

## In the Bag

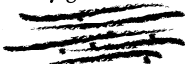
Broccoli or Cauliflower, 1 bundle  
Green & Yellow Beans, 1 bag  
Red or White Scallions, 1 bunch  
Chard or Kale, 1 bunch  
Summer Squash, 3 pieces  
Lettuce, 1 head  
Cucumber, 1 piece  
Curley or Italian Parsley, 1 bunch

I was wrong about the broccoli and cauliflower. There is more! I was also wrong about the peas. We did get a small harvest on Monday, but not nearly enough to distribute to the whole CSA. The pea season is typically three weeks and this year turned out to be no exception. Though I did have hopes of squeaking out an exciting fourth week, I must admit I am not overly sad about the end of peas. I'm much more fond of both harvesting and eating beans.

And what a lot of beans we have! You have an unprecedented two pounds of them in your share. If that is too much to steam and serve with butter over the next seven days, try freezing some for the winter. It's simple: Snap off the stem and snap the beans in half as you normally would. Blanch them in boiling water (or a steamer) for two minutes. Plunge them in ice-cold water to stop the cooking process. Drain the beans and pat them dry on some kitchen towels. Pack them into a zip-lock bag freezer bag and tuck them into the freezer. It is a pretty quick process. When you take them out of the freezer to add to soup or stir fry in January, you will smile and have delicious memories of the summer.

Most of you will have red scallions in your share (though a few of you will have the usual white). These are a brand new item to Troy. I use to grow red scallions on other farms, but never  
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troy gardens



## Claire's Comments

### Flower Garden is Open

Then entrance to the farm is looking lovely with snapdragons, rudbeckia, zinnias, verbena, salvia, feverfew, strawflowers and even more colorful blooms. It is time to start harvesting! When you come for your CSA share this week and in the weeks to come, please take some time to walk back to the farm and harvest a flower bouquet as well.

We planted this garden for you to enjoy, but we need your help to keep it thriving. Luckily, the most helpful thing you can do is harvest! The more the flowers are cut, the more they will produce. If too many blooms are left on the plants, they will think they have succeeded in making seeds for the next year and they will stop trying. That means no more flowers. So, help us keep the CSA garden alive and beautiful by bringing a bouquet home every week. Here's what to do:

- The farm is about 300 yards away from the farm stand. Follow the trail from the front of the property along the community gardens and through the tree line. When you emerge from the trees, you will see the farm right in front of you. Turn to your left and make your way to the gate.
- The flower garden will be right in front of you when you enter the gate. There will be a bucket with a clipper and some rubber bands at the base of the rain gauge.
- When harvesting, choose blooms that are just opened and cut them with a long stem. Just be sure to leave a few side shoots on the plant so that new stems and blooms can grow.
- If you see blooms that are fallen over, making seedpods, or otherwise "past," harvest them as you normally would and leave them in the path. Then those plants can then make new blooms.
- When cutting your flowers, cut the stems at an angle and strip off the leaves as you go. The angle cut will make it easier for the flowers to take up water in the vase, and stripping the leaves will extend the live of your flowers and keep the vase water cleaner.
- When you are ready to leave, please return the clippers to the bucket, bind your bouquet with a rubber band, and remember to **close the gate!** If the gate is left open and the deer get into the farm, they will not be nearly so careful and considerate with their harvest!
- Put your bouquet in water as soon as you get home. If you take the time to trim the stems once more as you arrange them, that will help them rehydrate from their journey.

There are also some herbs in the flower garden: sweet, lemon, and purple basil, sage, thyme, oregano, and chives. These are yours for  
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# Recipes

*I am so excited that some of you have started to send in recipes! This one is from Sig Midelfort. He found it in Colin Spencer's The Vegetable Book. Sig's notes are in parentheses. He says it makes a perfect first course or an excellent supper dish with a green salad.*

## Spicy Cauliflower Roulade

1 head cauliflower, chopped very small  
a handful of minced parsley  
2/3 cup fromage blanc (white cheese)  
1/2 pound frozen puff pastry, thawed  
1 large onion, minced  
1 egg, beaten  
2 tablespoons sesame seeds, toasted

For the hot sauce:  
1/4 cup olive oil  
2 hot red or green chilies, minced  
1 red bell pepper, seeded and sliced  
4 garlic cloves, peeled and sliced  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
a pinch of sea salt  
juice from 1 lemon  
3 tablespoons bread crumbs, toasted

1. Preheat the oven to 425 degrees.
2. Add the cauliflower to a little boiling salted water and boil vigorously for about 3 minutes, then drain and reserve. (The cauliflower should never be mushy, nor should it be only one remove from raw for this recipe. Remember that the cauliflower pieces must be small and just soft enough to be rolled in the pastry.)
3. When the cauliflower is cool, mix in the parsley and fromage blanc (I used fat free mozzarella) and reserve.
4. To make the hot sauce: Heat the olive oil in a pan and throw in the chilies, bell pepper, and garlic. Cook for 2-3 minutes, then add the coriander, cumin, and salt. Leave to cool. Add the lemon juice, then blend to a purée. Pour into a bowl and add the breadcrumbs to make a thick, chunky sauce.
5. Roll out the pastry to a 12-inch square. Spread the hot sauce over it to about 1/2 inch from the edge. Sprinkle the minced onion evenly on top of the sauce and then spread the cauliflower over that.
6. Roll up the pastry carefully and press down the ends to seal. Brush the ends of the roll with a little of the beaten egg to seal them properly. Brush the roulade with more beaten egg to glaze and sprinkle with the sesame seeds. (I used whole almonds poked into the dough; delicious.)
7. Bake in the oven for 25 minutes, or until the roulade is puffed up and golden. Leave to settle for a few minutes before slicing.

## Parsley Pitou and Parsley Butter

*Deb Lease is a worker share on the farm and has many great ideas for how to use some of the less common vegetables. This week she told me about Parsley Pitou.*

*Deb said it is as simple as grinding parsley with olive oil, garlic, and any other fresh herbs you care to add (much like pesto). You can use the pitou on pasta or steamed vegetables for a fresh, delicious flavor. Or, even easier, is parsley butter. Deb said that for this one you press the chopped parsley into the butter along with a chopped shallot and some salt and pepper. The flavor is milder than the pitou but can be used in much the same way. Use either the pitou or the parsley butter over a mélange of steamed squash, broccoli or cauliflower, and beans. It is simple, yummy, and a good way to use up a bunch of the vegetable share in one meal! If you have extra of either the pitou or parsley butter, both are easily frozen for later.*

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the taking as well. I know there is a fair amount of lemon and purple basil, sage, and chives right now. I recently mowed down the oregano and thyme in order to cut back their seed heads and encourage them to grow more tender leaves, so you will not find much of those two herbs at the moment. They will be back soon.

The best way to harvest the herbs is much like the flowers. Cut them down low, but leave enough on the plant to sprout new growth.

This garden is one of my favorite things about Troy Community Farm. It is rare enough that you see the farm and harvest your own flowers and herbs every week in the world of CSA for me to truly appreciate it here. I hope you will too!

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tried them at Troy because they never seemed to do very well. This past winter the seed catalogue assured me that this variety was lovely, so I tried them again. My opinion of them is still not set. I'm anxious to hear what you all think.

My opinion of the chard on the other hand is firmly established. I love it! I've been a kale lover for as long as I have had access to fresh farm kale. It has taken me longer to warm up to the chard. The thing that set my opinion firmly was my experience freezing kale and chard for the winter last year. My partner and I froze about 12 bags of each. With both, we were delighted that we could defrost them and use them exactly as we would the fresh. (My favorite prep is sautéed with olive oil, garlic, onion, tamari and vinegar.) But to my tastes, the frozen chard was far more delicious than the frozen kale. (Sarah favored the lacinato kale.) Now I am a chard lover. And who wouldn't love a vegetable this beautiful?! The chard is truly stunning this summer.

I'm happy to have lettuce in your share again for these hot summer days! Beware that some of the lettuce will have a stronger flavor than the spring lettuce you have had up to now. The heat brings out the spice.

Take a look at Deb's ideas for the parsley to the left. With either the pitou or the butter, you can make a bunch right now and put it in the freezer for whenever you want the fresh, light flavor of parsley.

