



# Urban Roots

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## In the Bag

Butternut Squash, 1 piece  
 Carrots, 1 bag  
 Onions, 1 bag  
 Sweet Potatoes, 1 bag  
 Brussels Sprouts, 1 bag  
 Leeks, 1 bunch  
 Chard or Kale, 1 bunch  
 Choice of Herb, 1 bunch  
 Garlic, 2 heads  
 Ristra, 1 string  
 Gourds, 3 pieces  
 Jack-o-lantern, 1 piece

It's a long list this week. But everything in the share keeps pretty well, so you have some time to use it all up. The one item you may want to use sooner than later is the **chard** or **kale**. As you know, my favorite way to eat greens is to sauté onion and garlic in olive oil, add the cleaned and chopped greens with dashes of tamari and red wine vinegar, cover and let it all thoroughly wilt. It's a yummy side dish with any meal.

The **sweet potatoes** this week come from Tricia at Luna Circle Farm. Tricia was short on peas earlier in the year and also on butternuts this fall. So we provided those items for her CSA members in exchange for her beautiful sweet potatoes (which are certified organic just like ours). She grows on sand which is warm and loose and perfect for potatoes of any kind. These should be great for baking.

A **ristra** is a string of hot peppers. You will often see ristras made of huge, luxurious red peppers hanging in Mexican restaurants or groceries. Our version is much smaller and made from super chilis which dry and keep more reliably than any other pepper we've tried. You can pull a pepper from the string and use it in any dish you want to make hot. The peppers should keep all year.

The two non-edibles in the share are the **jack-o-lantern** and the **gourds**. These are for carving and decorating and proclaiming fall!



## Claire's Comments

### Thanks

It's the 13<sup>th</sup> of October and it's the final CSA delivery for 2005. It has definitely been a year of ups and downs. We had tremendous successes this year (like the melons and honey) and bitter failures (like the potatoes and onions). But through it all you, our CSA members, have been our biggest strength and support.

Both Maggie and I want to thank you for all your patience and kindness this summer. As you know there were some weeks when we were not at all sure that we would make it to October 13<sup>th</sup> with vegetables to deliver. I remember clearly those week and weeks without rain, without hope for rain. And as we reported that there wouldn't be many potatoes or onions this year because of the drought, so many of you helped us rejoice in the abundance of tomatoes and squash instead. As we offered up our puny red peppers, you told us how good they tasted. As we struggled with all the things that went wrong, you reminded us that things were going right too. You kept coming to get your vegetables, you smiled, you told us our melons were the sweetest you've had, how you learned to love leeks, how your partners were converted to kale or beets. We really needed your support this year, and we love you for giving it so generously. You kept us going.

We also want to thank all the folks who came out to work at the farm over the season. Camilla has been with Troy for two years now doing research for her agronomy thesis, and has always given more time and more effort than we ever expected. She will finish her thesis this winter, and the farm will not be the same without her next year. All our interns were fun to be around and did excellent work. Thanks to Laura who tested her strength setting up the greenhouse in the spring and hauling around all that soil; Cassie who came back for a second season at the farm and took the new herb business under her capable wing; Kevin who kept our tools in good order and took all the ribbing we could dish out; and Emily who did our pest monitoring and dished out her own fair share of good-natured mocking. This group was truly a joy to work with.

We also had a great group of worker shares this year. Beulah, April, Meg, and Brendon have all been at Troy for two or more years. They know the ropes and I trust them to not only do their work but also to help out others who don't have as much experience. Sarah, Mary and Paul, Nora, and Jenny were all new to the farm this season and they all did excellent work with a great attitude. Finally, Sean was our special worker share again this year. He keeps Nicole (the tractor) in good working order so she is always ready to go when we are. This group is the backbone of our work force (especially when the interns go back to school in August) and we couldn't grow food without them. They are also good at letting us know what's good and not so good in the share each week. As working members, they are a great help with quality control.

Though it feels like they've been back in school for a long time now, we clearly remember all the work that that farm and field students did this summer. Manny, Azi, Danielle, Dylan, Kamonzi, Chris, Dwayne, Toby, Caleb, Louis, Molly, and Carrie challenged themselves and each other to work through the heat and physical discomfort of fanning to bring you

(continued on the back)

## Winter Work

*The question I always get this time of year is  
"What do you do over the winter?" Here's the plan:*

**November** – Finish farm clean up, get the greenhouse foundation stakes set for spring, make soil for spring planting, catch up on all the administrative work I've let slide over the summer.

**December** – Set the crop plan and planting calendar for 2006, order seeds, recruit interns for spring and summer.

**January** – Spend the month in Guatemala studying Spanish and hiking up volcanoes!

**February** – Start planting – leeks and onions first, followed by herbs, lettuce, broccoli, Brussels sprouts, etc.; set up the greenhouse in the backyard, sign up CSA members.

**March** – Move all the plants from the basement to the greenhouse; plant the first peas and spinach in the field.

**2006 CSA deliveries begin on  
Thursday, 1 June!**

## Sonnet

*It's hard to believe that we are making the last CSA delivery and still there is no frost. All the plants have had a chance to live their full lives without the cold cutting them short. The ruined garden will not be as dramatic this year as a result. And I've been so grateful for the extended warm days we've enjoyed.*

Clearly my ruined garden as it stood  
Before the frost came on it I recall –  
Stiff marigolds, and what a truck of wood  
The zinnia had, that was the first to fall;  
These pale and oozy stalks, these hanging leaves  
Nerveless and darkened, dripping in the sun  
Cannot gainsay me, thought the spirit grieves  
And wrings its hands a what the frost had done.  
If in a widening silence you should guess  
I read the moment with recording eyes,  
Taking your love and all your loveliness  
Into a listening body hushed of sighs...  
Through the summer's rife and the warm rose in season,  
Rebuke me not: I have a winter reason.

- Edna St Vincent Millay

(continued from the front)

harvest after harvest of peas, beans, summer squash and more. I hope they learned as much from me as I did from them.

We also want to thank all the volunteers who contributed their time to the farm this summer. Ron came out week after week to give us a hard time and a helping hand; Daniel came by on many Friday afternoons for bean harvesting and squash harvesting, and tomato harvesting...; Jen came out whenever she could put down her violin for a few hours; Sarah and Kate and Alex and John and others came out for a few adventures in the heat. And Kirstin, Fawn, Mary and Jenny all helped out at the farm stand this fall. These volunteers and all the groups of adults and students who came out to work for a morning or afternoon at the farm made a huge difference in what we were able to get done this year. Thanks to them all.

Finally, I want to give a huge thanks to my assistant, Maggie. She started at the farm as an intern in 2003. I was delighted when she accepted my offer to come back as a farm employee in 2004 and again in 2005. Over these three years she has become a true farming partner for me, sharing not only in the day-to-day tasks at the farm but also in planning and in supervision of the many folks who work with us. I am so grateful to have her and I look forward to seeing what we can do together next year!

Next year. As Maggie and I clean out the buckets and crates, organize the shed, plant the winter cover, plant the garlic, and mix 200 gallons of soil for the spring greenhouse, we do it all in preparation for 2006. We are truly happy to put this season to rest. And we will be just as happy to pick up our tools again in February. When the spinach and lettuce and green garlic are finally ready for harvest again in June, we hope to see you across the farm stand table just as ready for another year of deliciously unpredictable farm, fresh produce.



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