



In the Bag

Various Eggplant, 2 large & 2 small
Cucumber, 2 pieces
Summer Squash, 2 pieces
Scallions, 1 bunch
Peppers, 1 large & 2 small
Beans or Cherry Tomatoes, 1 bag
Basil, 1 bunch
Garlic, 1 head
Tomatoes, 7 pieces

I think of this week's vegetables as the classic summer share. It is the stereotypical August offering, and one of my favorite of the year. Most everything goes together well and can be used up in just a few meals.

Start with ratatouille. I've included a basic recipe on the back. There are no quantities of vegetables listed in the recipe, so you have lots of room to customize it to your own tastes or to the quantities you happen to get in this share! The main ingredients are eggplant and tomatoes, both of which you have a-plenty.

Most of you will have four different types of **eggplant** in your bag. The largest one is the standard American or globe eggplant. The longer, skinner one is a Japanese eggplant and tends to have a less bitter flavor than the globe. The varieties on the two smaller ones will vary. All of them are gorgeous and delicious.

In addition to the standard red **tomatoes** this week, you also have one heirloom – either striped German or black prince. These heirlooms are known for their excellent flavor, but not for their storability. Eat them first!

Serve steamed **green beans** with your ratatouille or a salad of sliced **cucumbers** and cherry tomatoes with a vinaigrette and your share is all used up!

(continued on the back)

Claire's Comments

Change Is in the Air

It is only August 17th and already I feel compelled to write about the change of season at the farm. It is not so much a subtle change in temperature that is compelling me, as it is a dramatic change in the farm crew. Already four of the five summer farm interns have completed their internships and are headed back to school or on to other life adventures, and soon the farm and field crew will be trading in their hoes for notebooks as well. Every August we make this shift at the farm, and every August I both welcome it and rail against it.

It is hard to say goodbye to so many good people who have contributed time and sweat and genuine caring to this place. Without our interns Jenny, Therese, Isaac, and Kate, we would not have any tomatoes to harvest right now, and without the farm and field crew Adrian, Amanda, Asia, Clay, David, Duane, Elizabeth, Esther, Jaren, Katie, Madi, Mike, Twin, and Zach, it would be hard to pull all those tomatoes from the vine and get them into your shares. I have enjoyed working with and learning from all these folks and I am so sad to see them go. The farm will not be the same without their songs, jokes, teasing, and even sometimes (and we should admit this happened on occasion!) their complaints about the weather or the weeds.

The farm takes on a very different feel at this time of year, when it is just me and Maggie and our faithful worker shares. Everyone pretty much knows what they are doing at this point, and it is much easier for us all to be more relaxed and confident in our work. This year we are also lucky to have Katie, one of our summer interns, stay on for a second internship into the fall. Katie has been at the farm most every day for the last month or so, and she has been a tremendous help both with the actual work and with supervising others. I'm happy that we do not have to say goodbye to her quite yet. Amy, our spring intern, and Isaac, another summer intern, are also both staying on as worker shares into the fall. They too bring valuable know-how and experience to our crew.

So here's where I come to the part about welcoming the change. I do love that long about this time every year we can mostly focus on harvesting instead of weeding; we can sing and talk while we work at jobs we are comfortable and familiar with; we can enjoy these last few weeks of heat before we start to worry about the frost. And we can be confident that the farm is producing plenty of food to take us through this last half of the CSA season.

Volunteer to do a shift at the CSA Pick-up?

As you know the students from the Farm and Field program have been helping me out at the farm stand this summer. They are the folks who usually tell you what is in your share and help you identify any unfamiliar items (remember the garlic scapes!). They have been a great help to me, but this week is their last shift at the farm stand. They are headed back to school already, hard as it is to believe.

So, I'm wondering if any of you would be interested in doing a shift at the stand. You would get a chance to meet lots of other CSA members, test your strength hauling full crates of vegetables, and (the best part) fill up your bag with any extras we have left at the end of the pick-up.

I'm looking for 9 volunteers to work one Thursday each beginning next week August 24th and ending with our last delivery week on October 19th. I will meet you at the stand at 3:30 PM for set up. And we should be done by 6:45 PM.

Send me a message at farmer@troygardens.org or call me at 442-6760 to find out more and sign up for a slot!

Raffle Results

Our raffle was very successful! We raised \$2923 to go toward our greenhouse. AND Maggie and Claire together sold the most raffle tickets (250!) which means we won the free massage. Since Claire got the massage last year, Maggie gets it this year. Thanks to all of you who purchased tickets, donated prizes, and helped to make this raffle a success!!!

Recipe

French Ratatouille

I wanted to include the recipe for the delicious ratatouille that was served at the festival this past weekend, but I didn't get it together in enough time to contact the chef before the newsletter deadline. So instead I'm including this simple French-style ratatouille recipe which is short on details and thus long on creative potential. While you can proportion the vegetables as you wish, I believe Rafe (the festival chef) used 2 parts each tomatoes and squash, to 1.5 parts eggplant, to 1 part each onions and peppers. I love ratatouille, so I think it would be hard to go wrong no matter how you make it.

Sliced tomatoes
1-2 heads garlic, peeled & slivered
Summer squash, eggplant, onions, and peppers,
all cut into 1 1/2 inch chunks

Chopped fresh basil & parsley
Olive Oil

Heat oven to 300 degrees. Starting with tomatoes, layer vegetables and herbs in a baking dish, filling it very full. Drizzle 1-2 tablespoons olive oil over each layer. Cover and bake for 3 hours. If soupy, uncover during the last hour. Baste with liquid if you like. Makes any number of servings.

Troy Community Farm

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(continued from "In the Bag")

Unless of course you didn't manage to squeeze all that eggplant into the baking dish. In which case, try this:

Cut two to eight slits into the eggplant (depending on the size) and stuff each slit with a peeled garlic clove. Place the eggplant on a baking sheet and surround with cubed tomatoes, and thick slices of scallion. Roast it all for about 30 or 40 minutes or until the eggplant is very soft. Then cut open the eggplant and scoop it out of the skin. Dispose of the skin and mix the eggplant with the other roasted vegetables and chopped fresh basil. Serve this (I'm not sure what to call it, maybe a thick stew) hot or cold on rounds of baguette and topped with grated parmesan cheese. Yum!

The tomatoes are showing no signs of slowing down, the peppers are finally starting to come in, and even the cucumbers put out a big burst of energy this week. Like a said, it's a bag full of summer food. Next week look for fingerling potatoes, and edamame.

Send newsletter comments, suggestions, and recipe ideas to:
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