



In the Bag

Butternut Squash, 1 piece
Pie Pumpkin, 1 piece
Yellow Potatoes, 1 bag
Brussels Sprouts, 1 bag
Leeks, 1 bunch
Carrots, 1 bag
Sweet Peppers, 3 pieces
Hot Peppers, 3 pieces
Chard or Kale, 1 bunch
Choice of Herb, 1 bunch
Garlic, 2 heads

Many of these items will look familiar to you by now. The only new item is the **pie pumpkin**. This pumpkin is distinct from the jack-o-lantern that you got last week because it is sweet and meant to be eaten. See the back for a pumpkin pie recipe.

Look on the back for the long-promised **potato leek** soup recipe as well.

The surprise items this week are both the sweet and the hot peppers! I had the thought that we should take one more look at these plants before it really froze, expecting to find just a few fruits. But we ended up with plenty for a share. My favorite way to eat both is stuffed. Stuff the **hot peppers** (the three smaller and/or narrower ones) with cheese (farmer and/or blue cheese are good choices) after you take out the seeds and then roast them in the oven. My friend Shirley stuffs her **sweet peppers** with rice and beans and tomato sauce and then bakes them topped with cheese. I love when she makes that dish!

These are the last of the **Brussels sprouts** for this year. We did not have as good a crop this year as usual. These sprouts should be sweeter than the last because they were hit with the frost – which brings out their sugar.

Next week look for more butternut (and a soup recipe), beets, sprouts, sweet potatoes, popcorn, and more. We are wrapping up the season with some nice, heavy shares!

Claire's Comments

Notes on CSA Harvest #20 for 2006

The best news of the week is that the water line is replaced and in good working order! After a brief meeting on Thursday morning last, the various parties worked out a way for both the farm to have water and for the housing construction and landscaping to progress as planned. The return of our water supply inspired Maggie and me to work on our own song earlier this week. It was all about rejoicing in the water in our hoses and holding off the water from the sky.

As I'm sure you all have noticed by now, it's cold out there! And as you may or may not have noticed, it's still dark at 7:00 AM. This week it was cold, dark, and rainy when the crew arrived in the field. We were a motley bunch of harvesters, I have to say. Jenny arrived in a fancy-schmancy, red sailing slicker and pants. After hours of carrot washing last week wore out her usual gear, a friend of Jenny's (and a fellow CSA member) offered up her sailing gear as replacement. Jenny was definitely the top of the line in harvest wear yesterday. From there we ranged from formally lovely rain gear now held together with string and duct tape to jeans and plastic bags in or over our shoes. It all worked more or less. Some of us left the field more or less wet and cold than others, but we got the job done first.

The second best news of the harvest day was that we only had three crops to pull out the field. The potatoes, garlic, and squash were all harvested weeks ago now. We only had to pack those. And Maggie and I had already pulled in the carrots, Brussels sprouts, and peppers on Monday and Tuesday. So that left only leeks, greens, and herbs for Wednesday. With our water line working, we were able to polish off those tasks in a scant three hours. Not bad at all for a bunch of wet toes and numb fingers.

After the harvest was in the cooler, we gathered in the tomato section to begin the clean up. That means freeing the now black and slimy tomato vines from their trellis and preparing the field for tilling. No one looks forward to this job. Rotten tomatoes are stinky! But we somehow finished untie a full half of the tomato vines before we quit for lunch. Pretty impressive.

This is how it goes in the fall. Harvest, harvest. Clean, clean. Maggie and I have a list of tasks that need to be completed before we go inside and start drinking tea while we work. It's still a long list right now, but we are beginning to cross things off. Only one more CSA harvest to go. Only one more CSA pick-up, and plenty of food to include in it. Then we plant garlic, till and plant cover crops, wash the harvest buckets and clean out the shed, make soil for the spring greenhouse, move the tractor to its winter home, etc.

One of the things I am definitely doing after this list of chores is done, is looking for new rain gear for spring!

Recipe Exchange

A few weeks ago I promised you a potato leek soup recipe from my friend Heidi. As she was cultivating a calling for piecrust, she discovered that she already has a recipe-perfecting passion for potato leek soup. I also invited you to share your piecrust recipes in exchange. Enid Williams took me up on the offer. Here is the promised recipe exchange plus a pumpkin pie-filling recipe from Molly Katzen.

Heidi's Calling – Potato Leek Soup

*Heidi Shatz – Owner of two rolling pins and a newly recognized calling for potato leek soup
Heidi says this soup is so much better if you can wait a whole day to try it. The flavors blend overnight.*

2-3 leeks, whites and greens, chopped
1.5 tsp. rosemary
4 cloves garlic, pressed or chopped
2-3 Tbs. butter
1 lb. potatoes, cubed
2 squares of your favorite stock or bouillon
Milk or unsweetened soymilk

Use your large soup pot to sauté leeks, garlic, and rosemary in butter until the leeks are clear and soft. Add potatoes (I personally like large chunks) and sauté until the potatoes are covered with leek mixture, plus a couple of minutes. Then add water, not too much, so potatoes are still showing just on top. Next, when the water is warm, add your favorite bouillon. Let boil and then turn heat down to medium until your potatoes are to your tenderness liking. Add milk just to turn the water a good hearty creamy color. Add salt and pepper to taste. (I like lots of pepper.) If you want a thicker soup, puree 1/4 to 1/2 of the mixture and add it back to the pot.

Enid's Mom's Pie Crust

Enid Williams – Troy CSA Member

1 cup flour
1/3 cup + 1 Tbs. shortening
(butter or margarine for best taste, Crisco or lard for best flakiness)

dash of salt
3 Tbs. ice cold water (roughly)

Add a dash of salt to the flour in a bowl. Add shortening. Cut the flour and shortening together with two knives until it resembles small peas. Add cold water 1 T. at a time, mixing with a fork, until it all sticks together. Mix with your hands but don't knead the dough. An overworked dough becomes tough.

Roll on floured board until a tad less than 1/4" thick. Lay dough into pie pan. For best flakiness, refrigerate about 10 minutes before filling and baking; chilled shortening takes longer to react with the flour, letting the flour rise into more layers. Leftover crust pieces can be dusted with cinnamon sugar and baked along with the pie for pie crust cookies.

Makes one regular crust with very little left over. Make it twice (doubling and making it once doesn't work as well) to make a taller crust or a lattice-top or have more pie crust cookies.

No Fault Pumpkin Pie

Moosewood Cookbook

3 cup pumpkin puree
3/4 cup honey
2 Tbs. molasses
1/4 tsp. powdered cloves
3 tsp. cinnamon

1 tsp. ginger
1 tsp. salt
4 eggs, slightly beaten
1 can evaporated milk
(or 2 cups scalded milk)

Mix in order given. Pour into pie shell and bake for 10 minutes at 450 degrees, then 40 minutes at 350 degrees, or until set.

To make pumpkin puree: Cut pumpkin into large chunks and remove the seeds. Then steam or bake the chunks until the flesh is soft. Remove the flesh from the skin and puree in a blender with just enough water to make it thick and smooth. Extra puree can be frozen for future use.

Upcoming Events

Traditional Hmong Backpack Weaving

*Friday, 20 October, 6 to 9 PM AND
Saturday, 21 October, 9:30 AM to 4:30 PM
(Please plan to attend both sessions.)*

Artists Tong Va Lor and Chue Vang (Lor) will teach traditional Hmong backpack weaving. With the help of translators, Tong Va and Chue will share their culture and artistic talents with community members. In Laos, people weave backpacks out of natural materials, often incorporating traditional patterns. The sturdy yet lightweight backpacks will be perfect fit for carrying your garden produce and supplies! No experience necessary -- weavers of all levels are encouraged!

The workshop will be held indoors at Lakeview Lutheran Church in Madison. Fees are \$15 for Friends of Troy Gardens members, \$25 for non-members, and participation is limited to 15 people. Contact Dana at dana@troygardens.org or 240-0409 to sign up.

The Last CSA Pick-up for 2006 is Next Week!

Troy Community Farm

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