

In the Bag

Acorn Squash, 1 piece
Scallions, 1 bunch
Carrots, 1 bunch
Kale, 1 bunch
Beans (1 bag), **OR** Eggplant
(1 large & 2 small), **OR** Cherry
Tomatoes (1 bag)
Leafy Sprouts, 1 box
Choice of Herb, 1 bunch
Garlic, 1 bulb
Slicing Tomatoes, TBA

Tomatoes again?! Indeed. They are getting smaller and have more unique blemishes, but they are definitely making a comeback after all that August rain and disease. They even survived the light Saturday morning frost this past weekend. Enjoy them now, and we will likely have more for you next week.

The green beans, eggplant, and cherry tomatoes all survived the frost as well (some of them under cover) but none of them are producing enough to provide a full share to everyone. So, it's a choice this week. I understand it will be a difficult choice. They are all very good!

The leafy spouts are a new CSA item – never before included in a Troy share! The Alfalfa Clover Mix is mild and sweet. The Meg's Spicy Mix has a base of clover but also includes radish, arugula, and fenugreek for a yummy, spicy kick. Eat either one on sandwiches (tomatoes, sprouts and mustard or mayo), in your salads, or as a replacement for lettuce in your acorn squash burrito.

I'm not a fan of acorn squash. Normally I might not be so bold about exclaiming my distaste for a vegetable, but the hardy acorn squash has so many loyal fans that I doubt my opinion of it will

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Claire's Comments

Frost – For Better and Worse

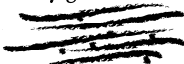
I remember clearly, a few weeks ago Jake and I had a conversation about frost. It was back when it seemed like everything was dead or dying from all the rain and mold. We were sort of wishing for a frost back then. If the cold killed all the tomatoes, peppers, eggplant, beans, squash, and basil, well it would just but them and us both out of our misery. But then the rain stopped and the sun came back and slowly some of those crops started to revive. Never before have I seen tomatoes come back from a blighty death to ripen more fruit. Never have I seen eggplant flower in September after being decimated by potato beetles all summer. And the peppers. They are huge and lush and looking like they plan to make it through the winter.

There was a threat of frost on Tuesday night of last week. Neither Jake nor I took it very seriously. Those forecasters on the weather radio always try to prepare us for the worst. And in the city we know that it generally stays warmer because all of our buildings and roads collect heat during the day and radiate it back out at night. Sure enough, we were still able to harvest basil on Wednesday. Basil is the most tender crop we have and it was unharmed.

Then we heard another frost warning for Friday night and early Saturday morning. By that time we had noticed that some of the crops that were so hard hit in August were starting to rebound and we were a little more worried about losing them. So, we got out the remay and covered the tender beans and basil at least. We also harvested as many tomatoes as we could, hoping they would ripen for you by Thursday.

Sure enough there was a light frost on Saturday morning. We returned to the field to find the basil spotty beyond harvest (even though it was covered), the summer squash totally dead, and the sweet potato vines black and droopy. Still the tomatoes, peppers, eggplant, tomatillos, and the beans (under their cover) all survived. With temperatures on the rise all week, Jake and I have this crazy hope that the real frost will hold off after all and we will actually see all those eggplant blossoms turn into a real harvest. It's a crazy hope. The fall is as unpredictable as the spring. But it has been so good to at least feel that hope after this summer of extremes – droughts *and* floods.

There are some very good points to the light frost that we got this past weekend as well. Now that the sweet potato vines are dead, we will start harvesting the tubers and you will likely see them in your shares in two weeks. (Sweet potatoes and tomatoes in the same week?! It might happen.) Also the cold temperatures sweeten up some vegetables. The kale and chard and Brussels sprouts will all be sweeter now. They use sugar as antifreeze in their cells. It's all part of the change of seasons, or any change really, there's good and bad.



Recipe

Julie used to visit our stand at the market and buy three bunches of kale every week. I would save one of each type for her. After almost a year, I finally asked her what she was doing with all that kale. She gave me this recipe in hopes of sharing her love of kale with all the Troy CSA members.

Sukuma Wiki Maradadi Style (Kale from Coastal Kenya)

I learned to make this dish years ago while living in Kenya. This is an old coastal Kenyan recipe where Sukuma Wiki (or Kale) grows like a weed and is a staple of the diet. I have tried to put together a regular sort of recipe, but I learned this from an old Swahili woman over a jiko in her mud hut, so feel free to experiment with the amounts and consistency. I have added the Swahili words next to the ingredients. I hope everyone enjoys! ~ Julie

Ingredients:

3 bunches of fresh kale (Sikuma)	3 Tbs. of turmeric + (Kiungo)
5 cloves garlic (Vitunguu saumu)	3 tomatoes (Nyanya)
1 yellow onion (Kitunguu)	extra virgin olive oil (Uto)
1 hot pepper (Pili Pili)	2 cups basmati rice (Mchele)

Equipment:

1 large frying pan with cover
1 rice cooker (I can't cook rice the other way)

Preparation:

Slice the onion. Coarsely chop the garlic. Slice one serano pepper to taste (I usually use only half, but if you like it hot by all means). Strip Sukuma from the stem, coarsely chop, and set aside. Cut tomatoes in chunks and set aside.

Place onion, garlic, and pepper in the frying pan. Add oil to coat the bottom of pan. Add the turmeric and set aside for 1 hour (less time if you are in a hurry). The secret is in this paste—I call it paste but it is more the consistency of a thick oil. You want it to be orangish- yellow (remember turmeric will stain your clothes and hands yellow) and fairly thick. Add more oil now to thicken it. Or add water while cooking if it seems too thick.

Cooking:

Cook rice according to directions.

Place the frying pan with the paste over high heat and sauté for about 2-3 minutes, continuously stirring. Add all the Sikuma to the pan. Place your hand flat on the Sikuma and push it down firmly until you begin to hear the Sukuma pop (sounds like popcorn with the freshest Sikuma). Once you hear the sound, remove your hand and begin mixing constantly. You may have to lower the heat. (You can leave the hand part out so you don't get burned—but give it a whirl as you become more experienced.) Coat the Sukuma with paste as you stir. If the paste becomes to thick, add water to thin. Cook until the Sukuma is wilted and bright green. Cooking time is about 10 minutes or so.

Once your Sukuma Wiki is done, add tomatoes, cover the pan, and turn off the heat. Set aside. Do not stir once you add tomatoes. You want them warm, not fully cooked. Serve over warm rice.

(continued from "In the Bag")

diminish its following. We were discussing the acorn while harvesting your herbs on Wednesday, and I went so far as to say that I would not eat it. "Why eat the dry, bland acorn squash when you can have delicata or butternut or carnival," I asked. Others on the crew were quick to defend the acorn. After a while, the following two ideas emerged as yummy ways to use the acorn. Deb's idea was an acorn squash burrito. Just bake or steam the squash as you normally would and scoop out the soft flesh. Include it in your burrito in place of the beans with rice, chipolte peppers, and spouts. And serve with any tomatillo or tomato salsa. That sounded good to me. The second idea was actually mine. I know lots of folks like their acorn squash baked in the oven with butter and brown sugar. So why not go all the way and make it into a pie? Just use acorn squash in place of pumpkin in any pumpkin pie recipe. Top with fresh whipped cream and I would eat that for sure!

I wish I could say that you will be seeing many more lovely carrot bunches this fall, but I cannot. For some reason our carrots did not germinate well this year, and those that did finally emerge have been very slow growing. There are three more beds of carrots in the field. We planted them in the July drought and coaxed them to germinate with lawn sprinklers. But they are still tiny. It seems unlikely that they will be ready to harvest before the end of October, if ever. But the good news is that the carrots you have today are delicious – sweet and crisp and everything you could want in a carrot. I suggest eating them raw with your lunches until they are gone.

The kale is making a comeback these days as well. You have your choice of curly, red Russian, or lacinato. After the first delicious and tender harvest of the red Russian and lacinato, they are usually overcome with flea beetles and I mow them down to get them out of the way. I didn't mow them down this year, and now that the flea beetles are dead, the plants are putting on a new flush of tender growth. I love kale, so I am delighted.

Somehow the tomatillos and hot peppers are still producing even after this past weekend of cold. So look forward to one more salsa basket next week! You will also see leeks, blue potatoes, beets, butternut squash, and most likely a few more sweet peppers.

Troy Community Farm

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