It is a week of greens! That means a week of salads and stir frys plumped full with the incredible quantities of rain we have been getting. Our belated spring has finally arrived, just as we were expecting summer.

I must admit that I have been starved for spring spinach. We seeded spinach in the late summer last year with the intent of overwintering it for spring harvest. But with all the heavy rains that fell in August, the crop washed away before it could germinate. We seeded spinach again the very day we plowed the fields in April, and it is ready to eat at last. As you will see, there are some long, hardy stems on the spinach leaves. We included those on purpose! We did a taste test in the field as we do every year, and once again came to the conclusion that the stem is the most flavorful part of the plant. However, it can be difficult to fit a whole spinach leaf and stem into your mouth and maintain any kind of dignity at the dinner table. So, my advice is to tear the leaf in a couple of pieces and detach it from the stem. Then sauté some onions or scallions in more olive oil than you would normally use. When the onions are tender and sweet, pour them and the oil onto the raw spinach and stems and add some kalamata olives and crumbled feta cheese. I will eat this salad as a meal as often as I can before the spring spinach goes to seed, and never tire of it.

Bok choy is not as favored of a green for me as spinach, but it cannot be beat in stir fry. First I

(continued on the back)
Recipe

Most every year I include this recipe in the newsletter that accompanies our first kale harvest. Maggie Anderson and Ryah Nabielski created it in 2003 when they were interns on the farm and set on helping CSA members enjoy the mysteries of kale. Over the years many members have reported how much they love it. On one occasion this recipe even circulated back to me from someone new to the farm suggesting that I include it with one of the kale shares. Little did he know it came from Troy originally! The one update I will include this year is that when Maggie is feeling pressed for time, she will sometimes use Annie’s Goddess dressing as a quick replacement for the sauce below.

Joyous Kale

3 Tbs. tahini
2 Tbs. olive oil
3 Tbs. lemon juice
3 Tbs. soy sauce or tamari
3 cloves garlic or 2 stalks green garlic, chopped
Lots of Kale, washed and chopped
1/4 cup sunflower or sesame seeds

Mix tahini, olive oil, lemon juice, tamari, and garlic. Combine this sauce with the chopped kale in a hot frying pan or wok. (Use more kale than you think you need. It may seem like a lot now, but will become much smaller once it wilts.) Cook for about 5 to 10 minutes or until kale is thoroughly wilted. You may need to add a small bit of water and cover your pan to steam the kale. Toss in seeds. Serve hot (perhaps over rice) or cold.

Woodchuck News

There were two woodchuck sightings at the farm this week. The first was on Tuesday morning when Jake and I both saw a furry creature about the size of a fat cat scramble under the farm shed. The whole crew quickly grabbed hoes and tried to flush it out. Emma actually poked the woodchuck with her hoe several times, but it would not budge. Emma has a particular vendetta against the woodchuck because it sat under the picnic table and ate the brim of her hat one day while we were in the field. We think the woodchuck was especially wary of coming out from under the shed to meet her.

That very same night Greg (a CSA member who also lives in the Troy co-housing community with Jake) knocked on Jake’s door to report that he just spotted two woodchucks scuttling out under the farm fence and across the path to their den with mouths full of lettuce. Greg’s dog also spotted the woodchucks and felt an instinctual urge to protect the crop, or maybe just to chase. From the report, we are sure the dog instilled a fear of the lettuce protection gods in all woodchuck kind.

Meanwhile, live traps are set and stocked with lettuce and peanut butter. Until we can relocate the growing woodchuck clan, our battle over the rights to the lettuce continues…

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