



## In the Bag

Spinach, 1 bag  
Green Garlic, 1 bunch  
Mung or Lentil Sprouts, 1 bag  
Lettuce, 1 head  
Radishes, 1 bunch  
Kale, 1 bunch

I am sad to report that there are no new items in your share this week. We tried hard to get enough peas to distribute to you, but the vines are only just beginning to produce. I expect next week you will have your choice between snow peas and sugar snap peas – both are delicious and easy to enjoy with their edible pods. Next week!

Meanwhile you have spinach one more time. I believe this will be this last time for this spring. It is getting too hot for this cold-weather crop. Also, I've been frustrated with all the little holes in the leaves. I have no idea who to blame. I've never seen the culprit. Luckily, the holes do not affect the flavor, which is still sweet and delicious.

I can hear all of you exclaiming over the kale as I write this, both those who are already seduced by this vegetable and those of you who are playing hard to get. For all you hold outs, try this simple dish: Sauté the green garlic and some onion in olive oil. Add the kale cut into salad sized pieces. Add some tamari (or soy sauce) and red wine vinegar. Cover it all and let it steam until the kale is thoroughly cooked. You may want to add a little water to help with the steaming. Serve as a side dish with any meal. I had a ten-year-old meat lover over here for dinner a few years ago, and all he wanted of my vegetarian offerings was the kale. He loved it and finished the whole pot!

I can hear the same exclaiming over the radishes – another vegetable with so many lovers, and haters. Try them on a sandwich this week with the sweet lettuce and some tahini (sesame butter). The lettuce and the tahini tone down the radishes which are full of yummy spice!

## Claire's Comments

### Did Pierce's Loan You that Truck?

I heard that question from many of you last week. For those of you who pick up at Regent Street Market, or my front porch, or who didn't happen to notice, we had a huge cube van parked behind the farm stand last Thursday – much like this Thursday. The Pierce's logo is displayed prominently on the side, thus the popular question. And the answer? No, they did not loan it to us. They gave it to us.

As many of you likely remember, we have been raising money to buy a new truck for a while. All the proceeds from the Savor the Summer raffle last year were set aside for the truck and that money, combined with the individual truck donations we received, totals \$7000 – a healthy sum, but not quite enough to get us the kind of truck we need. So, we decided to ask our new neighborhood grocery store to donate some additional funds in exchange for advertising rights on the side of the truck. When Sundee and I met with Jeff Maurer (President and General Manager of Pierce's) and Ron James (Store Manager for the Northside location) they were very friendly and very open to hearing both our stories about Troy and our request for funds. At the end of the meeting, we all agreed that Troy Gardens and Pierce's Market can do some work together in feeding the people of Madison. Then Jeff and Ron shared a look that was clearly about our request for a sponsorship for our new truck.

Both Sundee and I were surprised and delighted when Jeff said that they didn't have \$7000 to match the funds we already raised from the community, but they did have a truck that might suit our needs. He said that they used to use the truck to transport goods between their four locations, but now they have a refrigerated truck that does the job better. While this one was still in use for odd jobs, they said that they were willing to donate it to us. Amazing!

If you stop by the farm stand, you can see for yourself how great the new truck is. Not only is it plenty big enough to transport all our 110 shares, it also provides a great deal of shade for your vegetables while they wait for you to come and fetch them. Maggie and I love it! We are still in the process of getting the new truck insured, so for now it will only be driving to the CSA pick-up, but in the near future you will also see the truck at the Northside Market, the Eastside Market, and making our deliveries around town.

When you get a chance, stop in the new Pierce's Market in the Northside Town Center to shop and say thanks to our new neighbors and friends!

## Join a CSA Farm and a Movement

*For over a decade farmers of the Madison Area CSA Coalition have been leaders in the growing national CSA movement*

*By Laura Brown and Jessica Lischka, MACSAC*

For more than fourteen years, southern Wisconsin CSA farmers and active consumers have cooperated to build an awareness of CSA in the region through the work of the Madison Area Community Supported Agriculture Coalition (MACSAC). MACSAC came together in fall 1992 as a group of would-be farmers, sustainable agriculture activists and community organizers interested in building a broader awareness of the benefits of a community supported food system. That original group started a campaign that resulted in the creation of eight original CSA farms. These farms created a working model for hundreds of CSA's that would sprout across the country and the Midwest throughout the 1990's, building up to the more than 1700 CSA's in the United States today.

The number of MACSAC farms has blossomed from eight to twenty-four over the past decade, and MACSAC continues to be driven by a board of local farmers and activists in the spirit of educating the public about local foods and sustainable agriculture. While the philosophy, spirit and practicalities of CSA seemed a natural fit for progressive-leaning Madison from the beginning, the continued growth of CSA in the region can be largely attributed to the hard work of the many farmers and local activists who continue grow MACSAC's role as a resource for both CSA subscribers and farmers.

Because the relationship between a farmer and a household is the basis of CSA, MACSAC aims to help interested households find farms that best suit their needs and preferences by providing information about member farms in a variety of ways. New households often learn about MACSAC through our annual Open House, an event held each March that puts CSA farmers in direct contact with potential subscribers and offers other educational resources about local food and the Empty Bowls fundraiser held in October to raise funds for the Partner Shares fund to subsidize shares for low-income families. MACSAC also distributes an annual CSA farm directory, coordinates newspaper and radio coverage, conducts community presentations and phone and e-mail communications, and maintains a Web site: [www.macsac.org](http://www.macsac.org). The organization coordinates several programs that directly benefit CSA members, including:

- The Partner Shares Program assists low-income households with paying for CSA shares by subsidizing 50 percent of the cost for households that meet income eligibility guidelines. This year, nearly 50 households will benefit from subsidized shares, bringing better nutrition to those for whom it would normally be out of financial reach.
- The Eat Healthy Rebate is an innovative partnership between MACSAC and Physician's Plus Insurance Company that rewards insurance holders with a \$100-\$200 rebate on the cost of a share from any MACSAC farm, capitalizing on the health benefits of fresh produce for their policyholders.
- MACSAC volunteers and farmers created the nationally acclaimed cookbook just for CSA members: *From Asparagus to Zucchini: A Guide to Cooking Farm Fresh Seasonal Produce*. The book is used by hundreds of CSA members and farmers nationwide for interesting and easy recipes using seasonal produce.

CSA farmers provide direction for, and benefit from, MACSAC's work. These farmers choose to work cooperatively by participating in annual meetings and grower gatherings to share information and skills and serving on committees that steer the direction of the organization. Marketing cooperatively through the coalition provides the farmers with resources, outreach and marketing opportunities beyond what each farm could provide alone.

*Note from Claire: Troy Community Farm has been a member of MACSAC since our beginning in 2001. I will be including articles from and about MACSAC over this summer so that you can learn more directly about some of the great work this organization is doing.*

### Troy Community Farm

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## Upcoming Events

### Farm Volunteer Days

*Fridays, 7:00 to 11:00 am*

*at Troy Community Farm*

The farm has an open volunteer day every Friday morning. This time is for fun jobs like transplanting (early in the season), mulching, weeding (Claire honestly loves weeding!), and some harvesting of large crops like garlic, onions, and squash (later in the year). Everyone is welcome to join the usual crew of interns, worker shares, and youth in our Farm and Field program whenever they can. We are trying the early morning hours this year at the request of all those who suffered through the afternoon heat last year!

### Savor the Summer Festival

*Saturday, 12 August, 1:00 am to 4:00 pm*

*at Troy Gardens*

Mark your calendars now for this annual Troy Gardens event! This year we have a Hmong and a huitlacoche cooking demonstration; workshops on dried flower arranging, uses of native plants, mosaic art in the garden, and creating birdhouses; plenty of kid's activities; and a full day of live music. This will be a great day to spend on the land with friends, family, and lots of fun!

Send newsletter comments, suggestions, and recipe ideas to:  
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