



## In the Bag

Pea Shoots, 1 bunch  
Green Garlic, 1 bunch  
Radishes, 1 bunch  
Scallions, 1 bunch  
Lettuce, 1 head  
Choice of Spouts, 1 bag/box  
Choice of Herb, 1 bunch

None of you will be surprised to hear that we are off to a rough start this spring. The cold weather has meant that many of the crops we expected to be lovely by now are still quite small and immature. So, we delayed the start of pickups by one week. But while we were waiting for the lettuce and radishes to size up a bit more, our beautiful bed of bok choy bolted to seed (which means that it sent up flower stalks and became unharvestable), the scallions got tough, and a woodchuck found the lettuce bed and has been feasting nightly.

Jake is working on trapping and moving the woodchuck; and the warmer weather coupled with all this rain should help the early crops to mature sooner than later. We've had better springs, but this one will surely help us appreciate the start of broccoli and pea harvests a little more than usual!

Meanwhile, the first fresh, local salad of the year is always a joy. You might have butterhead, leaf, or Batavian lettuce in your share today. All are sweet and delicious. Most of them are also a bit small. Mr. Woodchuck forced us to harvest much of this lettuce from our smaller second planting, since he claimed just about every one of the 400 heads in our first planting. Luckily small lettuce is as sweet or sweeter than large lettuce and you can fill out your salad with the spicy red and purple radishes, nutty sprouts, and delicious pea shoots.

Many members are often a wary of the pea shoots. They do look somewhat unusual and

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## Claire's Comments

### The First Harvest Day, 2008

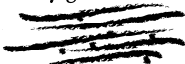
The first harvest of the year is always both exciting and demanding. It's exciting for obvious reasons. Who can resist the first sweet, spring lettuce? Who does not appreciate those red and purple radishes, so bold in their beauty and their flavor? And garlic! It's time to compost those winter storage garlic heads all shriveled and sprouting and chop into the new green garlic so full of fresh life. Even the sprouts that we are lucky enough to grow and have fresh all winter long take on a new vigor when coupled with these other spring offerings. There is no shortage of excitement with the first harvest!

Just as the vegetables are young and fresh this time of year, so are we, the harvesters. Getting back into the groove of harvesting and bunching and cleaning can take a week or two, even for those of us who have been doing it for years. This season almost half of our crew has worked at the farm before, which is really great. We have plenty of experienced people who know the ropes and can help the new folks to get oriented. Even so, we had a marathon first harvest. We were still stripping and bunching scallions a full hour later than we expected. Often that's the way it is with the first harvest.

It felt so good to finally get that last crate tucked into the cooler that when we started our afternoon task list, there was no stopping us. Somehow, even though we were dreadfully behind schedule, we finished everything in time before the forecasted rain. You should have seen us. Emma and Gini planted purple basil in the CSA herb garden and then seeded our second crop of summer squash and cucumbers – three beds each. Jake trained Nicole on leading a tour for grade schoolers and then she brought three rounds of kids from Lakeview out to the field to taste radishes and identify that the edible part of the radish plant is the root. Lisa, Peter, and I set up to plant out our last four beds of tomatoes and were joined by the rest of the crew as they finished up their original jobs. After the tomatoes were safely tucked in, we all closed out the day with a little weeding and mulching in the older tomato beds. It was a great.

I went home feeling so lucky to have such a great crew of worker shares and interns at the farm this year. Surrounded by so many positive attitudes, so much motivation, such enthusiasm for local food, and some pretty excellent soil, the vegetables cannot help but grow big and hardy!

We are entering the 7<sup>th</sup> CSA season at Troy Community Farm. I want to welcome the 40 new members who will eat regularly from this farm for the first time this year, as well as the 75 members who have been eating our food for anywhere from 1 to 6 years already. Even with this slow, cold spring start, I have a good feeling about the harvest this year and am very much looking forward to sharing it with you.



# Logistical Questions and Answers

## Farm Pick-up:

### **Q: If I get to choose my own vegetables from the piles, how do I know what and how much to take?**

A: The name and quantity of each vegetable is listed on the front of the newsletter (1 bunch, 1 bag, 3 pieces, etc.) Also, the vegetables are displayed in the same order that they are listed in the newsletter. This arrangement will help you identify any mysterious veggies. Sometimes there will be multiple varieties of a particular vegetable to choose from, but you will still take only one of that vegetable. For instance, there may be red and green lettuce in the pile; you choose one or the other. Also, someone will always be behind the stand to help you. Just ask.

### **Q: What do I pack my vegetables in?**

A: That is up to you. Bring a bag or a box to take your vegetables home in. But don't worry if you forget a tote on occasion. The farm will have some extra bags in the truck for you to use.

### **Q: What if I forget to come to the pick-up some week?**

A: There is a back-up plan for folks who pick up at the farm. I bag unclaimed shares and set them on my front porch for the night. You can come by to get yours anytime between 7:00 PM on Thursday and 6:00 AM on Friday. At 6:00 AM on Friday I combine the leftovers into larger bags for Shirley (a follow CSA member) to pickup and use in the free Friday meal at St. Mark's Lutheran Church. My porch is at 1814 Sheridan Drive, about a mile from the farm.

## Lydia's Porch Pick-up:

### **Q: Do I get to choose my own vegetables?**

A: The bags on the porch will be pre-packed for you. You can peek inside before you choose one to make sure you get the red or green lettuce that you like best.

### **Q: What if I forget to come to the pick-up some week?**

A: Lydia is an excellent cook and also has many friends who love vegetables. They will likely be used one way or another.

## All Pick-ups:

### **Q: I signed up for eggs. How do I get them?**

A: Eggs will be in a separate cooler or box. Just cross your name off the egg list and add your dozen to your bag. Folks who signed up for a weekly dozen will get eggs every week. Those who signed up for biweekly eggs will be assigned to an "A" week or a "B" week and will get their dozen every other week accordingly. Either way, your name will be on the list if you are scheduled to get eggs that week.

### **Q: What if I am out of town during the pickup?**

A: Have a friend or neighbor pick up your vegetables instead. You can ask your friend to deliver the food to you, or just have her/him eat it if you will be gone for a while and won't be able to use it. If you cannot find someone to come to the pick-up, please try to let me know ahead of time and I won't harvest your share that week.

**More Questions? Please ask. Contact information is below.**

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unruly, but they taste just like peas. I love them in salad. April Johnson who was an intern on the farm back in 2002, and then a worker share for a few years, and has now been a CSA member for a while has had these peas shoots every spring she has been with Troy. She sent me the sandwich recipe below as one of her favorite uses for them. April is also a huge garlic fan, so green garlic figures prominently on her sandwich as well.

The green garlic and scallions look quite similar to each other, but there will be no mistaking the flat-leaved green garlic once you get it close to your nose. Use it anywhere you would use clove garlic, but cut it as you would scallions – all the way up to and including the green leaves. Green garlic is especially good in omelets.

The scallions are not everything I had hoped. This crop is overwintered from 2007. I always plant out one set of scallions later in the year. The following spring they poke up through the lingering snow and are one of the first foods available from the farm. They are usually best in mid to late May. We debated whether or not to harvest them this week and decided to go ahead when we tasted them raw and liked the sweet flavor followed by an intense onion bite. Then this morning I received a message from Deb, who has been a worker share on the farm for the last couple of years and is also an excellent cook, letting me know that the scallions she brought home after the harvest turned into hockey pucks when she sautéed them in oil. Bad news. I'm still including them in your share for the adventurous among you who might like that strong raw onion bite even if the texture is a bit tough.

Next week you can expect spinach, kale, more green garlic, and more salad fixings!

## Recipe

### **April's Awesome Sandwich**

*April sent this to me one spring excited about using radishes and pea shoots in a sandwich. She said the final result was a bit tall, but well worth the effort to bite into!*

- Bread, April used Brownberry Oatnut
- Hummus (with baba ganoush, or not)
- Green Garlic, chopped
- Radish, sliced thin
- Pea Shoots, as they come
- Apple Slices, thin
- Carrots, sliced logway thin or shredded
- Pepper Jack Cheese, thin



**Troy Community Farm**

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