



# Urban Roots

Volume 4, Issue 15  
8 September 2005

## In the Bag

Carnival Squash, 1 piece  
Cucumbers, 2 pieces  
Summer Squash, 3 pieces  
Sweet Peppers, 1 large & 1 small  
Beets, 1 bunch  
Chard, 1 bunch  
Green Beans, 1 bag  
Edamame, 1 bunch  
Parsley, 1 bunch  
Slicing Tomatoes, 6 to 8 pieces

Your next taste of winter squash is coming in the form of **carnival**. These squash have a very similar flavor to the delicatas of last week, but these keep much longer and they are also a bit harder to break into. Their shape makes them difficult to cut. My favorite way to cook them is to first cut off the top (with the stem still attached) and scoop out the seeds like you would for a jack-o-lantern. Then stuff the center with your favorite stuffing (mine always includes celery and bread cubes and thyme), and bake in a pan with a bit of water in the bottom. When a fork can easily pierce the skin it is ready to eat. Like the delicata, you can eat carnivals skin and all, but if you prefer you can also just scoop the stuffing and flesh together from the skin. Of course, if you are not in the mood for stuffing just yet, you can just bake the carnival as you would any other squash or even steam it.

**Chard** is another new item this week. This first picking of our late chard planting should be tender and delicious. You will likely find lots of small leaves in your bunch because we were thinning the patch as we harvested and pulled out many plants in their entirety to make room for the others to grow. My favorite way to cook chard is to first sauté a little garlic and onion in olive oil. Then add the washed, chopped chard with some tamari and red wine vinegar. Cover the pan and let the chard cook down. When it is thoroughly wilted, eat it on its own with rice or use it in the polenta pie

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## Claire's Comments

### Notes on CSA Harvest Day Number 14 for 2005

We had a hard Wednesday in the field last week. I suppose the story would have been more fresh if I had written about it right after it happened. But really I think I needed the help of the crew this Wednesday to process it all and get it into story form. So, here it is a week late, but still very present in all our minds.

Wednesday is our CSA harvest day. That's when we take all the crops from the field, get them washed and bunched and ready to go, and then we store them in the cooler over night so that they are thoroughly chilled by the time you pick them up on Thursday. It's a busy day for us, and Maggie and I usually have a big crew of 5 or 6 worker shares plus 3 or 4 interns who know what they are doing to get the job done. Last Wednesday was a bit different however. Three of our worker shares and 2 of our interns were missing. That left us with only about half of our usual experienced crew. And on top of that we had a crew of 20 completely green volunteers coming out to "have a good experience" at the farm. Have a good experience and potentially lend a big helping hand. Maggie took responsibility for the CSA harvest crew and I took on the volunteer crew. Here's what happened.

The regular crew worked as fast as we could for the first 2 hours in the morning, getting as much done as possible before the volunteers arrived. By the time we saw the crowd of yellow-shirted volunteers (including Mayor Dave and some of his office staff, and a large contingent from Demco) coming down the field road, we thought we were in pretty good shape. After a short introduction to Troy Gardens and an overview of what we would do that morning, right away two men with leather gloves offered do to the sweaty work of spreading a huge pile of wood chips on our field road. Five other volunteers went off to pick cherry tomatoes for the CSA with our intern Kevin. And the remaining crew of 13 headed off with me to the winter squash harvest. Maggie and the rest of the regular crew stayed in the wash shed area cleaning and bunching as fast as they could.

No sooner did we have our system of harvesting, cleaning, and sorting set up than I heard a shout from the squash patch saying "Call 911. We have someone down out here." It was warm, we were working with the scratchy squash plants in tall weeds, we were hauling heavy buckets. I thought it was a joke about having to work hard. Luckily, I went out to investigate before I returned my own wise crack. In fact, a woman had passed out in the field. When I saw her, her eyes were rolled back in her head and she did not look good. I immediately called Maggie on the walkie-talkie, knowing she had a cell phone and could reach it easily from where she was. While I don't remember what I said, according to Maggie and the others who heard the call it was, "Maggie, I need you to call 911." Not very informative. She too thought it was a joke, and not a good one. By then the volunteers were yelling across the field to each other asking who had a cell phone. Maggie heard those yells, figured out it was not a joke, and made the call.

Things happened fast after that. Sundee and Sarah walked up to Troy Drive to direct the ambulance back to the farm and to send the fire trucks back to the station. Maggie walked out to the squash while on the phone in order to follow the instructions of the operator as to how to position the woman and cool her down. Luckily, there were some folks on the volunteer crew who were trained in emergency response, and they were already cooling her down with water and improvising some shade. The woman, Suzanne, was talking at that point and said this had happened before. She generally seemed calm and much better than she had been a few minutes before. I took some folks to clear

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Claire's Comments (continued from the front)

our squash off of the field road just in case the ambulance came all the way out to us. And soon enough we heard the sirens and there was the ambulance in our garden with one stray pumpkin squashed under its tires.

The EMTs took over at the at point. Maggie hot-footed it back to the wash shed to keep that crew going. And I took the opportunity to take our first truck load of squash back to my house for storage in the garage. On the way, I dropped off one of Suzanne's co-workers at her car so that she could follow Suzanne to the hospital.

When I got back to the field, everyone was working hard and we were ready to load the truck with another huge pile of squash. I got into the truck bed for loading and noticed some volunteers way out in the field beyond the squash section. OH NO! They were in Camilla's research plots. As I ran out to them, I wanted to believe that they could not have harvested all of Camilla's butternuts in the short time I was gone. But I was wrong. Sure enough every last butternut was cut from the vine and stacked in a pile. Camilla is researching the effect of cover crop and soil amendment combinations on crop yield. We needed to know exactly how many pounds of squash were harvested from each plant. Disaster. It never occurred to me that they would wander into those plants. The farm boundaries are so set in my mind, but obviously they are harder for volunteers to see so clearly.

At that point I was ready to send everyone home. Maggie and I could finish the work ourselves! But I stammered my way through redirecting the crew and getting things into some kind of order. When we regrouped in the wash shed, we thanked the volunteers and shared some treats that Amy provided, and said goodbye. As soon as we were alone, Maggie and I sat down to breathe and eat our lunch. She filled me in on her experience of the morning with a seriously reduced harvest crew and the emergency distraction. I told her about the ruin of Camilla's research plot. And we planned how we could finish the rest of the work ahead of us for the day. At last just us two.

Suzanne is recovered. Camilla took the news about the butternuts well, because that's just how she is. The two volunteers with leather gloves did an excellent job on the field road (and they finished before the ambulance had to get through). Maggie and I learned a few more lessons about supervising crews. And I bet that while you ate your cherry tomatoes last week, you had no idea what was going on around them while they were being picked.

In the Bag (continued from the front)

recipe from earlier this year. You can also use the beet greens right along with the chard. These two crop (beets and chard) are actually botanically the same. Some varieties are grown for the root (beets) and some are grown more for the greens (chard). So both the beet and chard greens will be very happy together in any recipe.

This will be the last (and best!) delivery of **edamame** this year. Remember this is an easy and delicious food. Just pull the pods from the stems, clean them, and boil them in salted water for 5 to 10 minutes. The beans are ready when they slip easily from the pods. You can serve them as a snack or side dish. Just slip the beans from the pods between your teeth and discard the pod. Or if you have the time, slip all the beans out separately and incorporate them in a rice or noodle dish. Your bunch of edamame probably has two varieties in it. One will have bronze fuzz and the other will have green fuzz. Let me know if you have a flavor preference between the two. I know I prefer to grow one over the other!

This is also likely to be your last delivery of **green beans**. Luckily, this is also the best delivery of green beans for the year. The pods are long and elegant with a delicious flavor. Enjoy!

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## Upcoming Events

REAP's Seventh Annual

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### Food for Thought Festival

*"Eating Well, Being Well"*

Saturday, 17 September

8:00 am to 1:00 pm

Martin Luther King Jr. Blvd.  
off of the capital square

### With the Friday Night Forum

Friday, 16 September

7:30 to 9:30 pm

UW Health Services Sciences  
Learning Center, 750 Highland Ave.

**Joan Dye Gussow**, keynote

"Of Pyramids and Parsnips:  
Just Eat Food"

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And take yourself out to eat local foods  
at area restaurants at the first

### Food for Thought

### Local Night Out!

Wednesday, 14 September

Participating Restaurants:

**Blue Marlin**

**Bunky's Café**

**The Dardanelles**

**Eldorado Grill**

**Greenbush Bar**

**Harvest Restaurant**

**Ian's Pizza by the Slice**

**L'Etoile**

**Lombardinos**

**Nadia's**

**Ovations**

**Quivey's Grove**

**Roman Candle**

**White Horse Inn**

Send newsletter comments,  
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