

In the Bag

Red or Yellow Potatoes, 1 bag
Edamame, 1 bag
Leeks, 1 bunch
5 Hot Peppers OR 2 Sweet Peppers
Chard or Kale, 1 bunch
Summer Squash, 3 pieces
Garlic, 1 bulb
Choice of Herb, 1 bunch

Jake and I are feeling quite proud of this week's share. Lovely potatoes and leeks, delicious greens, another round of peppers and edamame (which we were not expecting), and somehow the summer squash is still holding out. We consider this share to be "highly edible," meaning it is one of those shares that is easy to prepare and eat without a lot of thought or instruction. Here's what I would do with this share:

Tonight I would use the peppers and squash (and the cilantro if I chose that as my herb.) I would sauté some garlic and all the squash in olive oil with a bit of cumin. Then I would add some pre-cooked rice and black beans to heat through. Meanwhile I would take the peppers (hot or sweet!), remove the seeds and stuff with a couple thin strips of cheese (maybe Swiss or jack) and a spoonful of the sauté. The peppers then go under the broiler until the skin is slightly blistered, but not charred. The bulk of the sauté would be rolled into tortillas with some fresh cilantro and a bit of cheese and baked in the oven until the tortilla is just crisp. Serve peppers and tortillas with some leftover tomatillo salsa from last week (and maybe a tomato if I can still find one of those around!)

Tomorrow night I would use the potatoes and leeks in the soup recipe on the back and put it in the fridge to be eaten over the weekend. And for dinner that night I would use the greens and

(continued on the back)

Claire's Comments

A Plague of Mosquitoes

I was wishing I had my camera with me yesterday morning. There were seven of us at the farm at 7:00 AM covered from head to foot in various layers of mosquito protection: long sleeves, long pants, and the ever functional, though truly uncomfortable, black mesh head net or bee bonnet. We were a sight to see, like a ragtag troop of mosquito bandits.

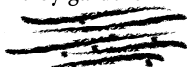
Was it two years ago or maybe three when we had a similar outbreak of mosquitoes? Whenever it was, Jenny Ohlson (CSA member and worker share) took pity on us and gave us several mosquito head nets to use at the farm. We have not had to pull them out much because Troy is usually notoriously free of mosquitoes. But with these last weeks of rain and all the puddles on the farm any mosquito alive was able to lay thousands of eggs (my research shows one to three thousand each) that actually lived and hatched into this plague we are now experiencing. Those head nets have been invaluable this week! Truly I don't know how we could have harvested this food without them.

Still, I have my issues with the head nets. Who would think that such a thin layer of mesh could obscure your vision, impede your breathing, and hold so much heat? I was constantly trying to escape mine, pushing the front of it up over my hat for a short while until the mosquitoes found my ears and eyes and I was forced into confinement again. The worst was when I would accidentally trap some of the hoard in the net with me after my escape attempts. Luckily I avoided stabbing myself with the harvest knife while I swatted and squished them against my head.

My ears are still ringing with that incessant mosquito whine. I still have welts on my hands and neck and ankles where the little buggers found a bit or skin or else drove their stingers right through my clothes. And I still feel a tremor of panic when I think of going outside. No place at the farm has been safe this week, not in the direct beating sun (which is especially hot when every inch of you is covered with cloth and netting), not in the farm shed, and especially not in the hoop house.

Walking into the hoop house is like walking into mosquito hell. Thousands of tiny mosquito bodies make a loud racquet when bouncing repeatedly against the plastic walls trying to get out and find prey. And the sound only dulls minimally when they discover that prey has come into their midst. After they bite you, they are off to beating on the walls again, desperate to lay their eggs. One of the most gruesome sights in the hoop house this week was the side of a curing pumpkin that had been stripped of its skin by a chipmunk and was coated with a thick layer of mosquitoes sucking out the juice. I could not help but think I would be that pumpkin soon if I did not get out of there immediately.

I cannot be that this plague will go in forever. How long does this generation of mosquitoes have to suck our blood and lay their eggs before they die? A quick internet search showed me that it could be anywhere from two weeks to two months depending on the species and the temperature. I'm hoping for the short side of this prediction. Maybe in



Recipes

My partner's sister Heidi got married last summer. At her bridal shower she received a new rolling pin and a rolling pin holder to hang on the wall and accommodate both the new pin and the one she already had at home. When questioned about the need for two rolling pins, Heidi explained that she is cultivating a calling for piecrust. Piecrust is Heidi's second recipe-perfecting passion, however. Her first was potato leek soup. Of course, I had to have the recipe. I love potato leek soup, and Heidi's done a great job with this one! Sarah and I make it with "Better than Bouillon," our favorite bouillon, and puree it right in the pot with Sarah's hand blender. I'm hoping that maybe Heidi's Calling Pie Crust will be ready with the pie pumpkins!

Heidi's Calling – Potato Leek Soup

Heidi says this soup is even better if you can wait a whole day to try it. The flavors blend overnight.

2-3 leeks, whites and greens, chopped
1.5 tsp. rosemary
4 cloves garlic, pressed or chopped
2-3 Tbs. butter
1 lb. potatoes, cubed
2 squares of your favorite stock or bouillon
Milk or unsweetened soymilk



Use your large soup pot to sauté leeks, garlic, and rosemary in butter until the leeks are clear and soft. Add potatoes (Heidi likes large chunks) and sauté until the potatoes are covered with leek mixture, plus a couple of minutes. Then add water, not too much, so potatoes are still showing just on top. Next, when the water is warm, add your favorite bouillon. Let boil and then turn heat down to medium until your potatoes are to your tenderness liking. Add milk just to turn the water a good hearty creamy color. Add salt and pepper to taste. If you want a thicker soup, puree 1/4 to 1/2 of the mixture and add it back to the pot.



Chilies Rellenos Jose

This recipe comes from the MACSAC A to Z Cookbook. It calls for more hot peppers than you have in your share today, but you could cut the quantities in half, or get more hot peppers, or just use this as a base from which to create your own recipe!

Whole or halved chilies, enough to cover the bottom of a 7 by 13 pan
1 pound Monterey Jack cheese, cut into thin strips
5 large eggs
1/2 tsp. salt
1/4 cup flour
1/2 pound grated Cheddar cheese
1 1/4 cup milk
1/2 tsp. paprika

Remove seeds from chilies. Slip strips of jack cheese inside chilies. Beat eggs and gradually add flour, milk, and salt. Arrange chilies in a well-greased pan. Sprinkle on Cheddar. Pour on egg mixture. Sprinkle on paprika. Bake uncovered at 350 degrees for 45 minutes. Makes 6 to 8 servings.

(continued from "In the Bag")

edamame and any leftover leeks that did not find their way into the soup. Sauté the leeks (or an onion) in olive oil with a clove of chopped garlic. Add the chopped greens (kale or chard will both work) still slightly wet from being washed. Add some tamari, apple cider vinegar (maybe a few tablespoons of each), and a dash of hot sesame oil. Then cover the pot and let the greens cook until thoroughly wilted. Be especially careful not to undercook the kale. Meanwhile, boil the cleaned edamame in salted water for 5 to 10 minutes. When the beans slip easily from the pod and are tender, they are ready. I'm not a fan of shelling edamame, so I would just serve it as is along with an empty bowl to hold the pods once the beans have been slipped out though the teeth of the eater. If I had time, I might sauté a little tofu to go in with the greens. But I would also be just as happy with the greens served over rice and the edamame on the side.

Once all those meals are done, all I would have left is about a half pound of potatoes and some garlic. (The soup recipe calls for 1 pound of potatoes. You have 1.5 pounds in your share.) So finally, I would chop the potatoes and boil them (skins and all!) with a clove or two of garlic (peeled). When tender, I would mash the two together with some butter and top with a sprinkle of thyme. With only a half pound of potatoes, it would be more a snack than a meal. But a delicious snack for sure!

I would be anxious for next Thursday after all that, looking forward to beets, onions, carnival squash, the last salsa basket for the year, and the return of sprouts!



(continued from "Claire's Comments")

another week most of them will start to die off and we can walk the fields with bare skin exposed once again.

One possible problem with this great wish is that it is supposed to rain again today and tomorrow. With more rain and puddles, perhaps this generation will lay enough eggs for an even bigger generation to come. UGG! At least we have one crop that we can grow inside. Maybe next week it will be an all spout share!

Troy Community Farm

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