



In the Bag

Butternut or Potatoes, 1 piece or bag
Sweet Potatoes, 1 bag
Carrots, 1 bag
Scallions, 1 bunch
Beets or Kale, 1 bunch
Salad Mix, 1 bag
Lentil Sprouts, 1 bag
Choice of Herb, 1 bunch
Garlic, 2 heads
Popcorn, 1 bunch

It's the last bag of Troy vegetables for the year, and it's another full one! The only new item this week is the **popcorn**. Most of you will have three varieties in your bunch – yellow, red, and blue. They are pretty but not quite ready to pop yet, so hang them up in the kitchen for a few weeks and let them dry some more. When you are sick of looking at them, rub the kernels off of the cobs and pop them as you would any other popcorn. My experience is that the popped corn is a bit smaller than usual, but also more flavorful!

All the other items are familiar to you now, although the **lentil sprouts** and **salad mix** are like new since you have not seen them in so long. But here they are again as promised with the promised winning lentil sprout recipe from CSA member Sarah Shatz (on the back).

The salad mix is a bit unusual. We scoured the farm for all manner of tasty leaves to include. You have spicy mustards, very sweet spinach, lettuces, and even a few beet greens all in the same bag. Some of the leaves are large (especially the spinach), so it might be a good idea to rip them up right before you serve them.

We did our best to pull some **beets** out of the field for you this week. As you can see we did get some, but they are not very pretty. I did not get to taste them before handing them out to you, so I hope they are good. And I'm hoping for a better beet year next year!

Claire's Comments

Winter Work

For the first time in what feels like months (though really it has only been weeks) I was on the tractor on Wednesday afternoon. I picked it up from the parking lot at Mendota Mental Health where we have stored it since the vandalism (which, gratefully, still has not been repeated) and drove it over to the farm just as the first rainy sprinkles started falling. On the short ride from the parking lot to the field, I had one of those physical memories of being on the tractor in the summer. I love summer. I love the sun and the heat and the way my body feels at the end of the workday. Mowing down all the old and dead crops in my many layers and rain gear yesterday afternoon, I felt a nostalgia for summer even while I was feeling the pleasure of putting the farm to bed for the winter.

This week marks the end of our regular harvest season and the beginning of our winter work. While the fields rest and pests die in the frozen ground (we hope), I will start making plans for 2007. I know that I want to get serious about at least one good, heavy delivery of sweet corn. And I have to figure out a way to reliably grow and harvest the melons that were so delicious last year but were lost to the weeds this year. We are also going to need more beehives apparently. After the first flow of honey back in July, the bees took a long break and never produced much more honey than they would need for the winter. So, unfortunately, you do not get to eat their surplus with your CSA share this year. Winter planning is the first step to making sure the bees do produce a surplus next year. I will also be compiling your responses to the survey and making some decisions on how to proceed with offering non-Troy products with your shares next year.

Even before the planning and seed ordering starts, however, Maggie and I are working on putting up a greenhouse on the site this fall. For the past five years, we have grown all our starts in my basement and in a small 10' by 32' hoop house in my back yard. The farm has long outgrown that space, and really all that work should be being done on the site, so this is the year to put up the greenhouse. I feel overwhelmed even just writing that. There is so much work to do, and money to raise before the ground freezes! But the motivation to move into an appropriate and accommodating greenhouse is strong!

Another project Maggie and I will be working on this winter is the sprout business. Right now the Willy Street Co-op carries our sprouts both in the produce section and on the salad bar. But we have ambitions of expanding both our sprout selections and distribution. So, keep your eyes open for Troy sprouts in a retail market near you. My hope is that eating sprouts this winter will remind me that spring salads are on the way.

Thanks to everyone, members new and old, worker shares, interns, farm and field students, and the many volunteers who have worked at the farm this year. It has been a deliciously productive season! Maggie and I will be thinking of all of you while we do our winter work and prepare for the return of summer.

Summer Sprout Salad

Inspired by Troy Community Farm

CSA member Sarah Shatz developed this recipe back when the farm was rife with tomatoes and eggplant. Then she entered it in the Food for Thought Recipe Contest and won the grand prize! She has donated her \$500 prize (minus the cost of a celebratory dinner) to our greenhouse fund. Congratulations Sarah, and many thanks!

6 large garlic cloves	2 cups lentil sprouts
3 Japanese eggplants	1/3 cup fresh basil, finely chopped
3 onions	2 Tbs. cider vinegar
6 medium tomatoes	Salt
1/4 cup olive oil	Madison Sourdough baguette

1. Preheat the oven to 450 degrees. Peel the garlic and slice each clove into three smaller pieces. Slit the skin of the eggplant in 6 places, making slits just big enough to stuff with the garlic pieces. Stuff the slits with the garlic. Slice the onions. Cube the tomatoes.
2. Place the eggplant, onions, and tomatoes on a baking sheet. Drizzle the olive oil over the vegetables and stir the mixture. Make sure the eggplant skin is covered with oil. Bake until the eggplant is soft and wilted. 30 to 45 minutes.
3. Slice the eggplant open and use a spoon to scoop out the insides. (Compost the shells.) Transfer all the vegetables to a serving bowl. Add the lentil sprouts, basil, and vinegar. Add salt to taste and toss mixture. This salad may be served hot or cold and is delicious accompanied by a Madison Sourdough baguette – perfect for dipping in the sauce.

Curried Butternut Squash Soup

*Adapted by CSA member Carla Coleman
from The Silver Palate Cookbook.*

- 4 Tbs. butter
2 cups yellow onion, chopped
4 to 5 tsp. curry powder (more or less to taste)
2 medium sized butternut or other winter squash (about three pounds)
2 or 3 apples, peeled, cored, chopped
3 cups chicken or vegetable stock, or apple juice
1 cup apple juice or cider
Salt and freshly ground pepper to taste
1 shredded apple and chopped fresh parsley for garnish
1. Melt the butter in pot. Add onion and curry powder, cook over low heat until onions are tender.
 2. Meanwhile, peel the butternut squash, scrape out seeds, and cube the flesh. Acorn and carnival squash are harder to peel – cut them in half, scoop out seeds, and put in the microwave (in a covered pan with a bit of water) until the flesh is just tender enough to scoop out, about 4 minutes.
 3. When onions are tender, pour in the stock or other liquid, add squash and apples, and bring to a boil. Reduce heat and simmer, partially covered, until squash and apples are very tender, about 25 minutes.
 4. Pour the soup through a strainer, reserving liquid, and transfer solids to the bowl of a food processor or mash by hand. Add liquid as needed.
 5. Return pureed soup to the pot and add apple juice and any remaining reserved cooking liquid, until soup is of desired consistency.
 6. Season with salt and pepper, and additional curry if desired. Served with garnish of apple and parsley. Toasted bread croutons add a special treat to this fall soup.

Upcoming Events

First CSA Pick-Up for 2007

Thursday, 7 June 2007

You will see spinach, lettuce, sprouts, scallions, and radishes at least. Yum! Spring salads are only six months away!

Keep an eye open for your 2007 CSA brochure and the winter issue of Urban Roots. They will be arriving in your mailbox early next year.