



## In the Bag

**Carnival Squash, 1 piece**  
**Acorn or Carnival Squash, 1 piece**  
**Salsa Basket, 1 bag**  
**Green or Yellow Peppers, 1 bag**  
**Leeks, 1 bunch**  
**Sweet Peppers, 1 large & 1 small**  
**Kale or Chard, 1 bunch**  
**Choice of Herb, 1 bunch**  
**Garlic, 1 head**

Our squash has been a real problem this year. Maggie and I were so excited to see so many lovely **acorn squash** in the field earlier this month. We grow this old standard every year because it is so well-known and loved. But our crop never seems to amount to anything. This year it looked to be different...until we started harvesting anyway. We lost over half the crop in the field to mold caused by all the rain. And those that we did harvest for your shares will not last long. Eat it soon! The traditional way to fix it is to bake it with butter and brown sugar.

The **carnival squash** are in better shape and we have also harvested some lovely butternuts (which you will see next week) and pie pumpkins. So some more hardy keepers are on the way for later.

While winter squash is on the rise in your share, so many other things are on the way out. These will be your last **sweet peppers**. (I ate a whole, huge, juicy pepper on my sandwich the other day in place of the tomato and was reminded just how much I love this food.) This will also be your last **salsa basket** and likely your last bag of **beans**. This fall bean planting is lovely and has produced the best tasting beans of the season, in my opinion. Enjoy!

We are entering greens season again. See the back for a yummy greens soup.

## Claire's Comments

### For the Omnivores

A friend of mine picked up a copy of Michael Pollan's *The Omnivore's Dilemma* not long ago. When I first heard the title, I didn't think I would be very interested in the contents. I became vegetarian when I was 16 and have never looked back. I never had much of a taste for meat, and my first job as a "busboy" in a steak house at 16 convinced me for sure that vegetarianism was the way for me. But one day (on a long and dull car ride) my friend read out a few pages from the book and I became hooked.

As it happened, the book (in the beginning anyway) was less about whether or not to eat meat than it was about how meat and the corn that is fed to most livestock in this country is produced. I learned a lot about both topics and a host of other food related items as well. And while in the end Pollan did not convince me to give up my vegetarian ways, he did convince me to do some work on including egg and chicken options in your CSA shares for next year. Some of you made this request at the beginning of the season and it looks like we will be able to follow through on these options for next season.

One of the points that Pollan makes in his book (more through his descriptions of animal rearing and slaughter than through dictates) is that if you are going to eat meat and eggs, the best kind to eat is that which is raised on pasture (not grain) without the use of hormones and antibiotics. Further, the best meat and eggs to eat is that which is raised by a small-scale grower with sustainable and ecological farming practices (sounds a lot like the vegetables you already eat!) I will refer you to and recommend to you Pollan's book for a full explanation. Meanwhile, I have found some chickens and eggs that fit the bill very well.

Troy Community Farm has sold right next to Grass is Greener Gardens at the Northside market for the past two years. Over that time Maggie and I have come to know the farmers, Jackie and Rich, pretty well. And Maggie has had many opportunities to sample their chicken and eggs. Maggie loves their product and we both appreciate and respect what we know about Jackie and Rich's growing practices. All their animals are raised on pasture without the use of hormones or antibiotics. They are not kept in cages, and while they all have a shelter to go to at night, I have heard stories about how sometimes it is hard to find the eggs because the chickens have chosen to nest in the woods instead. Jackie and Rich are careful, thoughtful growers and I am excited to offer their products to you through the CSA.

Whether or not you are interested in signing up for a chicken or egg option next year, please take a moment to fill out the survey on the back and bring it to your next vegetable pick-up. (Or you can send me an e-mail or give me a call). The information you provide will be helpful to me as I work out the details of this arrangement with Jackie and Rich. If we get it going, not only will you have more options in you share, you will also have two more farmers to meet and talk to at the CSA pick-ups next year!

## Eggs and Chicken Next Season?

I am working with Jackie and Rich at Grass is Greener Gardens to add eggs, broiler chickens, and possibly lamb to your shares for next year. These items would be optional, paid for separately at the beginning of the season, and in addition to your regular vegetable share. They would be picked-up at the same place and time as your vegetables. Jackie and Rich raise all their animals outside on pasture without hormones or antibiotics. They are not certified organic and do feed a small amount of conventional feed to the animals (roughly 10% of their feed), but are looking into sourcing organic feed and possibly applying for organic certification. Maggie eats both eggs and broilers from Jackie and Rich and loves them!

Please help us plan by letting me know which of the following items you might be interested in. This is not a sign up form, but rather just a way to register interest. Return this form to the farm stand next week, or send me a message at [farmer@troygardens.org](mailto:farmer@troygardens.org), or call me at 442-6760. Thanks!!!

### Eggs – \$3.00 per dozen

I would be interested in:

\_\_\_\_\_ 1 dozen per week    \_\_\_\_\_ 1 dozen every other week    \_\_\_\_\_ no interest in eggs

### Broiler Chickens (frozen) – \$12.50 per chicken (roughly \$2.75 per pound)

I would be interested in:

\_\_\_\_\_ 1 broiler per month    \_\_\_\_\_ 1 broiler ever other week    \_\_\_\_\_ no interest in broilers

**Lamb (frozen)** – We are still working on how to deliver this one given that there are various cuts and prices.

I would be interested in:

\_\_\_\_\_ 1 delivery of lamb during the season    \_\_\_\_\_ no interest in lamb

For more information about these options please talk to Claire or Maggie.

To meet and talk to Jackie and Rich at Grass is Greener Gardens stop by the Northside Farmers' Market on Sunday mornings from 8:00 AM to 12:30 PM. They are at the stand right next to ours.

## Many Greens Soup

*CSA member Jane Rowe sent this one along. She found it while researching dietary approaches to macular degeneration. Her partner's mother suffers from the disease but eats many greens (which experts suggest for prevention and slowing the progress of the disease) and still reads 3 books a week at age 92!*

1 Tbsp. olive oil  
1 large yellow onion, chopped (or a leek!)  
4 garlic cloves, minced  
1 large potato, peeled and diced (I prefer Yukon Gold)  
2 large carrots, peeled and diced  
1 bunch kale, shredded, stems removed  
1 bunch chard, stems removed and shredded  
1 bunch young spinach, shredded  
3 and ½ cups chicken or vegetable broth  
1 ½ tsp. salt  
freshly ground black pepper  
grated Parmesan cheese

Heat olive oil in soup pot; add onions, ½ tsp. salt and a few grinds of pepper. Sauté over med. heat 5-7 min., until onions are soft. Add potatoes, carrots and garlic and sauté until veggies are heated through (5 min.) Add ½ cup broth. Cover pot and cook for 10 minutes or until veggies are tender. Stir in the kale, chard, 1 tsp. salt and rest of broth, cover and simmer for 15 min. Add spinach and simmer another 5 min. until spinach is just wilted.

Puree soup in a blender until very smooth. Beware of putting too much hot stuff into your blender in one batch—it will almost explode out of the top! I usually do three batches for this amount of the soup. Return to the soup pot and thin with a bit more broth or with water if it seems too thick. Heat over low heat until just hot and serve immediately with Parmesan on top.

### Troy Community Farm

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