



## In the Bag

**Butternut Squash, 1 piece**

**Sweet Potatoes, 1 bag**

**Onions, 1 bag**

**Radishes, 1 bunch**

**Yellow or Blue Potatoes, 1 bag**

**Carrots, 1 bag**

**Chard or Kale, 1 bunch**

**Choice of Herb, 1 bunch**

**Garlic, 2 heads**

**1 Jack-o-lantern or 3 gourds**

**Sweet Potatoes!** Beulah has been a worker share at the farm from the very beginning in 2002. She is from Mississippi originally and knows her sweet potatoes. When she saw this crop on Wednesday she literally exclaimed with delight. I hope you will too. Then be sure to **open the bag and take them out!** These potatoes will do better for you if they are not in plastic. They were just harvested this week and they need a bit more time to dry and cure. If you let them sit on you counter in the open air, that will be best. Or you could eat them right away. I know Beulah's are headed for sweet potato pie. You could also just bake them and serve them with butter. (Note: many of you will have one cut potato in your bag. These potatoes were damaged in the field and had to be cut. Let them cure with the others, but use them first.)

You have already seen most of the other items in this share at some time during the season, except for the butternut squash (only some of you got those last week) and the jack-o-lantern or gourds. I am happy to say that the **butternuts** are beautiful this year. Though they are still a bit dirty because we had to harvest them when the field was wet, they sure are pretty. And they seem to be keeping better than any of our other squash this season. Here's a great way to cook them: First, cut the straight upper part away from the bulbous lower part right above the bulb. Then stand each part of the

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## Claire's Comments

### Trouble in the Fields

There's an old folk song I've heard about a young farm couple struggling to make it work on their family farm. After they are forced to sell their tractor the refrain says, "you be the mule. I'll be the plow. Come harvest time we'll work it out." For some reason, that is one song that can just about bring me to tears almost every time I hear it. But it was a different kind of trouble in the field that brought me to tears this week. Luckily, we don't have to sell the tractor and the harvest is looking beautiful, so really my trouble is much easier to handle. Here's how it went.

I woke up at 4:30 AM on Wednesday to the sound of wind whipping outside my windows. I knew there was possibility of rain that morning, so I stayed awake and did my best both to will the rain away and make a plan for how to handle the harvest if it did indeed thunder and lightening as severely as the weather radio threatened. I had been up late working the night before, so I should mention that my own lack of sleep made what happened next much worse than it would have been otherwise. Still...

The crew arrived in the field at 7:00 AM as usual and we set off immediately to harvest carrots before the lightening and rain picked up again. We were literally up to our ankles in mud pulling those carrots, so you can image how dirty and muddy they were. But we had about 150 pounds of them out of the ground and in the wash area by 7:30 AM. As folks were dumping out the muddy crates onto the wash tables, I picked up the hose to start washing and ...nothing. No water.

We have had a difficult season with the water due to the construction on the housing site, so while I was frustrated at the bad timing, I was not completely surprised. While Maggie left with crews to harvest radishes and greens, I set out to solve the water problem. I entered the construction site to find that our line was not broken or disconnected (as has happened in the past) but actually removed. While the thunder brewed in the sky, I stormed my way up to the construction trailer to demand our water line back. It turned out that it had been removed by someone who shall remain nameless at the instruction of another who I shall not name. And most importantly, it would not be replaced.

I made my way back to the field in a haze of rage. I barely pulled it together enough to make a plan for how to get through the harvest. Then I took the truck out onto the muddy field road to gather up help in moving our wash area to the community gardens - where the water line was still intact. On my way out of the field with helpers, still outraged about the water line, I got the truck stuck in the mud. And I lost my ability to cope. I got out of the truck, handed the keys to Jenny, and marched up to Maggie in the radishes, where I threw my arms around her and burst into tears. Maggie held me for several minutes while I sobbed and listed all the ways in which the loss of our water line was completely unjust and incomprehensible. She agreed with me on every point and told me it would be okay and even that she could handle it if I needed to go back home and get in bed. Clearly she had never seen me so upset.

Somehow with her caring and rationality, Maggie cured me of my nervous break down. Then we got the truck out of the mud, moved our wash station, and made it through the worst Wednesday morning on record for Troy Community Farm. And from the look of this gorgeous share, you would never

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squash up on the flat cut to cut away the skin. This method is the easiest I have found for peeling butternuts. Then cut open the lower part and remove the seeds. Finally cube the butternut and some potatoes or sweet potatoes; cut an onion or two into half-moon slices; and slice up a garlic clove or three. Par-boil the butternut and potatoes. Then combine all the vegetables in a bowl with some olive oil, salt, and fresh thyme, rosemary, and/or sage. Roast the whole combination in the oven until the potatoes are cooked and almost crisp. I just made this dish for my friend Kate's birthday and it was a big hit!

As for the **jack-o-lanterns** and **gourds**, I know it's a little early, but I was worried that the chipmunks would get them before you did if I held on to them any longer. Plus, there is no denying that it's fall out there. May as well decorate!

Almost everything else in the share you will be seeing again in the next two weeks. Look for more yellow potatoes, sweet potatoes, kale and chard, butternut squash, garlic and herbs of course, and don't forget the truly excellent carrots! In addition, you will have pie pumpkins leeks, and probably Brussels spouts next week.

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know what a terrible morning we had. Thank goodness the rain and lightening was gentle on us at least!

I made some phone calls to the responsible parties after the workday and learned why the line had been removed and that, of course, no one intended to cause a problem. We are in the process of formulating a solution to this problem, a solution that will I hope be in place before the CSA harvest next Wednesday.

I want to send a special thanks to Maggie and all the Wednesday worker shares, Beulah, David, Jenny, Marc, and Megan for stepping up to be the mules and the plows during our trouble in the field this week. The last line of that old folk song is "there's still a lot of love here in these troubled fields." I sure felt it from all of you.

## Upcoming Events

### Last CSA Pick-up for 2006

It is coming up in just two weeks! Our last pick-up will be on Thursday, 19 October

### 2006 End-of-Season CSA Survey

If you didn't get a survey last week, please take one this week. Return it when you come to get your vegetables next week or mail it in to the address on the survey. Your thoughtful comments will help us improve the CSA for 2007!

## Storage Share Option

The popular storage share option is back! If you want some extra storage crops to help you through the weeks after the harvest is done, you can order them now. Return this sheet with a check by next Thursday (12 October), and we will reserve the food for you.

Your storage crops will be ready for pick-up with the last regular share on Thursday, 19 October. As you decide on quantities to order, I've included some references for what 5 or 10 pounds of something might look like. See below.

(Please note that onions in particular are in short supply so we will provide them on a first-come, first-serve basis and will refund your money for any items that we run short on.)

| Number | Item   | Price   | Total |
|--------|--|---------|-------|
|        | 10# Butternut Squash (3 to 6 squash)                   | \$ 9.00 |       |
|        | 10# Carrots (you have 1.25# in your share today)       | \$13.00 |       |
|        | 5# Yellow Potatoes (you have 1.5# in your share today) | \$ 9.00 |       |
|        | 5# Sweet Potatoes (you have 2# in your share today)    | \$10.00 |       |
|        | 5# Yellow Onions (you have 2# in your share today)     | \$ 7.00 |       |
|        | 1# Garlic (5 to 8 heads)                               | \$ 6.00 |       |
|        |  | Total   |       |

Name : \_\_\_\_\_

Phone Number : \_\_\_\_\_

**Return this form with a check by 12 October either to Claire's address below or to the farm stand.**

**Your storage vegetables will be ready for pick-up on 19 October.**

### Troy Community Farm

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Send newsletter comments, suggestions, and recipe ideas to:

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