

In the Bag

Sugar Snap Peas, 1 bag
Broccoli or Cauliflower, 1 bundle
Beets, 1 bunch
Shell Peas, 1 bag
Green & Yellow Beans, 1 bag
Kohlrabi, 2 bulbs
Summer Squash, 2 pieces
Cucumber, 1 piece
Salad & Spinach Mix, 1 bag

Claire's Comments

Carolann is a unique intern at Troy. She is working on the farm and studying urban organic agriculture as part of a distance learning degree program through Prescott College in Arizona. Part of her "class" at the farm involves research and writing. She thought this particular article would be of especial interest to all of you. I agree!

Troy: A Farm for the Future

-Carolann Puster, intern

Over the years, family farming has been swallowed up by big business. Food consumed in the US travels an average of 1500 miles to become dinner. The way most people grow and consume produce is not sustainable. In order to establish a healthy food supply (healthy both in nutrition and whole-cost economics), we must trade in this failing system of industrial agriculture for localized, sustainable practices. According to David W. Orr, teacher and author on the subjects of environmental science and sustainable agriculture, the face of that "new agrarianism" looks like Troy Community Farm.

Orr writes that farming for the future will be less male-dominated. If you count farmers, interns and volunteers at Troy Community Farm, the ratio of women to men is nearly 10:1. This is not to say that men are not welcome or important members of the farming community. It simply highlights the growing interest and activity on the part of women in agriculture.

Another feature of new agrarianism is urban location. As cities become more densely populated, local food sources are imperative. More important even than the food's proximity to people is the ability for people to go to the food – to participate in its planting, tending and harvesting. Urban farms, by design, will be limited in size, which is actually a benefit. Small farms use very little mechanization. These factors provide the opportunity to cut fossil fuel dependence, both in production and distribution.

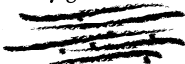
Establishing organic practices will be common on farms of the future. Regular rotation of a wide variety of crops helps to provide natural disease and pest control, while balancing nutrient levels in the soil. Returning carbon to the soil in the form of compost, instead of "feeding" our food with petroleum-based fertilizers, conserves soil quality. Careful planning and the use of manual labor ensure maximum yield from the small farm.

This brings me to the last trait of new agrarianism: it's fun and adventurous. Troy offers discovery and education to people of all ages. From learning about natural plant-life to seeking recipes for an uncommon crop in the CSA share, it is FUN to visit or volunteer on the
(continued on the back)

My family arrives here in Madison today! In fact I will be picking up my Mom, Dad, Anty Sandy, and Uncle Kevin at the airport in time for them to visit the CSA stand. This is their very first visit to Troy ever. Very exciting. And by some lucky flook of timing and weather, they will be able to taste the last of the peas and the first of the beans and cucumbers all in one dinner tonight. Just like you!

Here's our menu: Summer squash cut thin like spaghetti, steamed, and topped with a sauce made from tomatoes that I canned last summer, garlic scapes, and fresh basil. The salad will be salad mix, shell peas, cucumber, and kohlrabi. Then we will have green beans steamed and tossed with butter. Finally I will chop the last of the garlic scapes and press them into butter for garlic bread. Yum! After all that food we are off for a walk through the park!

Aside from my family's dinner menu, the next most important thing I need to share with you is how to tell the sugar snap peas from the shell peas. It is important that you differentiate them because you cannot eat them the same way. You will be familiar with the sugar snaps from last week. They are shorter and more succulent than the shell peas. You eat them whole, pod and all. The shell peas are longer and their pods are tough and inedible. To eat these, take the peas out of the pods and serve
(continued on the back)



Recipes

I must admit, I am not beet lover. When Sara Tedeschi from Dog Hollow made this soup for me many years ago, she turned me into a beet eater at least. This soup is much more delicious than you would expect, and it is a great way to use up some of the cabbage and broccoli that may still be in your fridge from weeks past.

Experiment and enjoy!

Beet Soup

Dog Hollow Farm

4 large beets
1 large potato
1 large onion
other vegetables: beet greens, celery, spinach, carrots, kale, chard, etc.
salt and pepper to taste
plain yogurt

Wash and chop all the vegetables into chunks. Place all together in a large steamer and steam until they are very soft. Using the water from the steamer, and any other stock or water as needed, blend cooked vegetables until very smooth and thick. Return to soup kettle and heat gently to avoid sticking. Add salt and pepper and serve with a generous portion of tart plain yogurt in the center of the bowl. Makes 4-6 servings.

Szechwan Green Beans

2 tablespoons sesame oil
1 pound trimmed green or yellow beans
4 garlic cloves, minced
¼ teaspoon salt
crushed red pepper to taste (optional)

Place wok or heavy skillet over medium-high heat. After a minute, add oil. After another minute, add green beans. Raise heat to high and stir-fry 5 minutes, until beans are well seared. Add garlic, salt, and optional red pepper. Stir-fry several more minutes, then remove from heat. Serve warm or at room temperature.

Call for Recipes

Please share your favorite recipes with other CSA members! Every year I hear how important this section of the newsletter is for members who are anxious to try new things. Please send your recipes to the e-mail address below and I will include them here when we have the right vegetables in the share. Thanks!

(continued from "Claire's Comments") farm. It's exciting to give time, attention and energy to farming, and share the delicious results with family and neighbors.

Ultimately, the new agrarianism will include everyone. It will be accessible to all people, varied, use little energy other than manpower, and give back as much to the soil as it takes. Overall, farms of the future will empower communities to rely upon themselves for food. So you see, our 5-acre, organic community farm is on the cutting edge. Troy is a successful example set for farms of the future, and cities around the world.

(continued from "In the Bag")

them raw on salad or steam them and toss them with butter for dinner. If you cannot tell them apart before hand, you will know immediately when you take a bite. Here's my final clue: Though the weight of peas in each bag is almost the same (a pound of snap peas and a pound and a quarter of shell peas) the bag of snap peas appears to be much smaller.

Beets are a new item this week, and beautiful beets they are. Not only are the roots big and bright, the greens are lovely as well. In fact we decided not to include kale or chard in the share this week, because the beet greens are just as good. Chop them and sauté them with olive oil, onion, a touch of tamari, and a dash of vinegar. You can serve the greens right along side the steamed beets.

The one little cucumber is new this week as well. The cukes that we planted in the greenhouse back in April are just beginning to come on, slowly. Once we start harvesting the field-seeded cukes, you will see more of them. Meanwhile, the few cukes we have had have been delicious.

The last new item this week is the green and yellow beans. These are definitely in my top three favorite vegetables ever. I love them. The green beans are my especial favorite. This variety (Maxibel) is so tender and sweet that I can eat them raw or steamed by the plateful. We will be picking from 1200 feet of beans next week, so you will see more of these in the near future.

The broccoli, cauliflower, and peas are finally slowing down. You may see a few more peas next week, but this will be the last of the broccoli for a while.

Troy Community Farm

Claire Strader • 442-4670 • farmer@troygardens.org