



## In the Bag

**Spaghetti Squash, 1 piece**  
**Delicata or Carnival Squash, 1 piece**  
**Carrots, 1 bag**  
**Fingerling or Blue Potatoes, 1 bag**  
**Onions, 1 bag**  
**Edamame, 1 bag**  
**Eggplant, 1 globe or 2 Japanese**  
**Sweet Peppers, 1 large or 2 small**  
**Basil, 1 bunch**  
**Garlic, 1 head**

There is not just one but two winter squashes in your share this week! You have experienced both the **delicata** and the **carnival** squash before, so you already know how good they are. But as you can see, the delicatas are not holding up so well in storage. As we were packing them this week (and throwing many away due to spoilage) Maggie and I contemplated not even growing them next year. It is so sad to harvest all these pretty little squashes and then see them break down into mush before we can get them into your hands. We think the carnivals taste just as good anyway, though they are a bit harder to cut. So, enjoy your delicata as soon as you can, it won't hold for long!

The spaghetti squash on the other hand is known as a good keeper, so you can hold onto that one for a little while. My favorite way to eat spaghetti squash is with pesto. First make up a batch of pesto with your fresh **basil** (the last of the basil for the year) and **garlic** (and olive oil, parmesan, and nuts) and either put it in the freezer for later or keep it at the ready, depending on when you want to eat the squash. To cook the spaghetti squash, cut it in half lengthwise and scoop out the seeds. Then either steam or bake the squash until you can easily pierce

(continued on the back)

## Claire's Comments

### Mud Wrestling

As we donned our rain gear and stumbled through the mud this week, I just kept saying, "at least it's not spring," a reminder that offered little comfort. The fields are a mess. There are puddles in the drive roads and in the aisles between the vegetables. The tomatoes that persisted on the vine and tried to ripen after the last down pour are all bloated and cracked.\* The basil is turning black. If it were spring, we would be scrambling to get seeds and plants in the ground in any small opening in the weather. But it's fall and luckily the plants are all established and growing. Now the trick is just to keep our resolve to get them out of the field while we can.

Maggie and Megan and Marc spent no less than four hours harvesting carrots on Wednesday. Every time they pushed in their shovels, they came out caked in sticky, heavy mud. Then they would free some carrots from the mud cake, clean off their shovels, and dig again. It was the kind of task that can break your spirit. But they finished it up somehow and you have delicious orange and purple carrots in your share as a result.

Harvesting the potatoes was a similar experience, though the difficulty of the task was compounded by their dark color. It turns out it's not easy to find a blue potato – that looks a lot like a clod of dirt – in a pile of wet dirt clods. We harvested a number of dirty rocks masquerading as potatoes, and I'm sure we missed many more potatoes disguised as dirt. Next year we will see them all sprout up among the bassicas that will take their place and we will be reminded of this wet fall.

The most memorable part of the harvest for me however, was the edamame. Dressed in full rain gear, Maggie and I harvested about 60 pounds of pods in the rain on Tuesday morning. We have both had our rain gear for several years and it has served us well. But on Tuesday we discovered that those little holes that didn't seem to be problematic before actually let in a lot of water. We emerged from three hours on our knees in the soybeans wet and miserable and coated in mud. It's a good thing we both love edamame so much.

This day promises to show us the sun once more, and I could not be happier to see it. If it didn't rain again this fall, I would not complain. I'm ready to give up wrestling this mud and start enjoying a more typical farm fall.

\*If you think you might want to can tomatoes (even after last week's newsletter article), feel free to walk out to the field and harvest as many tomatoes as you want. Just be prepared to process them quickly. They taste good, but will not keep for long.

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the skin with a fork. Let the squash cool until you can handle it easily and then scoop the stringy, spaghetti-like flesh from the skin. Serve the squash strands just as you would spaghetti, with pasta sauce or pesto.

This will be the last week for **eggplant**, which makes me sad. The plants still look beautiful and the fruits are as lovely as ever, but they just are not producing the quantity we need to fill your shares anymore. I'm especially sad about it because eggplant is a featured ingredient in the winning Food of Thought Recipe Contest recipe. CSA member Sarah Shatz is the grand-prize winner with her Summer Sprout Salad (Inspired by Troy Community Farm). She created the recipe completely from Troy vegetables and sprouts. It includes eggplant, tomatoes, onions, garlic, and lentil sprouts. I was hoping to deliver all those things and the recipe in your share next week, but neither the eggplant nor the tomatoes could hold out that long. Come to the Food for Thought Festival this weekend to see the recipe prepared (by CSA member Punky Egan and me – Sarah is out of town unfortunately) and taste a sample of the dish. Then look for lentils and the recipe at least in an upcoming share.

It looks like **sweet peppers** will be the last hold out of the summer vegetables. You have some red and orange peppers in your share this week, and I expect you will see some green peppers next week. If you love peppers as much as I do, but cannot use them up in one week, just cut them up and put them in the freezer for later. It's an easy way to extend the taste of summer.

The **edamame** has a new look this week. Maggie and I had to start harvesting it early because there was just too much of it to pull in with the regular harvest. Instead of taking up dozens of crates with the stemy bunches we usually prepare, we decided to try taking it off the plant in the field. It took us a little longer, but we saved on space. And now you will save on prep time! Be sure to wash the pods before you cook them, then just boil them in salty water as usual. If you cannot eat them all at once, shell them out of the pods after they are parboiled and freeze them. It's one more way to prolong the summer.

You have your choice of **fingerling** or **blue potatoes** this week. The simplest and most elegant way to serve these potatoes is boiled and topped with butter and parsley. Yum. You will see blue potatoes again in a future share, but these are all the fingerlings we have. Enjoy.

Next week look for green peppers, acorn or butternut squash, carnival squash, and some delicious and beautiful fall kale.

## Shop at Whole Foods

Thursday, September 21, 8:00am-10:00pm

Whole Foods Market will donate 5% of their sales on this day to support the Friends of Troy Gardens. Stop by the Troy Gardens table at the store for a sample of some delicious sprouts from Troy Community Farm. Whole Foods market is located at 3313 University Avenue in Madison.

### Troy Community Farm

Claire Strader

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

## Upcoming Events



### 2006 Food for Thought Festival

#### Friday Night Forum

15 September

7:30 to 9:30 PM

Room 125, Agriculture Hall

1450 Linden Drive, UW Madison

Featuring both

**Anna Lappe** and **Mollie Katzen**.

#### Festival

16 September

8:00 AM to 1:00 PM

Martin Luther King, Jr. Blvd.

Just off the Capitol Square

Be sure to be there at 9:15 AM for the announcement of the recipe contest winners. **Troy CSA member Sarah Shatz is the grand-prize winner with her Summer Spout Salad (Inspired by Troy Community Farm)!!!**

Troy CSA member Punky Egan and farmer Claire Strader will be demonstrating the recipe.

[Look for this winning recipe in an upcoming CSA delivery including spouts.]

See [www.reapfoodgroup.org](http://www.reapfoodgroup.org) for a full schedule of festival events.

Send newsletter comments, suggestions, and recipe ideas to:  
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