



## In the Bag

Spaghetti or Delicata Squash  
Salsa Basket, 1 bag  
Summer Squash, 3 pieces  
Beets, 1 bunch  
Scallions, 1 bunch  
Garlic, 1 bulb  
Choice of Herb, 1 bunch  
Slicer Tomatoes, TBA

The spaghetti squash did not germinate very well this year, sadly. So we only have enough of them for most of you. Some of you will have a small spaghetti/delicata squash combination and others of you will simply have delicatas. Jake for one is not a fan of the spaghetti squash, so he would be happy to trade it for delicatas. I'm hoping others of you will feel the same way. I, on the other hand, really like spaghetti squash. I cut it in half lengthwise, scoop out the seeds, steam it until a fork goes through the skin, scoop out the stringy flesh, and serve it with pesto or tomato sauce just like spaghetti. I love it that way. And a spaghetti squash will keep longer than a delicata. But there is no question that the delicata is sweeter. Choices.

While most of the share is looking good this week, I cannot help but be disappointed in the tomatoes. The rain has finally done them in. What little we did harvest is small and blemished and hardly a crop to be proud of. I do have some hope that the green tomatoes that are still on the vine will ripen over the next week, but I'm doubtful there will be much. Have we ever lost the tomatoes so early? Not that I can recall.

There are eight different herbs to choose from this week. You will be seeing a similar selection for the rest of the season. As you make your choices, remember that basil, thyme, sage, oregano, and mint all dry well if you just hang them upside down. What you don't use fresh you can use in the winter!

## Claire's Comments

### Rain: Week Four

We've had a hard week at the farm. It's not just the rain and gloom. It's the new pink mold on the curing winter squashes, the grey mold on the garlic, the mold in the air. It's the stinking mud pit at the farm shed, the death of the tomatoes, the fact that we still have not been able to plant our fall spinach, lettuces, or radishes because the ground has not been puddle-free (not to mention dry enough to work) in a whole month.

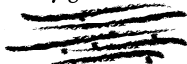
And we hear about the record rainfall on the weather radio report each morning. And at the same time we hear that the water level in Lake Superior is dangerously low, has been for years and has not been helped by all this rain. And NPR is running a series of reports on global warming. Where's the sun? Should I even hope to see it? Or will that only mean more and greater problems in the future?

While picking waterlogged and rotting tomatoes off of blight-ridden vines this week, I seriously thought about getting a nice job in a nice office where I would be a little more removed from the natural world. Jake thought it would be best to run off into the woods for some solitude and a return to hunting and gathering. But we kept picking and the conversation eventually turned to the things we like to do in addition to farming, rather than to the exclusion of it.

The sun did finally come out on Wednesday afternoon. From what I hear on the weather radio, it sounds like what clouds there are over the next few days will not likely dump any more rain. Will we finally be able to harvest the onions and potatoes? Can we salvage any of the dry beans that have started to sprout right in their pods? Will we be able to plant again? With the sun comes hope.

One bright spot for the week has been the return of our spring and summer intern Eva. She is returning to us after a month or so away to do a fall internship. Eva brings enthusiasm and a real motivation to learn that helps Jake and me feel good about our work again. We spent Wednesday afternoon harvesting beans and talking about changes and improvements we would like to make in our internship program for next year. I left the field with a mental list of possibilities and with hope that all of us as farmers and interns at Troy can grow and adapt and improve our skills. It was so good to think a bit about next year, that shinny new season where everything could still go right.

As we move into September, I am looking forward to the change of season in a way I never have before. At this time of the year, I'm usually bemoaning the loss of the sun and heat. But I've already been without it for a month, so maybe I'm over my grief. Instead, I'm making lists of goodies we still have in the field for you (did you know you will be getting popcorn this fall, and sweet potatoes?), and getting excited to finally plant those winter cover crops that will be the foundation of our fertility in 2008.



# MACSAC Fundraiser

Madison Area Community Supported  
Agriculture Coalition presents:  
**The First Annual | Tour de CSA**  
Saturday September 29, 2007



Join MACSAC on a 27-mile or 60-mile bike ride through Dane County's beautiful farm country and visit three Community Supported Agriculture farms. Your ride will be fueled with gourmet local food, including breakfast, snacks and a three-course lunch prepared by Underground Food Collective, Café Soleil and other star cooks from our local food system. — all included in the \$35 registration fee.

Register online at:  
[WWW.MACSAC.ORG/BIKETHEBARN](http://WWW.MACSAC.ORG/BIKETHEBARN)

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The Madison Area Community Supported Agriculture (CSA) Coalition works to create a sustainable, just, and locally based food system in Southern Wisconsin by promoting and supporting CSA farms, coordinating community and farmer education programs about the benefits of locally, sustainably grown foods, and operating the Partner Shares Program which raises funds to subsidize CSA memberships for households on a limited income.

This fundraiser will be FUN! All funds raised will go to support the MACSAC's Partner Share's program. The ride begins at Troy with a tour by our very own Jake, who will also continue on the ride!

# Recipe

*My dear friend Lisa was here visiting over the past weekend. We've been trading canning assistance as we stock our larders with organic food to last into the winter. This time she brought a pickled beet recipe. Lisa is a big beet fan, and her 2-year-old son Gil says that beets are his favorite vegetable, so I was surprised to find that she puts up only 6 pints of pickled beets a year. I'm not a beet fan, but I think I must eat most of her supply each winter. I love Lisa's pickled beets! Or maybe I should say I love Lisa's great grandfather Burt Bergin's Beets! He handed the original recipe down to her.*

*You can make this recipe and keep the beets in your fridge for a good long time. Or, if you don't have the space in your fridge, you can "can" them. Lisa says to use simmering brine and to hot water bath for 5 to 10 minutes. Beets are my next canning project. I think I'll be crazy and make 12 pints!*

This recipe will make enough brine for 3 pints of beets.

## Burt's Beets

1. Skin the beets: Cut off the greens leaving a 1-inch stock. Steam or boil them until tender, but not soft. Transfer the beets to cold water. Slip off the skins.
2. Cut the beets into rounds or chunks, as you prefer.
3. Simmer the following brine for 5 minutes:
  - 2 cups water
  - 1 tsp. ginger (fresh or dried)
  - 1 tsp. salt
  - 1 cup sugar
  - 1 cup vinegar
4. Pour the brine over the beets and can them or store them in the fridge.



## Troy Community Farm

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