



In the Bag

Pie Pumpkin, 1 piece
Sweet Potatoes, 1 bag
Onions, 1 bag
Brussels Sprouts, 1 bag
Sweet Peppers, 3 pieces
Chard, 1 bunch
Choice of Herb, 1 bunch
Garlic, 2 small bulbs
Slicing Tomatoes, TBA

I have filled the back of this newsletter with recipes, but ran out of room for some advice on the Brussels sprouts. Those of you who love them will have no trouble. But I am at a loss for how to convince those of you who hate them to give them another try. I just eat them steamed with butter, but that won't do much to bring the haters around. If you love them, send me your recipes for next week and we will see what we can do!

Just about every other vegetable is covered in the recipes: Use the chard in Rebecca's Trinidad Daal. Use the sweet potatoes in Jake's Sweet Potato Enchiladas. And make a great dessert of the pumpkin with Rebecca's Pumpkin Pie Squares. If you go that route, all you will have left are a few tomatoes (which I would use to make salsa for the enchiladas or else I would add them into the daal) and the sweet peppers (these I would sauté with the onion in the enchilada recipe.) It will be a week of yummy meals!

I can say with certainty that the tomatoes are finally done, for good this time. We started taking down the trellis right after the last harvest on Wednesday. They did pretty well this year, even after all that trouble with the rain. Next week you can expect butternut squash, carrots, potatoes, and leeks. You will also have popcorn on the cob - hang it up for fall decoration and eat it in the winter!

Claire's Comments

The Wind

I was pretty tired on Tuesday night. I went to bed at 8:00 PM (which is not unusual) and didn't think too much about all the wind roaring outside. In the spring I would have been worrying about the strength of the greenhouse or all the little starts in the field. But in the fall, frost is really the primary weather concern, not wind.

I arrived at the farm at 6:15 AM on Wednesday morning to see that I should have been worried after all. I was welcomed with the all too familiar sight of a fallen tree. Over the last several years many trees have fallen in the lane that leads along side the community gardens and out to the farm. When I cannot pull the tree out of the way in the morning, I just take the truck over the grass to get around it and make it back to the farm. Then our arborist friend Peter or some helpful folks from the grounds crew at Mendota will buck it up for us. But this tree was not in the lane. This tree fell on our farm shed. It fell on the shed and then rolled off to land in front of the doors. Before we could do anything, that tree had to be moved out of the way.

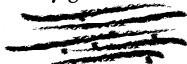
Deb was the first worker share to arrive. She got off her bike and started helping to load the brush onto the truck for removal. By the time the truck was full, the rest of the crew was there and while Deb and I stashed the brush in the woods, they teamed up the haul the two large pieces of trunk down the lane and behind the compost piles. Within 10 or 15 minutes the wash shed area was cleaned up and we were ready to harvest. Out to the chard! Find those last tomatoes! No time to lose!

And really, no time was lost. The crew finished the harvest and had the truck loaded in time to head back out to the tomatoes and start liberating them from their trellises. It was a lovely, warm morning, the kind that we hope for on a harvest Wednesday.

I had mostly forgotten about the wind and the tree, until Jake examined the shed later in the afternoon. He found that the roof had been cracked badly enough to let in our next rain, not to mention the chipmunks that would love to get their teeth into the potatoes and popcorn that we have stored in there. So next week we will be on roof repair along with the usual harvest and end-of-season clean up. I hope Jake is better with heights than I am!

It's hard to complain too much though. After that one bought of cold, it has been pretty nice out there this fall. It's true that we are still getting more rain than we need, more than allows us to do the final field work we have to get done. But if the weather holds out like it has been we will have plenty of time to finish up by the 18th!

The last CSA pick-up for 2007 is October 18th



Recipes

My partner Sarah has a sister Rebecca who makes the best daal I've ever tasted. Rebecca's husband Asif is from Trinidad and the two of them are excellent cooks at whose table I would be happy to eat any day. Rebecca was kind enough to share her recipe with us and I am looking forward to trying it this week with the last of the tomatoes and a bit of chard. Rebecca's tips are included in the recipe below.

Trinidad Daal

from Rebecca Shatz

7 oz of yellow split peas, washed	1 1/2 tsp. tumeric
1 medium onion, chopped small	2 tsp. salt.
1 clove of garlic, minced	5 cups water
olive oil	

Fry onion and garlic in olive oil until transparent. Add yellow peas and spices and sauté for 2 minutes more. Then add the water. Boil until the split peas mash easily. (I use a hand blender to mash them.) You can adjust the amount of water to get the consistency you want: thinner for soup, thicker to be served over rice.

3 Tbs. olive oil	3 cloves garlic
------------------	-----------------

This is the MOST important part: Be prepared for your smoke alarm to go off. Open all your windows. I have heard stories of the fire department being called to the scene! You need to burn 3 cloves of garlic. Really, you want to burn them BLACK, not brown. Expect some smoking, but don't hurry; you will only make it worse. Burn the garlic by putting 3 tablespoons of olive oil in a pan on a low fire. Be patient and turn off the flame only when the garlic is Black. Allow this burned garlic and olive oil to cool, and then mix it in to your mashed daal. While the burned garlic adds an essential flavor to the dish, you will not actually eat the garlic when it is served.

And the final ingredient: ground roasted geera. We get it from Trinidad, already made, but it is easy to make yourself. Roast 1/2 cup of cumin seeds in a pan until they turn black. (Another smoke alarm moment!) Then grind it in a spice grinder or with a mortar and pestle. Add about a teaspoon to the daal before serving. We save the rest of the geera to use for a last minute addition to curries.

Some optional additions that we add after the daal is mashed include:

- 1/2 cup of kale or chard, julienned
- 1 chili pepper, julienned
- cilantro
- 2 quartered tomatoes (then considered stewed daal)

XXXXXXXXXX

Jake is a big fan of sweet potatoes and says this is one of his favorite ways to prepare them. The basic recipe comes from somewhere, but I forget to ask where.

Sweet Potato Enchiladas

from Jake Hoeksema

5 cups sweet potatoes, peeled and cubed	
1/2 tsp. salt	4 1/2 cup black beans
2 tsp. oil	2/3 cup cilantro, chopped
3 1/2 cup onion, diced	2 Tbs. lemon juice
4 cloves garlic, minced	1 tsp. salt
1 Tbs. green chili, minced	8 flour tortillas
4 tsp. cumin	salsa
4 tsp. coriander	

1. Place sweet potatoes in a pot with salt and cover with water. Boil and simmer them on the stovetop until tender (10 min), drain.
2. Heat oil in skillet and add onion, garlic, and chili. Cook on medium heat for about 7-10 minutes. Add cumin and coriander and cook 3 minutes more. Set aside.
3. Combine beans, cilantro, lemon juice, salt, and sweet potatoes and mash until smooth. Stir in onion mix.
4. Lightly oil a baking dish. Spoon 3/4 cup filling into each tortilla and roll up. Place seam side down in the baking dish and cover with foil. Bake in a 400 degree oven for 30 minutes and serve with salsa.

This is another favorite recipe from Rebecca. Sarah made these last year and I thought they were quite a step above pumpkin pie.

Rebecca's Pumpkin Pie Squares

Topping:

1 cup boxed yellow cake mix	1 tsp. cinnamon
1/2 cup white sugar	3/4 stick butter

Crust:

Remainder of cake mix	1 stick butter, melted
1 egg	

Filling:

2 cups pumpkin puree (or more)	1 tsp. vanilla
1/2 cup white sugar	1 tsp. cinnamon
1/2 cup brown sugar	1/2 tsp. nutmeg
3 eggs	1/2 tsp. cloves

Mix the dry topping ingredients together and cut in the butter to make course crumbs. Set aside. Mix the crust ingredients together and pour this batter into the bottom of a greased 9" square pan. Make the pumpkin puree by baking the pumpkin, scooping out the flesh, and then mashing it in a blender or cuisinart. Mix the filling ingredients together and pour on top of the crust layer in the pan. Sprinkle the topping on last. Bake at 350 degrees for 45 minutes (or so). Serve with freshly whipped cream!

Troy Community Farm

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