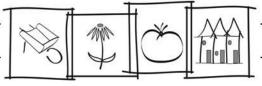
FRIENDS OF TROY GARDENS

Urban Roots

Troy Community Farm News



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In the Bag

Carnival Squash, 1 piece
Salsa Basket, 1 bag
Beets, 1 bunch
Edamame, 1 bunch
Scallions, 1 bunch
Choice of Herb, 1 bunch
Garlic, 1 head
Tomatoes, 4 or 5 pieces

We have officially entered the winter squash season of the CSA. You will be seeing a new winter squash every week from now to the end of the pick-ups. This week's is **carnival**, my favorite for beauty and storability, and it also scores high on flavor. Eat this one as you ate your delicata last week, or cut the top off, fill it with your favorite stuffing, bake it in the oven (with the top) and serve. It is beautiful, warming food.

Edamame is back this week, and even more delicious than it was the first time. I was eating it raw from the field, which I have never done before! Remember to clean the pods well this time, some of them are quite dirty. Then boil them in salt water and eat as is. Or shell them out and use them in a noodle dish. Or try the fried rice recipe on the back. For those of you who are still a bit wary of this vegetable, now is the time to try it out. It is truly delicious and there will be only one more delivery of it next week.

I think all of you know what to do with the **salsa basket** by now. Enjoy this one, it may be the last. The tomatillos are petering out, but I still have some hope that we can squeeze one more salsa delivery out of them in two weeks.

The **tomatoes** too are very close to the end. You can see they all have cracks and dings from where the hail hit. And the plants are nothing more than crispy stems with a few fruits hanging on trying to ripen. So sad.

Claire's Comments

My Weekend in the Kitchen(s)

I have this great little hiking stove called a Jetboil. It is compact, easy to use, easy to clean. Though I did not crawl out of a tent this morning and sit down to write this newsletter in front of a beautiful mountain view, I did make my morning tea on the Jetboil. And though I love this little stove, it really is not as fun to use it on my deck as it is on the trail. In fact, the reason I'm using the Jetboil is really no fun at all. But let me start with the good news: Maggie and I and our friend Sarah canned 52 quarts of stewed tomatoes and 24 pints of salsa this weekend.

We started work at 8:00 AM on Saturday morning. We had all the tomatoes, pans, utensils, jars, and plenty of music assembled and ready to go. The first thing we did was do a quick tally of just how many tomatoes we were about to process. The total of left-over or blemished slicers and romas we had gathered through the week was somewhere between 200 and 250 pounds. Just to give you some visual clue about how many tomatoes that is, I can tell you that one full crate of tomatoes, like the ones you choose your tomatoes from at the farm, is 30 pounds. We had 8 of those crates.

The first thing we did was to start washing all the tomatoes and sorting them into ones with actual rot spots, and ones without. Then Sarah went to work cutting off the rot and cubing the tomatoes for processing in the "squeezer thing." I don't remember what the thing is really called because I got it so many years ago, but it's job is to remove the skins and seeds from the tomatoes and squeeze them into a smooth sauce. My job was to turn the crank on the squeezer and mop up all the juice that escaped through the cracks on this old tool. Meanwhile Maggie stayed up to her elbows washing tomatoes in the sink. Soon enough we had two huge hotel pans stretched out over two burners each on the stove, bubbling with sauce. The Nesco roaster on the counter was also turned up to high and doing its best to cook down some sauce. We were on our way.

As I turned the crank, the squeezer would fill a small container with sauce. When the container filled, I would empty it into the boiling sauce on the stove and give it a stir. Ahh. But at about 11:30 AM, on one of my trips to the stove, the sauce was no longer boiling. It did not take long to figure out the stove was broken. Apparently the sustained energy we needed to boil the sauce, burned out a fuse in the (electric) stove itself. What to do?

We had to move ahead, so we loaded up all the sauce into buckets, and moved all the equipment and tomatoes into the truck in order to move the whole operation to Maggie's new apartment. Then we fired up her gas range and went back to work. By the time we were (continued on the back)

(continued from the front)

done with the squeezing part of the operation and ready to start skinning the tomatoes (the ones without rot), we knew that the two burners on Maggie's stove dedicated to the "indoor grill" were not powerful enough to boil water. From a broken stove to a boiling-impaired stove.

So, with only two real burners, we forged ahead, skinning tomatoes until our fingers were pruned. Then we chopped peppers and onions and cilantro and garlic for the salsa and set all that to heat with sauce and skinned, cubed tomatoes in the Nesco. Finally, long about dinner time, we were filling jars with skinned tomatoes and packing them with boiling sauce while the canner slowly heated. After a quick trip to the store for more lids, two more cases of canning jars, and some beer, we had 76 jars of tomatoes and salsa lined up the counter ready for their 45 minutes in the boiling-water bath.

We had 4 canners that could accommodate 28 jars at a time (total) ready to do the job, but only one would fit on the side of the stove with the real burners, and we already established that the grill burners could not boil water. So we opened the beers, made some popcorn, set up Maggie's computer to show a movie, and settled in for hours of moving jars in and out of the canners. By 11:00 PM we still had over 50 jars to process in the canner and Sarah and I were falling asleep. Maggie heroically stepped forward to take over while Sarah and I abandoned the kitchen for our beds. Maggie set her alarm to wake her up every hour to move the jars and napped on the sofa in between. She finished at 5:00 AM, 21 hours after we started.

As a looked around for a new gas stove this week (I'm taking this opportunity to ditch my hated electric range), I discovered that most stoves now have a "simmer burner" – a burner that can never go above 5000 BTUs. A "simmer burner" is not going to be any help with canning next year, so I'm looking for a stove without one. Or maybe I should just look for a sale on canned tomatoes instead. It's a good thing these tomatoes will taste so much better and feel so much more satisfying to eat than anything processed and canned in a factory. Otherwise I might wonder if they were worth all the time and trouble.

Recipe

If you would rather eat your edamame in a dish rather than on its own, here is a good one to try.

Edamame Fried Rice

1 Tbs. sesame oil, divided

1 Tbs. ginger, minced

1 Tbs. garlic, minced

2 cups shelled edamame

2 Tbs. bottled plum sauce

3 Tbs. soy sauce

1 cup raw white or brown rice, cooked and cooled

3 Tbs. tamari-roasted almonds

3 green onions, chopped

Heat wok or large, heavy skillet over high flame until the air looks hazy over the pan, 2-4 minutes. Add 1 teaspoon sesame oil, swirl the pan, add ginger and garlic, and stir fry 10-20 seconds. Add edamame and stir-fry 30 seconds. Add 1/3 cup water, bring to boil, and cook until edamame are tender and water has been absorbed, 3-5 minutes. Stir in 2 teaspoons sesame oil, plum sauce, soy sauce, rice, and almonds; stir-fry about 5 minutes. Sprinkle with green onions. Serve immediately. Makes 4 main-course or 8 side servings.

Troy Community Farm

Claire Strader

1814 Sheridan Drive, Madison, WI 54704 Phone: 442-6760 e-mail: farmer@troygardens.org

Upcoming Events



2006 Food for Thought Festival

Second Annual

Local Night Out

Next Wednesday Night 13 September

From pizza to fine gourmet dining, there will be options in every price range to enjoy a great local meal at a great local restaurant. The following restaurants will be featuring special meals prepared with locally-grown products during Local Night Out:

Bunky's Café The Casbah Chautara The Dardanelles Eldorado Grill Fresco **Fyfe's Corner Bistro** Glass Nickel Pizza Greenbush Bar Harvest L'Etoile Lombardino's Nadia's The Old Fashioned **Otto's Restaurant** The Roman Candle

Ask your server which menu items contain local ingredients. And tell them you appreciate their efforts to support local farmers!

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