



In the Share

Snow Peas, 1 bag
Broccoli, 1 bunch
Radishes, 1 bunch
1 Cabbage or 2 Kohlrabi
Lettuce, 1 head
Basil or Cilantro, 1 bunch

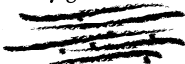
The snow peas are coming on strong. You have a full pound of them in your share. I have three favorite ways to eat them: First, snack straight from the bag. Second, raw on salad. Third, as the last ingredient in broccoli, cabbage/kohlrabi stirfry. While the snow peas will keep in your fridge for a while, they do not freeze well, so eat them up before the final batch next week!

Broccoli also produced well this week and you have over a pound in our share. The broccoli will freeze well if you don't think you can get through it all in one week. Just cut it up as you normally would – peel and chop the stems along with the florets. Then blanch the broccoli by steaming it until it just turns bright green. Remove it from the steam and plunge it into ice water to quickly cool it and stop the cooking process. Then drain it in a colander and either spin it in a salad spinner or pat it dry with a clean towel. Finally, put it in a freezer bag and put it in your freezer. When you crave local broccoli in the winter, you can take it out and use it as you would use any cooked broccoli.

Both the cabbage and kohlrabi can be used raw in salad, or as an addition to stirfry. I would also use the kohlrabi in the quiche recipe on the back. Both are cole crops like broccoli and cauliflower and share flavor elements with those foods. Be sure to peel the tough skin from the kohlrabi before eating it. For Jake's kohlrabi testament and a "kohl-slaw" recipe, take a look at last year's kohlrabi newsletter at:

<http://www.troygardens.org/pdf/Urban%20Roots%202007/070628%20Urban%20Roots.pdf>

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Claire's Comments

Flower Garden Opens Next Week

Then entrance to the farm is just starting to come into bloom with snapdragons, rudbeckia, zinnias, verbena, salvia, feverfew, strawflowers and more. It is just about time to start harvesting! When you come for your CSA share next week and in the weeks to come, please take some time to walk back to the farm and harvest a flower bouquet as well.

We planted this garden for you to enjoy, but we need your help to keep it thriving. Luckily, the most helpful thing you can do is harvest! The more the flowers are cut, the more they will produce. If too many blooms are left on the plants, they will think they have succeeded in making seeds for the next year and they will stop trying. That means no more flowers. So, help us keep the CSA garden alive and beautiful by bringing a bouquet home every week. Here's what to do:

- The farm is about 300 yards away from the farm stand. Follow the trail from the front of the property along the community gardens and through the tree line. When you emerge from the trees, you will see the farm right in front of you. Turn to your left and make your way to the gate.
- The flower garden will be right in front of you when you enter the gate. There will be a bucket with a clipper and some rubber bands at the base of the rain gauge.
- When harvesting, choose blooms that are just opened and cut them with a long stem. Just be sure to leave a few side shoots on the plant so that new stems and blooms can grow.
- If you see blooms that are fallen over, making seedpods, or otherwise "past," harvest them as you normally would and leave them in the path. Then those plants can then make new blooms.
- When cutting your flowers, cut the stems at an angle and strip off the leaves as you go. The angle cut will make it easier for the flowers to take up water in the vase, and stripping the leaves will extend the life of your flowers and keep the vase water cleaner.
- When you are ready to leave, please return the clippers to the bucket, bind your bouquet with a rubber band, and remember to **close the gate!** If the gate is left open and the deer get into the farm, they will not be nearly so careful and considerate with their harvest!
- Put your bouquet in water as soon as you get home. If you take the time to trim the stems once more as you arrange them, that extra effort will help them rehydrate from their journey.

There are also some herbs in the flower garden: sweet and purple basil, sage, thyme, oregano, and chives. These are yours for the taking as well, and like the flowers actually benefit from your harvest. The best way to harvest the herbs is much like the flowers. Cut them down low, but leave enough on the plant to sprout new growth.

This garden is one of my favorite things about Troy Community Farm. It is rare enough that you see the farm and harvest your own flowers and herbs every week in the world of CSA for me to truly appreciate it here. I hope you will too!

Recipes

Herbed Broccoli Sandwich

My partner Sarah got a cookbook from her friend Laurie as a birthday gift last year. The book is titled Simply in Season and focuses on recipes that use fresh, local foods. I've found myself turning to it often of late. This broccoli recipe is from that cookbook and while I have not yet tried it, it sounds like a perfectly simple and yummy weekend lunch.

2 cups broccoli, florets and peeled stems, finely chopped
½ cup onion, finely chopped

In a large frypan sauté in two tablespoons oil until broccoli is bright green.

A few dashes each of dried basil, thyme, pepper
½ tsp. salt

Mix in.

4-6 slices French bread

Top with vegetable mixture

¾ cup cheese (shredded)

Sprinkle on top and broil until melted. Serve immediately.

Torta Salgada (Brazilian Quiche)

I included this recipe in a 2007 newsletter and was reminded of it last week when a CSA member suggested that I print it again. She said that she often turns to it as a way to use up lots of vegetables and make room for the next CSA share. Sarah and I make a pan of it once or twice a month and eat it cold for lunches throughout the week. When Sarah makes it, she goes the extra step and actually puts it in a piecrust. It is especially yummy that way! The original version of this recipe (which is a bit different from the one below) comes from Extending the Table. In our house this dish is different every time because we are quite liberal about our ingredient substitutions and additions.

In a bowl, combine any of the following to make a 2-cup "salad:"

Onion or Scallions and Garlic Scapes, chopped

Tomato (fresh or canned), chopped

Fresh Parsley, Cilantro, or Oregano, chopped

Broccoli, Spinach, and/or Peas, all diced

Add and mix well:

½ t. salt

¼ t. pepper

In a separate bowl mix:

3 eggs

1 tsp. salt

½ cup oil

1Tbs. baking powder

2 cups flour

2 cups milk

½ cup sharp cheese, grated

Preheat oven to 350 degrees. Pour half the batter in a greased 9x9 pan. Spread salad mixture over batter. Pour remaining batter over the top. Arrange sliced olives on top as garnish. Bake 30 or 40 minutes until batter is set. Can be served hot or cold.

Share your favorite vegetable recipes!

The best recipes always come from our CSA members. Do you have a fennel dish that will introduce the uninitiated to that delicious licoricey food? Is there something you do with shell peas that elevates them beyond fresh snacking? How about a new and exciting use of the beet or the zucchini? If you are willing to share these recipes, I would be delighted to print them here as the necessary vegetables become available. Just send your recipe and any special notes that accompany it to Claire at the e-mail address below. Then keep an eye on the recipe section for your name in print!



Woodchuck News

A fourth woodchuck has been removed from the farm. This one was a baby caught in the live trap over the weekend. Still, the damage at the farm continues. The first planting of lettuce where we first spotted the woodchuck damage still seems to be their favorite spot. They keep chewing down the heads, and the heads keep growing to provide more. It is like their own cut and come again salad bar. I've left this bed alone rather than tilling it down in the hopes that the woodchucks would stick with that spot and leave the other lettuce beds to us. For the most part that plan has worked for the lettuce. But it has not kept the beets or peas safe. We are tired of setting traps and seeing damage, but there seems to be little else we can do.

Troy Community Farm

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