



Urban Roots

Volume 4, Issue 18
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In the Bag

Carnival Squash, 1 piece
Pie Pumpkin, 1 piece
Onions, 1 bag
Sweet Potatoes, 1 bag
Carrots, 1 bag
Brussels Sprouts, 1 bag
Honey, 1 bear
Choice of Herb, 1 bunch
Garlic, 1 head
Green Tomatoes, 3 larger & 3 smaller

There are several new items in the share this week. First there is the **pie pumpkin**. While this sweet pumpkin is intended for making pie, it can also serve as a decoration until you decide to cook it up. It should keep well, so there is no hurry. However, you will be getting another one next week. So if you are anxious to use the pie recipe on the back right away, go ahead!

Sadly, **onions** are new this week as well. Really you should have been getting onions regularly for a couple of months by now, but these and the potatoes were our two biggest crop failures. As you can see, the bulbs are quite small. You will get one more bag of onions in a couple of weeks.

Sweet potatoes are new also. This crop did not do as well as we hoped either, but still we have enough for this delivery and one more. This week's tubers are on the small side, but the ones you will get in a couple of weeks will be bigger. The small ones do not keep as well, so you get to eat those first. These will be good for mashing with butter (skins and all!) or baking with a little olive oil and garlic.

I know some of you will be thrilled to see **Brussels Sprouts** and others of you will cringe. These seem to be a love or hate vegetable. For those of you who love them, you know what to do. For those that want to love them, take a look at the simple recipe on the back.

Every year I have members asking for **green tomatoes**. This year is no exception. The difference this year is that you are actually getting them! The red ones lost their *umph* this week, and frost will be coming soon, so I felt okay about stripping off the potential of these green fruits. See the recipe on the back for one way to prepare them. Also check the web for the classic fried green tomatoes.

You have the same **herb** choices as last week. But this week the bunches are a bit bigger. Hang the thyme, oregano, sage, or mint in your kitchen to dry if you cannot use it all right away.

Claire's Comments

Honey!

Ever since I first learned about bees and beekeeping, I've been in love with those dangerous and delightful little girls. I had my first taste of honey straight from the bee-covered comb over the summer of 2000 when I was in Santa Cruz, California. (I was an apprentice there for six months in the ecological horticulture program at the university.) It was incredible for me to hold those heavy frames of honeycomb covered in busy bees and sometimes actually dripping with honey. I didn't know very much about bees at the time, but there was something that kept drawing me to the hives.

I was required to keep a journal that summer as part of the program that I was in, and I chose the bees as my journal topic. I would sit by the hives and watch them coming and going with their little legs all puffed up with pollen, or standing at the entrance fanning cool air into the hive, or just buzzing in front of the boxes orienting themselves to their home. Then I would head out to the arboretum to watch them gathering pollen and nectar from the flowers. I also took on one of the hives as my own for the summer. I would go in and tend the bees once a week, looking for signs of disease, watching the larva turn into bees, weighing the honey frames in my hands until they were full enough to extract the honey. That summer I learned that bees are as complex as they are fascinating. And I also learned that amateur beekeeping is something that is well within my capabilities. I decided that when I returned home, I would look into keeping bees myself.

We got two hives at the farm in the spring of 2004. Since I was learning poems by Edna St. Vincent Mallay and Emily Dickinson at the time, I promptly named the hives Edna and Emily. Last summer they both built up their populations and stored enough honey for themselves for the winter. We never harvested any of their crop, but we did get to taste some of it from the comb when we went in to check on them. It was delicious and (I thought at least) just a little bit cinnamony.

With the early spring and the warm weather this summer, Edna (who has always been our star hive) was able to put up an extra 12 frames of honey. And Emily (who is smaller and slower) put up an extra 4 frames. About a month ago, Maggie and I went into the hives to take out this extra (meaning what they produced beyond what they need to survive the winter). Then we went to work extracting it from the comb, filtering out the wax, fitting it into the little bears, and getting them all labeled. We just finished yesterday! And we are so proud. Even though we did not gather the nectar and magically turn it into honey ourselves, we couldn't be more tickled to see all those little golden honey bears lined up together on the table. And boy is it yummy! We are so excited to pass some of this magic on to you!

Thrilled by our little success, we are already making plan for next year. We hope to start one or two more hives and hopefully harvest twice as much honey! If you like honey, that's good news for you because it is unlikely we will ever sell this crop. It will all go to our CSA members.

Note: Our filtering system is not perfect. So if you find a little speck of wax or even a bee leg in your honey that's why. It helps to remember that it's the bees who made the wax and the honey with their own little bodies in the first place.

Recipes

No Fault Pumpkin Pie

Moosewood Cookbook

3 c. pumpkin puree	1 tsp. ginger
3/4 c. honey	1 tsp. salt
2 T molasses	4 eggs, slightly beaten
1/4 tsp. powdered cloves	1 can evaporated milk
3 tsp. cinnamon	(or 2 c. scalded milk)

Mix in order given. Pour into pie shell and bake for 10 minutes at 450 degrees, then 40 minutes at 350 degrees, or until set.

Variation: For a delicious pumpkin pudding, omit pie shell. Bake filling in buttered baking dish and serve with vanilla ice cream or heavy cream.

To make pumpkin puree: Cut pumpkin into large chunks and remove the seeds. Then either steam or bake the chunks until the flesh is soft. Remove the flesh from the skin and puree in a blender with just enough water to make it thick and smooth. Extra puree can be frozen for future use.

Al's Brussels Sprouts

Alan Campbell, Troy CSA Member

1/2 lb. Brussels Sprouts	2 T olive oil
(you have 1 lb. in your share)	1 T butter
Juice of 1/2 lemon	freshly ground pepper to taste

Peel off the outermost leave of the Brussels sprouts. Cut a small "x" in the bottom of each sprout by pushing the tip of a paring knife into the stem end. (If the sprout is really large, just cut it in half instead.) Boil the sprouts in water, reduce heat, and cook until tender (10 to 15 minutes). Drain the sprouts. In a sauté pan, melt the butter and add the olive oil. Sauté sprouts over medium heat until they begin to brown slightly. Sprinkle with lemon juice and freshly ground pepper.

Green Tomato and Egg Gratin

Lisa Kivirist and John Ivanko, Inn Serendipity

1 1/2 cups chopped green tomatoes	3/4 C soft bread crumbs (pull soft or fresh bread into tiny pieces)
6 hard-cooked eggs, sliced	3 tablespoons unbleached flour
5 tablespoons butter, divided	1 1/2 cups low-fat milk

Heat oven to 350 degrees. Alternate layers of egg slices and tomatoes in a shallow baking dish. Melt 2 tablespoons butter in a small saucepan. Add bread crumbs; stir well. Melt remaining butter in medium saucepan over low flame. Stir in flour and cook, stirring often, 3-4 minutes. Whisk in milk and cook, stirring constantly, until thickened. Pour milk mixture over tomato/egg layers. Top with bread crumbs. Bake 35 to 40 minutes. This can be assembled the night before, refrigerated, and baked the following morning for a stress-free brunch. Makes 4-6 servings.



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

THIS WEEK!

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 two weeks!
Our last pick-up will be on
Thursday, 13 October

2005 END-OF- SEASON CSA SURVEY

If you didn't get a survey last week, please take one this week. Return it 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

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