best heads. Today you have a variety called Music. It is a hard neck variety with large cloves, excellent flavor, and unbeatable freshness.

Of course you have more tomatoes this week! You can make a quick pasta sauce by sautéing some garlic and **scallions** in olive oil with the **summer squash**. Then add chopped **romas** and fresh **basil**. Cook until the tomatoes are warm and serve over any pasta.

## Claire's Comments

### Tomatoes!

You will not believe this when you first read it, but still, take a minute and digest it, because it is true. We will harvest approximately one ton of tomatoes at the farm this week. For those of you who are not sure exactly what that means, one ton is 2240 pounds. So, if we have a crew of 6 farm and field students, plus 2 interns, plus Maggie, plus me harvesting tomatoes, and we all weigh between 100 and 150 pounds, we will all harvest between 1.5 and 2 times our own body weight in tomatoes. Basically, that's a lot of tomatoes!

I say "will harvest" because we harvest tomatoes twice a week (Tuesday and Friday) and so far we have only pulled in just over 1000 pounds. That was on Tuesday. And that amount was up from the previous Friday's harvest by about 300 pounds. Who knows for sure what we will find this Friday? It could be even more. Imagine waking up in the morning and thinking: "Today I will harvest over 1000 pounds of tomatoes." It's enough to make me want to stay in bed.

We do have a pretty good harvesting system though. We all start out with two buckets, moving up the beds, pulling all the red and pink fruit. We remove all the calyxes (stems) so that they do not poke the soft flesh of their neighbors, fill our buckets, and bring them back to the truck. That's were Maggie and I set up the sorting station. We sort by first and second quality fruits, and we also do some sorting by ripeness and variety.

On Tuesday if felt like the tomatoes would never stop. We have only a limited supply of buckets, so Maggie and I were sorting as fast as we possibly could in order to keep the pickers in empty buckets. When we fell behind, the pickers had to cool their heels and drink some water for a couple minutes (it was HOT on Tuesday) so we could catch up. We also have only a limited supply of tomato crates and we filled up every single one we could find. Some of them had to be emptied of their previous (non-tomato) contents. Twice we sent people back to the shed to hunt down and empty more crates. But then the truck filled up. When we had loaded it down with 29 crates each holding over 30 pounds of tomatoes, it was sagging low. I drove it to the tomato storage area (my home garage), unloaded that batch, and went back for more. In the end we did not have enough crates and had to store some of the crop right in the picking buckets.

By the time we finished, after two and a half hours of solid picking, we were hot, sweaty, and tired. But no rest! While most of the crew went off to weed the newest squash planting, Maggie and I headed into the melons. It was weedy and viney in there, but we found plenty of great melons. Dylan joined us as porter, tossing in empty buckets and hauling out the full ones so we didn't have to disentangle ourselves after every full bucket. The good and bad news of the melon harvest was that there were lots of overripe, cracked fruits. We saved everyone of them! When we were done for the morning, we cut open all those unsaleable melons and ate them warm from the field. We were a sight! Covered in dirt, sweat, melon juice, and smiles. We decided we want sweet, ripe melon every time we harvest a half ton of tomatoes!

# Savor the Summer Festival at Troy Gardens This Saturday!!!

This all day event is not to be missed. There will be music, food, flowers, kids' activities, tours, a visit from the Mayor and his Community Gardens Bike Tour, and a performance by the Young Shakespeare Players.

## Schedule of Events

10 AM – 3 PM	Kids' Tent Activities
10 AM – Noon	Flower Festival
Noon	Mayor's Community Gardens Bike Tour
12:15 PM – 1:45 PM	Huitlacoche Festival
12:30 PM – 1 PM	Community Mosaic Project Installation
2 PM – 3 PM	Tours of the Land and Storytelling
3 PM – 4 PM	Young Shakespeare Players Performance
4 PM	Raffle Drawing

## Recipe

### Pesto Bread

*Contributed by CSA member Jane Rowe*

*I inherited this recipe from my late & beloved daughter-in-law Jean Hendon, who was killed in an auto accident on Memorial Day, 2000. She was a great woman and a wonderful baker. The recipe comes from her favorite bread book: The Italian Baker by Carol Field.*

#### The Pesto

This pesto is stronger and more fragrant than most recipes provide because it must retain its flavor and fragrance through the bread making and baking process.

1 C. fresh basil leaves	1 1/2 tsp. minced garlic
1/4 C. grated Parmesan cheese	1/8 tsp. salt
1/2 C. olive oil	1/8 tsp. pepper
2 Tbsp. chopped pine nuts or walnuts	

Puree in food processor or blender; measure 1/2 C. for use in this recipe—or double the recipe and use 1 C. I always do!

#### The Dough

2 1/2 tsp. active dry yeast	3 1/4 C. unbleached flour
1 C. plus 2 Tbsp. warm water	2 tsp. salt
scant 2 Tbsp. olive oil	Cornmeal
1/2 C. pesto	

Stir the yeast into the warm water in a large mixing bowl and let stand until creamy (about 10 min.). Stir in the oil and the 1/2 C. pesto thoroughly. Mix the flour with the salt and add to the yeast mixture, stirring until the dough comes together. Knead on a floured surface until soft, velvety and elastic (about 8-10 min.).

**First rise.** Place the dough in an oiled bowl, cover tightly with plastic wrap and let rise in warm place until doubled (about 1 hr.). If doubling recipe, use a really large bowl, or even two bowls. **Shaping and second rise.** Cut the dough in half on a lightly floured surface. Punch each piece down and knead briefly to expel the air. Shape each piece into a round loaf. Place each loaf, seam side down, on an oiled baking sheet sprinkled with cornmeal. Don't rush it—the dough needs to be fully risen before it is baked. **Baking.** Heat oven to 450 degrees as dough finishes rising. Place the loaves in the oven and immediately turn it down to 400. Bake 35-45 min., spraying 3 times with water in the first ten minutes, if you wish. Cool completely on racks.

*The trick is to hang on to some of this bread long enough to serve it with a soup or stew! It disappears very fast in most households. It makes delicious toast, too, if you can hide some until morning.*

#### 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