



## In the Bag

**Delicata Squash, 1 piece**  
**Yellow Potatoes, 1 bag**  
**Leeks, 1 bunch**  
**Eggplant, 1 globe or 2 small**  
**Sweet Peppers, 1 medium & 3 small**  
**Carrots, 1 bag or bunch**  
**Cucumber, 1 piece**  
**Roma Tomatoes, 1 bag**  
**Choice of Herb, 1 bunch**  
**Tomatoes, 6 pieces**

Apparently I am not it close enough contact with my calendar these days. I specifically waited until what I thought was the first day of September to include leeks and potatoes and the first winter squash together in your share. Today I realize that it is still the last day of August. Good thing it feels cool enough these mornings and evenings to start to think about fall, even if I am a little ahead of myself!

Of course the classic use for **leeks** and **potatoes** is soup. A few weeks ago I met a new friend who told me she asked for two whole rolling pins at her bridal shower hoping to cultivate her "calling" for pie. She had read about women who make pie after pie, constantly working to perfect the crust and the filling, covering their recipes in handwritten notes on their own tricks or additions. After she read these stories and made the rolling pin request, she realized that she already has a similar "calling" for potato leek soup. Of course, I made her promise to send me her most perfected recipe so that I could include it here for all of you. She is still working out a few details, but I hope to have the promised recipe for you by the next potato-leek delivery.

Meanwhile, I've included CSA members Brendan and Brook's favorite potato leek  
(continued on the back)

## Claire's Comments

### The Storm Report

It turns out it was good timing for me to praise the "not to much, not to little" quality of our 2006 rains last week. I said I might never get to say that again, and already, one week later, I am ready to retract my words. On Thursday and Friday we had too much rain. The target amount of water for most crops is 1 inch per week. Sometimes we might get 2 inches one week and 0 inches the next and that can balance out. Be we got 3 inches on Thursday and another 2 on Friday. Five inches of rain is not an amount you can balance out. It is just too much. Those two hard, beating down pours, with the hail, have me shaking my head and looking to the sky for some sun.

While I am extremely grateful that these past storms did not hit in June (when we were lucky enough to miss the hail that pelted other farms), they still did their fair share of damage. The chard leaves that were so gorgeous last week are torn to shreds today. The tomato fruits have dings and rotting holes where the hail punctured the soft flesh. And the tomato plants are turning brown and shriveled where their usual diseases have spread like fire, ironically spread by the rain. Beautiful peppers and eggplants are rotting under wet leaves where there is not enough air flow to dry them. Much of our dry bean crop (black and cranberry and Jacob's cattle beans) are sprouted on the plants that grew them, still in the pods. The spinach and salad mix and radish seeds that we planted a week ago have all either washed away or rotted in the saturated soil by now. Every time we walk into the field we find another crop that has suffered in the storms.

It all sounds so terrible when I write it out like that. But honestly, Maggie and I are not taking it as hard as the plants have. For some reason we have been able to remain optimistic while surveying the damage. After all, look at the beautiful share you have this week. Sure there are not as many tomatoes, and those we have are not as pretty as they were last week, But we still have them. The carrots taste just as good out of a bag as they would have while still connect to their greens. There were still enough peppers for your bag even after we took out all the culls. We are in the height of the harvest, and while the storms may have dampened our enthusiasm for this "perfect" year a bit, we are still in very good shape.

The chard and basil that were cut by the hail will continue to grow and produce new undamaged leaves. The ground will dry out and we can replant some spinach and salad mix. The green fruits on the tomatoes, peppers, and eggplants still have some time to mature before disease or frost totally do them in. We have seven more deliveries this season. While these storms have changed the landscape of the farm quite a bit, in the end they will not change the content of those last seven shares all that much.

## Recipes

CSA members Brendan and Brook will be excited to see leeks in their box this week, because they love this soup! Brendan said it was a lot of work, but that it was really worth it. From looking at the ingredients, I can see that he must be right. This is leek soup for the diary lover! The recipe makes a huge amount. You can cut it in half, or you can make the whole thing and freeze half for later.

### Brendan & Brook's Potato Leek Soup

1 1/2 cup chopped celery	1 quart half & half
3 cups sliced leeks	3 cups milk
1 medium red onion, chopped	3 Tbs. butter
1 large sweet pepper, chopped	1/4 cup flour
6 cups potatoes, diced & boiled	1/4 to 1/2 Tsp. white pepper
1/4 cup white wine	1 cup sour cream
1 Tbs. balsamic vinegar	1/2 cup chives
1 14 oz. can veggie broth	1/2 cup parsley, chopped
2 veggie bouillon cubes	1/4 cup grated parmesan cheese

1. Vegetables: In a large soup pot, sauté the celery, leeks, onion, and sweet pepper in 3 Tbs. butter, until the onion is soft and turns translucent. Add the potatoes, white wine, balsamic vinegar, veggie broth, and bullion. Turn heat to low.
2. White sauce: combine the half & half, milk, butter, flour, and white pepper in a sauté pan. Heat slowly to thicken and stir constantly to keep from burning.
3. Add the white sauce to the vegetables. Add the sour cream, parsley, chives, and parmesan cheese. Heat slowly and do not boil. Serve.

### Pasta alla Norma

Contributed by CSA member Lydia Zepeda.

*This dish is named after an opera by Bellini. The opera is about a Druid high priestess in Britain who violates both her vow of chastity and loyalty to her people by having a secret affair with the commander of the occupying Roman legion. Ironically, one of her novice priestesses confesses that she too is having an affair with the very same commander. The opera deals with questions of honor, desire, and vengeance, with plenty of fire, gore, and great music to entertain. Maria Callas is among the stars who make the aria "Casta Diva" (Chaste Goddess) so memorable.*

2-3 small or 1 large eggplant (small eggplants are tastier)	
2 tbsp olive oil	4 oz. ricotta salata (an Italian cheese)
1 medium onion, minced	4 medium sprigs of fresh basil
1 pound chopped roma tomatoes	1 pound box of pasta shells

Peel and cube the eggplant into 1 inch cubes, and submerge in cold salted water for at least one hour to remove the bitterness. Drain thoroughly and discard water. Sauté eggplant in 1 tbsp. olive oil until golden brown and soft. Set aside. Meanwhile heat 1 tbsp. olive oil and sauté onion. Add tomatoes. Simmer 15-20 minutes until thick. (You can add some of the basil at the last minute.) Cook pasta al dente in boiling salted water. Drain and mix with sauce, serve on plates or bowls, top with eggplant. Crumble the ricotta salata on top and serve with fresh basil.

Ricotta Salata is a Sicilian cheese. You can find it at Whole Foods or Willy St. Coop.

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soup recipe to get you started. If any of you have a calling for pie and want to share your recipes with my fiend Heidi, send them my way and I will be sure to pass them on.

The **delicata squash** is the other fall offering this week. Over the years I have decided that they are so named not so much for their delicious and delicate flesh, but rather for their very delicate skins. These are the most flavorful winter squash, and the hardest to store. The easiest way to eat them is to cut them in half the long way and scoop out the seeds. Then cut them into cubes and steam them. Eat plain or with butter, skin and all. (I really like the skin, but not everyone agrees with me.) Once you have them cut and seeded, you can also stuff them and bake them for a beautiful and excellent dish.

Most of the other items in your share are still about summer! CSA member and long-time contributor to Troy, Lydia Zepeda, just happened to send this delicious pasta recipe (I know, she has made it for me) along at the exact right moment. Look to the left to make good use of your **eggplants** and **roma tomatoes**.

This **cucumber** will for sure be your last from Troy this year. The recent rains have done the plants in (rain tends to spread disease). And while these slicing **tomatoes** are not the last, the rains have also pushed those plants closer to their end. You can see the quality of the fruits has gone down dramatically this week. So sad. The **pepper** plants still look great through. I hope there will be plenty more of those in your future.

The **carrots** are excellent, if I do say so myself. I think they are the best carrots I have ever eaten from Troy, crisp and sweet. Unfortunately, the carrot tops are not the best I've seen. The crew was so frustrated with bunching these weak greens, that we decided to abandon the effort and bag most of the roots instead. It looks like your next carrot delivery will be 100% in bags, no greens.

Next week look for more edamame and beets.

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