



Urban Roots

Volume 4, Issue 17
22 September 2005

In the Bag

Butternut Squash, 1 piece
Delicata Squash, 1 piece
Potatoes, 1 bag
Radishes, 1 bunch
Leeks, 1 bunch
Red or Green Chard, 1 bunch
Choice of Herb, 1 bunch
Garlic, 1 head
Slicing Tomatoes, 6 pieces

Can you believe that this is the 9th consecutive delivery of **tomatoes**?! I hardly can. We have never had such a long run of these delicious fruits. And with the warm weather we have had lately, it feels like we might still have tomatoes for the last pick up on October 13th. We shall see...

The new items in the box this week are the butternut squash and the leeks. The **butternut** is a hardy, versatile squash which will keep for a long time and can be served any which way from baked with garlic and olive oil, to mashed with butter, to cubed into a curry, to pureed into a pie filling. It also make great soup.

This is your first delivery of **leeks** and your last delivery of **potatoes**. We put them together in this share so that you could have potato leek soup from the farm at least once this year (see the recipe on the back). When we bagged up these potatoes, we were sad all over again about the failure of this crop. But the leeks look pretty good. We harvested a variety of sizes so you could have your choice of fat or skinny in this oniony allium. If you don't want to make the soup, just use these leeks as you would use an onion.

The **chard** is beautiful again this week. In fact we have never before had such nice chard. It's time for polenta pie again! Or you can use the chard as an add-in in some butternut or potato leek soup.

Maggie's Comments

Hello there. It's Maggie, Claire's trusty farm assistant. I know you've heard lots about me through Claire's stories in these newsletters, but you haven't actually heard *from* me at all this year. I had some inspiration today, so I thought it was about time that I shared with you all!

This evening I did something very unusual. I went to my place of work for pleasure. After I changed out of my work clothes, after I had rinsed the grime of the day away, I decided that I wanted to go out to Troy Gardens to collect some mint to make mojitos with a friend later (mojitos are a tasty beverage made with fresh mint, lime, sugar and rum). While I was there, I decided to take my time and try to see the whole place with new eyes. I walked through the heirloom and seed saving gardens and read about different varieties of flowers and vegetables, taking time to admire the work of my colleagues in this creation. Then I walked through the kid's garden, said hello to the chickens, smiled at the "pizza garden" and enjoyed the unique, playful setting Megan has created within that space. While I was in community garden central I read through some of the comments in the garden log and savored the different, creative style displayed in each garden plot.

Gardening is so different from farming. In many of the gardens the goal is to grow as many things as possible in a small space, which requires a lot of creativity and prioritizing certain favored foods and flowers over others. The result is often a very unique, beautiful space. Of course, I think that the farm is very beautiful also, but in a very different way. It's beauty lies in its vastness, in its orderly, straight rows and the quantity of food that we are able to reap from the land. It, too, is a relatively small space to feed so many people. I am so proud to tell others how many we feed from the five acres we grow on--ninety members in addition to selling at two markets and wholesale to the Willy St. Co-op. The reaction is usually amazement. And when I stop to think about it, yeah, it is pretty amazing.

Which leads me back to my experience viewing the land with fresh eyes. So I stopped to pick my mint from the edible landscape and went on to the farm to pick myself a bouquet of fresh flowers. When I arrived at the CSA garden there was a hummingbird near the zinnias and its tiny perfection nearly took my breath away. I collected my flowers and some sage and thyme to dry in my kitchen and then ran into a volunteer who I chatted with for a little while. Walking back to my car I ran into a Hmong family picking herbs for their dinner in the Hmong Garden. They convinced me to take a

(continued on the back)

Recipe

CSA members Brendan and Brook will be excited to see leeks in their box this week, because they love this soup! Brendan said it was a lot of work, but that it was really worth it. From looking at the ingredients, I can see that he must be right. This is leek soup for the diary lover! The recipe makes a huge amount. You can cut it in half, or you can make the whole thing and freeze half for later.

Brendan & Brook's Potato Leek Soup

1 1/2 cup chopped celery	1 quart half & half
3 cups sliced leeks	3 cups milk
1 medium red onion, chopped	3 Tbs. butter
1 large sweet pepper, chopped	1/4 cup flour
6 cups potatoes, diced & boiled	1/4 to 1/2 Tsp. white pepper
1/4 cup white wine	1 cup sour cream
1 Tbs. balsamic vinegar	1/2 cup chives
1 14 oz. can veggie broth	1/2 cup parsley, chopped
2 veggie bouillon cubes	1/4 cup grated parmesan cheese

1. Vegetables: In a large soup pot, sauté the celery, leeks, onion, and sweet pepper in 3 Tbs. butter, until the onion is soft and turns translucent. Add the potatoes, white wine, balsamic vinegar, veggie broth, and bullion. Turn heat to low.
2. White sauce: combine the half & half, milk, butter, flour, and white pepper in a sauté pan. Heat slowly to thicken and stir constantly to keep from burning.
3. Add the white sauce to the vegetables. Add the sour cream, parsley, chives, and parmesan cheese. Heat slowly and do not boil. Serve.

(continued from the front)

sampling of several different herbs home with me and told me how to cook with them. They said if I liked them I could come back and pick more whenever I liked. I was very touched by their willingness to share and teach me a small piece of their culture.

I walked back to my car with lifted spirits, feeling refreshed and loving the place where I work. I am so used to being at the farm in work mode, with no time to stop to talk to passerby or even to fully enjoy the beauty of this place. So I invite you to do the same the next time you come to Troy Gardens to pick up your CSA delivery. If you have a little time, take a walk back through the gardens, maybe even through the edible landscape and the prairie and pick yourself some fresh flowers and herbs from our CSA garden. Take a moment to enjoy this beautiful place that your food has been coming from each week this season. As the cooler weather and shorter days remind us that it's not going to last much longer, I invite you to enjoy it while it lasts. Until next year, of course.

Troy Community Farm

Claire Strader

1814 Sheridan Drive

Madison, WI 54704

Phone: 442-6760 e-mail: claires@chorus.net

Upcoming Events

Madison's Sixth Annual *Empty Bowls Dinner*

Saturday, 1 October
11:00 AM to 2:00 PM
Madison Senior Center
330 West Mifflin Street

Free Meal, \$15 donation for a Handmade Bowl

Local potters create the ceramic bowls, area restaurants donate soup and bread, and volunteers serve the meal. You are invited to choose a bowl for \$15 and enjoy live entertainment while you eat!

Proceeds go directly to projects that make fresh foods available to low income households, including MACSAC's Partner Shares Program. Troy Community Farm has several CSA members every year who are assisted by the Partner Shares Program.

LAST CSA PICK-UP FOR 2005

It is coming up in just three weeks!
Our last pick-up will be on
Thursday, 13 October

2005 END-OF- SEASON CSA SURVEY

Please return the attached survey when you come to get your vegetables next week or mail it in to the address on the survey. Your thoughtful comments will help us improve the
CSA for 2006!

**Send newsletter comments, suggestions, and recipe ideas to:
Liz and Marcia Campbell, Editors
mcatoncampbe@wisc.edu**