



Urban Roots

Volume 4, Issue 19

6 October 2005

In the Bag

Butternut Squash, 1 piece
Pie Pumpkin, 1 piece
Sweet Potatoes, 1 bag
Beans, 1 bag
Leeks, 1 bunch
Beets, 1 Bunch
Kale, 1 bunch
Roma Tomatoes, 1 bag
Choice of Herb, 1 bunch
Garlic, 2 heads

Can you believe beans and tomatoes one more time?! We did a couple of harvests off of our last bean planting last week, sparse harvests of 7 to 10 pounds total. But our experience this year has shown that it's the third and fourth harvests that really come in heavy. So, we went into the bean patch this week with a vision of harvesting 45 pounds for the CSA. And we did it! I think this time it really and truly is the last bean delivery for the year. Enjoy!

These romas are also, for sure, the last tomatoes for the year. It took us a long time to find these out there. We wanted to give it a try because when you look at the field you can see all this red. But when you get in there to actually pick, you find out that it is mostly rotten red. These are the very last of the good tomatoes. We are not going to be fooled by that pretty color any more!

I think this is the very first week this year that there are no new foods in the share. I guess that's not too bad for week number 19! Next week you will be getting three new decorative items in your bag – a jack-o-lantern, gourds, and a ristra. The ristra (string of dried, hot peppers) is actually decorative and edible, if you like hot food. You will also see Brussels Sprouts, one more butternut, onions, chard, carrots, and more garlic and herbs.

Claire's Comments

My Favorite Fall

By this time in the season, you have usually heard me cry and moan over the loss of the heat for weeks. Not this year! For me this is has been a most delicious fall. I went for a long walk last night before bed, wearing my shorts and tank top, savoring that perfect evening air on my skin. Perfect evening air on October 5th. Remarkable. I've actually been going for walks most evenings for the past couple of weeks. At some point, I recognized that this fall wasn't going to plunge me into the dreary cold quite as quickly as I was expecting and dreading. With that realization, came a desire to wallow in these last days of heat for as long as they could hold. I loved washing off the dirt and sweat from the farm, keeping the windows wide open all night, waking up to crisp air that soon warmed to summer again. Now the weather radio tells me that last night marked the end of my wallow.

I hear there may be frost over the next couple of nights. But really, it's no matter. The tomatoes are done. They still draw us with that fetching red color. But when we approach to pick them, we see that they are blemished and rotten beyond hope. We mowed down the last of the summer squash on Friday, tired of picking and tossing so many deformed and dehydrated fruits. Nor did we spare the sweet peppers from the blade, though we love them and never got our fill this dry summer. The frost cannot harm our crops now. They have given all they can and we are taking them down ourselves.

In fact, the frost could help some things. Brassicas like kale, collards, and Brussels sprouts are made sweeter by a freeze. When it gets cold, these vegetables stock up sugar in their cells to act as anti-freeze. I'm actually hoping that next week's delivery of Brussels sprouts are touched with frost before the harvest. I would love for you to taste the difference between the warm-weather sprouts of a week ago and the sweeter cold-weather crop. The chard and collards would be improved with a little extra sugar also.

If only I got sweeter in the cold! But I don't. I only shiver. I guess I'm more like a tomato than a Brussels sprout. At least this fall, I cannot complain that the cold came too soon or that I never got a chance to enjoy the heat. It really has been delicious. I'm ready for the frost. I'm even ready (I suppose, if I really must live through it anyway) for the dark, biting winter.

Physicians Plus Offers Cash Rebate for CSA Members

With the new Eat Healthy Rebate program from Physicians Plus Insurance Corp., health plan members can now apply their Good Health Bonus rebate to the cost of a produce share from MACSAC farms! MACSAC is the Madison Area CSA Coalition, and Troy Community Farm is a part of the coalition. Beginning with 2006 shares, Physicians Plus members can receive rebates of up to \$100 for single contracts and \$200 for family contracts. To receive your Eat Healthy Rebate:

1. Write "P+ Eat Healthy Rebate," along with your date of birth, on your CSA farm sign-up form. Please be sure your phone number is on the form, too.
2. Send your farm sign-up form and payment to the farm according to the instructions on the form.
3. Send a copy of your form to: Physicians Plus Insurance Corporation, Good Health Bonus, P.O. Box 2078, Madison, WI 53701-2078
4. Look for your Eat Healthy Rebate check from Physicians Plus within 6 – 8 weeks.

Life is better when you eat plenty of locally grown, organic veggies. Physicians Plus just wants to make it even more rewarding. Please visit www.pplusic.com for program details.

**You will be receiving a 2006 sign-up form from
Troy Community Farm as soon as the new CSA brochure is ready.
Look for it in the mail sometime before the end of January 2006.**

Recipe

Potato Kale Soup

Jim Harvey, MACSAC member

4 Tbs. olive oil 1 1/4 teaspoon salt
2 medium onions (or leeks!), chopped
6 medium potatoes, peeled and diced into 3/4-inch cubes
10 cloves garlic, chopped 3 cups coarsely chopped kale
1/2 Tbs. red chile flakes black pepper

Heat oil in soup pot; add onions or leeks, garlic, chile flakes (to taste), and salt, and sauté until onions are translucent. Add potatoes and enough water to cover by 4 inches. Bring to boil and cook, covered, until potatoes are about half done. Add kale and cook, uncovered, until potatoes are tender, 10-15 minutes. Purée soup in blender or food processor. Season with pepper to taste. Makes 6-8 servings.



Upcoming Events

**LAST CSA PICK-UP
FOR 2005**

Is next week!
Thursday, 13 October

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**TROY GARDENS &  
HUITLACOCHÉ  
ON PBS**

Tune in to the Wisconsin Gardener on PBS tonight at 7:30 PM to see a segment on huitlacoche at Troy Community Farm. The show will also be repeated on Sunday, 30 October at 2:00 PM.

### Troy Community Farm

Claire Strader

1814 Sheridan Drive

Madison, WI 54704

Phone: 442-6760      e-mail: [claires@chorus.net](mailto:claires@chorus.net)

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