



## In the Bag

Green Beans, 1 bag  
Fennel, 1 bulb  
Beets, 1 bunch  
Scallions, 1 bunch  
1 Cabbage or 1 lar & 2 sm Eggplant  
Summer Squash, 4 pieces  
Salsa Basket, 1 bag  
Garlic, 1 bulb  
Slicer Tomatoes, TBA

The most exciting new item this week is the salsa basket. I've had some CSA members asking about when they would be ready for the last couple of weeks. They are very popular. And they are here at last! The bag with the tomatillos (green fruit in a papery husk) is the salsa basket. It contains everything you need to make fresh green salsa. The (very simple!) recipe is on the back. Please hang on to this newsletter because you will be getting several more salsa baskets over the next month or two and you may need to refer back to this recipe.

Tomatoes are now on in full force. You can expect to see at least one kind of tomato in your share every week from now until frost. When you get tired or having them on your salads and sandwiches, I'll be giving you recipes for tomato soup and tomato sauce.

Even this week you could make up a quick and simple sauce with scallions (or the sweet onions from last week) and garlic sautéed in olive oil. When the onions and garlic are tender, add chopped tomatoes and your choice of herbs (fresh or dried basil, thyme, oregano, etc.). Cook the tomatoes down to your preferred thickness and serve over summer squash lightly sautéed in olive oil. I had this very dish with steamed green beans on the side last night and could not have been happier with my meal.

## Claire's Comments

### Inspired to Chaos

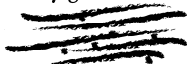
I went on a quick trip to Santa Cruz, California this past weekend. Back in 2000 I spent six months at the university there doing an "apprenticeship in ecological horticulture." I had been working in a produce department for a couple of years at that point and was very tired of ordering and stocking produce instead of growing it. Doing the apprenticeship was a way for me to get my hands dirty again and even to think about farming in a new way (not to mention in a very different climate!). I had a wonderful time, learned a lot, made new friends, and graduated from the program excited to farm again. I got the job as the farm manager at Troy soon thereafter. I returned to Santa Cruz this weekend in order to celebrate the 40<sup>th</sup> anniversary of the apprenticeship program. Under normal circumstances I never would have taken time away from this farm to visit that one in July, but they asked me to do a presentation on Troy as part of a showcase of what some alums have gone on to do after the apprenticeship, so I agreed.

The UCSC apprenticeship program was started 40 years ago by a man named Allen Chadwick. All those years ago, he took a steep slope with terrible clay soil and began to transform it into the beautiful garden that I visited the other day. He took on apprentices to help with the work and to learn to be growers and teachers in their own right. Today the garden (formally called the Allen Chadwick Garden but known to apprentices as the Up Garden) has over two feet of rich, fertile soil the texture of chocolate cake. It also has hundreds of varieties of flowers, garlic, peppers, and apple trees. The current Up Garden manager Orin Martin has a particular love for those crops and has had time over the last thirty years that he has managed the 2-acre garden to further transform it into a dense and chaotic flower, fruit, and vegetable habitat unlike any other I have ever seen.

To be true, when I was at UCSC, I never liked working in the Up Garden. I much preferred the orderliness of the long lines of vegetables grown in the 2-acre "Down Garden" and the 10-acre farm. While I can find chaos beautiful to look at, it is not my natural habitat. So, I was surprised this past Saturday morning when I sat on that slope in the Up Garden surrounded by old friends and teachers, flowers and fruits, bees and birds, while the fog drifted in from the Pacific and shrouded the tops of the redwoods from view, I was surprised in that moment to feel so moved and inspired by that garden. As I listened to poems and memories of Allen Chadwick and looked around at the fruit trees growing up where I had tended basil seven years ago, I was struck that Troy Community Farm might do with a little chaos itself.

Maybe just a bit more orderly variety of chaos? Maybe a biological chaos laid out in fashion that compliments but does not

(continued on the back)



## Recipe

*All you need for this salsa is in the bag with the tomatillos (except for the dash of salt). It is quick, easy, delicious, and a perennial favorite of our CSA members. Use your fresh green salsa on chips, burritos, enchiladas, or anywhere you use salsa.*

### Fresh Salsa Verde

- Remove the husks from and wash the tomatillos
- Put tomatillos, garlic, cilantro, and hot pepper in a blender or food processor. [Note on the hot pepper: Be careful! Add it a little at a time so as not to go too far. Include the seeds for extra heat.]
- Blend on low until ingredients are combined.
- Chop the onion separately and add it to the mix with a dash of salt.

Salsa ingredients will store well in their bag in the fridge for up to a week. Once you make the salsa, it is best if eaten within a few days.

***Hang on to this recipe!***

***You will be seeing more salsa throughout the summer.***



*This recipe comes from CSA member Helena Campbell. Perfect timing for this week's share! Helena's notes are included below.*

### Russian Borsch

from *Better Homes and Gardens New Cookbook*, 1976

*Here is a recipe we like to use for beets and cabbage. The fun part is that the cabbage color doesn't matter, 'cuz everything turns red. It is the next best thing to the beet and fennel salad.*

2 cups shredded beets	1 cup coarsely chopped cabbage
1 cup chopped carrots	1 tablespoon butter
1 cup chopped onion	1 tablespoon lemon juice
2 1/2 cups beef or veggie stock	dairy sour cream

Cook beets, carrots and onion, covered, in 2 2/3 cups boiling salted water for 20 minutes. Add stock, cabbage, and butter. Cook, uncovered, 15 minutes. Stir in lemon juice. Serve hot or chilled. Top with sour cream. Serves 6.

Notes:

- *We don't salt our water.*
- *We've never had it cold.*
- *Using a food processor speeds up prep work and keeps the bloody beet mess to a minimum.*

(continued from "Claire's Comments")

disturb our neat rows of vegetables? You can see I'm still struggling a bit with the idea. But what I'm thinking is not really so radical or new. There are edges and corners at the farm that could use more attention. The whole of the farm fence for instance. I would love to work up the ground between the road and the deer fence that go around the farm and plant some of Orin's beloved apple trees, maybe some pears and plums and raspberries as well. I would love to find a corner for strawberries or asparagus. Even if none of those things ever find their way into a weekly CSA share, they will still be there to draw you out for a walk and a snack and maybe some inspiration of your own.

I left the Up Garden slope on Saturday morning and went on to give my presentation on Troy. I felt like I was reporting back to my teachers what I had accomplished with the tools they had given me. They seemed pleased with my report and I was happy about that. But I was happier still to find that the UCSC Farm and Garden Program still had some more tools for me to pick up on my way through. I'm thinking now about diversity and chaos. I'm wondering how I can refine my teaching of interns and farm and field youth in order to convey the kind of passion Orin has about garlic when I talk about my love of green beans. I'm contemplating planting more flowers and adding some fruits. I'm sure that both I and Troy Community Farm can be more and better than we are. It's exciting to feel another growth spurt coming on.

## Savor the Summer

The Savor the Summer Festival is coming up in a few short weeks!

Please join us for:

- live music
- food and flower workshops
- hay rides
- kid's activities
- and much more

**Saturday, 11 August 2007**

**From noon to 6:30 PM**

At Troy Gardens

**Troy Community Farm**

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