



In the Bag

Red Onions, 1 bag
Edamame, 1 bunch
Cucumber, 2 pieces
Summer Squash, 3 pieces
Salsa Basket, 1 bag
Roma or Cherry Tomatoes, 1 bag
Swiss Chard, 1 bunch
Choice of Herb, 1 bunch
Garlic, 1 head
Tomatoes, 7 pieces

Please don't be scared by the stemy bunch of **edamame** in your bag. I know it looks like a bit of an irregular offering, but once you taste it, you will surely forgive its unruly appearance. Edamame is also known as fresh or green soy beans. The varieties that you have in your bag are grown specifically for eating fresh in this way: First remove the pods from the stems and discard the stems. Then boil the pods in salt water for 10 to 15 minutes until the beans themselves are tender and can easily be removed from the pods.

My favorite way to eat them at this point is to put them all in a bowl and sprinkle a bit of salt on the pods. Then slip the beans from the pods by pulling the pods through your teeth. You will taste the bean with a few grains of the salt. Yummy! Edamame can be eaten as a snack or an appetizer in this way. Or you can remove all the beans from the pods once they are cooked and use them in noodle dishes or stir fries. Each year long-term CSA member April Johnson tries to convince me that removing all the beans from the pods before serving is the way to go, but I'm still holding out on the appetizer method. You will get another delivery of edamame in a couple of weeks, so you can try both approaches!

(continued on the back)

Claire's Comments

More on Changes

I have a friend (and CSA member) who likes to coach me on what I should write about in the newsletter. Back in June when I was full of ideas and information to pass on to you, I was rarely able to take her advice. I just couldn't fit it all in. But now it is the end of August and my stock of ideas is running low. Now I wait anxiously to hear what this CSA member wants most to learn about the farm, hoping she will speak for many of you and also spark my creativity. Her advise this week was to continue on last week's theme of changes.

As I mulled over this idea, I realized that really there are a number of changes at the farm that you may take some interest in, the eggplant for instance. You've seen how lovely and bountiful the eggplant has been this season, so much so in fact that our intern Katie's comment on it during yesterday's harvest was "I want to love this crop. How should I cook it again?" Never before have we had an eggplant crop as good as this one. The plants are healthy and full and they continue to show some of the most beautiful flowers on the farm (including those that can be found in the flower garden). Most years the eggplants produce enough for one or two harvests and then they wither and die of extreme potato beetle damage. For some reason the potato beetles are hardly in evidence right now, on either the potatoes or the eggplant (which, contrary to their name, they prefer). Maggie and I would like to believe we killed most of them with our almost daily squishing regime back in June, but it likely has more to do with their own mysterious environmental preferences.

Of course climate is an even more huge and obvious change from last year to this one. Where last year we had drought, this year we have regular and deep soakings. In fact the rain has been just about perfect this year, not too much, not too little. I know I've never had the opportunity to say that before, and I may never get the opportunity to say it again. That is pretty momentous.

Another momentous thing about this season is that for the first time we are serving our full capacity of CSA members. There are 110 of you, just slightly more than we are supposed to be able to serve on 5 acres. So, in order to keep your boxes full, just about every vegetable that we harvest goes to you. In the past we have sent more food to farmers' markets, but you are now eating just about everything we can produce. We still have a few wholesale contracts for herbs, tomatoes, leeks, and sprouts. But those items require only about 15 of our 330 or so beds. I so love growing food for all of you. And I also love that your collective appetite is now big enough for all the food we grow.

In general, I am not a fan of change. I often find it hard to adjust. But for the most part the changes at the farm this year have all been for the good. Maybe that will teach me to be more welcoming of change – which is always inevitable anyway.

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

As you know the students from the Farm and Field program have been helping us 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 us, but their graduation ceremony is today and 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 8 volunteers to work one Thursday each beginning next week August 30th 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!

Recipe

Juicy Sautéed Swiss Chard

From Recipes for a Kitchen Garden

I think it will be fine to substitute 1 medium red onion for the 6 green onions listed below. And if you did not choose the basil as your herb this week, I'm hoping that you have a bit left over from last week's huge bunch!

1 bunch Swiss Chard	2 tsp. sugar
2 Tbs. olive oil	1/8 tsp. Tabasco sauce
6 green onions, thinly sliced	1/4 cup chopped fresh basil
2 medium tomatoes, peeled & sliced	1/4 cup sour cream
2 Tbs. red wine vinegar	salt & pepper

Trim and chop the chard, discarding any tough stems. In a large skillet heat olive oil, add onions and garlic, and sauté 2 – 3 minutes until softened. Add chard, tossing to coat leaves. Cover pan with lid and heat 3 – 5 minutes until chard is wilted and tender. Add tomatoes, vinegar, sugar, Tabasco sauce, and basil. Heat 2 – 3 minutes. Remove from heat; mix in sour cream. Add salt and pepper to taste. Makes 4 – 6 servings.

Troy Community Farm

Claire Strader

1814 Sheridan Drive, Madison, WI 54704

Phone: 442-6760 e-mail: farmer@troygardens.org

(continued from "In the Bag")

The **red onions** are another new item this week. I love delivering onions because they are such a staple to most cooking. I know you will be happy to see them, and I don't have to tell you what to do with them. They are also an easy item for us at the farm. Once they are grown and harvested, all we have to do is put them in a bag for you. Unfortunately we do not have an abundance of onions for delivery this year. I think we have enough left drying in the sprout house for 2 more deliveries. Next year I am planting more!

This is also the first week of **Swiss chard**. For those of you who think kale is too tough to love, you will be delighted by the tenderness of chard. Use the chard any way you would use kale, including my standard favorite way: sautéed with olive oil, onions, garlic, tamari, and vinegar.

The **cucumbers** and **summer squash** have held out for one more week! I'm sorry to say that this will likely be your last delivery of these items. We had a hard time getting these crops to mature. The first plantings were lost to the early spring weeds, and the last ones did not germinate well. You've been enjoying the fruits of the middle planting. But even those plants are about ready to give up. Hopefully we will have better luck with these next year.

If you chose **basil, thyme, mint, sage, or oregano** for your herb, remember that if you don't use it all fresh, you can hang it upside down by its rubber band and let it dry for future use. By the end of the season you should have a nice collection of dried herbs for the winter! While **parsley** will also dry in this way, I don't think it tastes very good dried. Use it fresh in tabbouli or tossed with your summer squash after it is sautéed in olive oil.

Even though we have 133 cherry tomato plants at the farm, we never seem able to harvest enough to give some to all 110 members at once. I hope the choice between **cherry tomatoes** and various other items is working out for everyone.

Next week look for potatoes, leeks, romas for everyone, and more peppers, eggplant, and carrots.

Send newsletter comments, suggestions, and recipe ideas to: Liz and Marcia Campbell, Editors mcatoncampbell@gmail.com