

## In the Bag

Green Beans, 1 bag  
Red Potatoes, 1 bag  
Orange or Red Carrots, 1 bunch  
Sweet Onions, 1 bag  
Red and Green Peppers, 3 small  
Summer Squash, 3 pieces  
Cherry Tomatoes (for members 1 to  
45 this week), 1 bag  
Garlic, 1 bulb  
Slicer Tomatoes, TBA

More beans this week. Your bag will have a combination of either Italian or Dragon's Tongue beans and the usual green beans. Both the Italian and the Dragon's Tongue are wider and flatter beans. The Italian are all green and the Dragon's Tongue are white and purple striped. All are delicious.

I was craving egg rolls this past week, so while my partner biked off to the China Palace to pick some up (deep fried in a way I can never achieve at home!), I cooked up some Szechwan beans and some rice to go with them. It made a great dinner and a great lunch the next day. To make them begin by sautéing a clove or two of garlic in oil. Add the beans and a generous dose of tamari or soy sauce and cover the pan to let the beans steam a bit. Uncover, sprinkle with toasted sesame seeds and sauté just a bit more to let any liquid reduce. Serve with rice. Easy and delicious.

We dug these potatoes on Monday, the very first of the year. I must admit that I have not tried them yet, but they sure look good! They are still dirty because they keep better that way. They will also keep better if you take them out of the plastic bag they came in as soon as you can. Use them in the recipe on the back or just steam them and serve with butter.

(continued on the back)

## Claire's Comments

### Rain

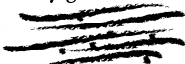
It finally started raining on Saturday afternoon. I remember it well. I was in the kitchen with tomato juice dripping from my elbows as I turned the first of our second quality tomatoes into sauce for the winter. The oven fan was making a racket blowing away the steam from the boiling sauce and I couldn't hear much more beyond that. But Sarah was further away from the stove, at the dining room table, cutting out blemishes from the tomatoes and she could hear the first few drops start to fall. When she brought the rain to my attention, we both took a minute to enjoy this anxiously awaited and most welcome sound. Rain at last. Now we can till again and plant again. The kale and peppers and sweet potatoes and leeks will grow again.

Jake reported that the farm got 1.8 inches of rain that weekend. Then it rained again on Tuesday morning, and Wednesday night, and it is still raining this Thursday morning. The rain gauge actually blew over in all the excitement and I've lost track of how many more inches have fallen. But even without the assistance of the rain gauge, I can say it is enough. Why not save some for next week? Or the week after?

I've been farming long enough to know that's not how it works. Every spring when I place my order for one inch of gently falling rain once a week (preferably on a Wednesday or Friday night), I am aware that expecting delivery on such an order is like expecting global warming to reverse its course with no effort or change from me. It just won't happen. Still every farmer can hope. (At least until she gives up hope and installs irrigation!)

The rain, even excess rain, this week at the farm has required us to modify our schedule. On an organic farm we rely on prevention when it comes to dealing with things like pests and weeds and even disease. For pests we provide beneficial insect habitat (the beneficials will eat the pests). For weeds we rotate our crops and mulch. For disease we also use crop rotation and mulch. And timing. Water is an excellent vector for disease. When you pick a crop that is wet, any little area of disease can be quickly spread to the entire crop by the water that adheres to your hands and then to the next plant (something like bees and pollen). Tomatoes are one crop that is especially prone to disease in wet conditions. Disease can spread through the crop in the rain even if it is not picked when wet. Still, though we normally harvest tomatoes on Tuesday morning, we waited until Wednesday afternoon in the hopes of catching them at their driest before the next rain.

All this rain will also affect our onion and dry bean harvests. These crops need to be dry when harvested or they are more likely to rot in storage. Maybe we can pull them in next week? Meanwhile, the kale has pale green new growth, the peppers are flowering again, and we can plant fall spinach as soon as it dries out enough to till. I know the sun will return. And the rain will fall again in its turn. And I will feel grateful even as our farm routine is modified along the way.



## Recipe

*This recipe comes from CSA member Forrest Espinoza and the Sundays at Moosewood Restaurant cookbook. Forrest says it is so good she could eat it every week! This is an especially good week to eat it because most of the vegetables are included in your share!*

### Kettle Stew (Mole de Olle)

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|--|--|
| 1 cup chopped onions                                       | 2 cups cut green beans                     |
| 1 large garlic clove, minced or pressed chilies            | 1 small zucchini, sliced (about 2 cups)    |
| 1-2 Tbs. vegetable or olive oil                            | 2 cups cut corn (frozen or fresh)          |
| 1/2 tsp. cinnamon  | 1-2 Tbs. chopped fresh cilantro (optional) |
| 1/4 tsp. ground cloves                                     | salt to taste                              |
| 4 small potatoes, cut into chunks (about 2 cups)           | grated cheddar cheese or sour cream        |
| 3 cups fresh tomatoes or 1 28-ounce can undrained, chopped |  |

In a stewpot or large saucepan, sauté the onions, garlic, and chilies in the oil for about 5 minutes. Include the seeds from the chilies if you like a hotter stew, discard them if you don't. Add the cinnamon, cloves, and the potatoes and cook, covered, for another 5 minutes. Stir in the tomatoes and the green beans, cover, and cook 5 minutes more. Add the zucchini and corn. Simmer, covered, on low heat until all the vegetables are tender. If the stew seems too dry, add tomato juice or water. Add cilantro, if desired, and salt to taste.

Serve topped with grated cheese or sour cream.  
Serves 4.

(continued from "In the Bag")

The carrots are new this week as well. Because of the extremely dry conditions that prevailed even up to several days ago, you will see that they are a bit misshapen and that some of the tips broke off during harvest. Their flavor is very good however. And who can resist the beauty of those red and orange colors?! You will likely see carrots again in the next week or two, but it will be a while before we have more after that. It has been difficult to get the tiny carrot seeds to germinate and grow this year.

These are the last of the sweet onions for the year. The sweet onions are always the largest and earliest and the ones that keep for the shortest period of time. Enjoy them soon in your salads or sandwiches or in any recipe that calls for onions.

Peppers! I love peppers, especially the red and orange ones. Green peppers are good and I will eat them happily, but the sweetness of a mature pepper that turns its true red or orange color cannot be matched by the immature green pepper that precedes it. The problem with waiting for the green peppers to mature to their full sweetness is that they tend to gather more blemishes as they get older. I personally believe the fuller flavor is worth having to cut out the blemish. So, you will see some blemishes on the peppers in your share today. Fear not! Their flavor will win you over. Use them on you sandwiches with tomatoes and sweet onions, or in your pasta sauce, or on your pizza with onion and summer squash and roasted garlic.

You have red and orange and pink and possibly even striped tomatoes in your share today. Fun! If you get the stripped ones, I must warn you that they are not the best eaten raw. They are hollow inside and meant to be stuffed and cooked. Try them stuffed with your favorite lentil dal and baked in the oven. All the other tomatoes are delicious any way you like.

For those of you who did not get cherry tomatoes this week, don't worry you will get them next week. The plants just cannot produce a full 110 pints at a time.

## Savor the Summer Festival

**A Northside Savor The Summer FESTIVAL at Troy Gardens**

**SATURDAY, AUGUST 11 — NOON TO 6:30**

**FREE Fun Activities For All Ages!**

**• Live Music All Day**  
The Blues • MUDMILK West  
African Drum of Malawi • The  
Rhythmic Acoustic Workshop •  
World Beats

**• Games & Crafts for Kids**

**• Ethnic Cooking Demos**

**• FREE Hay Rides!**

**• Great Food**

**• Raffle**

**• ICE CREAM & BEER!**

**Same Time Same Place**  
**at The Friends of Troy Gardens**  
**Booth & Reserve A**  
**Fair 2007**  
**Savor The Summer**  
**Cookbook!**

**500 Block of Troy Drive**  
**Rain or Shine!** poster donated by MOCS

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**ntuj sov nyob pem**  
**Troy Gardens!**

**(Festival de Verano a**  
**los Jardines de Troy)**

## Troy Community Farm

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