



In the Share

Snow Peas, 1 bag
Green or Yellow Beans, 1 bag
Broccoli, 1 bunch
Cauliflower, 1 larger & 1 smaller
Radishes, 1 bunch
Shell Peas, 1 bag
Lettuce, 1 head
Cucumbers, 2 pieces

Beans are new this week! When we did the first harvest of this crop on Friday of last week, we only got 10 pounds. Those sold quickly at the market over the weekend and I was hoping we would get a little more than that for this week. Turns out we got more than I expected and had just enough for all of you! These beans are one of my very favorite vegetables from the farm. When I eat my first batch of the year, I will steam them lightly and serve with butter.

Cucumbers are also new. For some reason the cucumber vines are doing especially well this year, so I expect you will see these refreshing summer treats for a few weeks to come.

Though you have had peas in previous weeks, the shell peas this week are new. You will recognize the snow peas because of their wide, flat pods. Eat those pod and all. The heavier pea bag is full of shell peas, which must be taken out of the pod before eating. The pod itself is tough and fibrous. But the peas inside are the sweetest of all the types of peas. It's true they take more work, but they are worth it. You can steam them and serve them with butter, use them in a curry dish with the broccoli and cauliflower, eat them raw as a snack or in your salad. And if you still have some left, you can blanch them and freeze them for your winter potpies.

The last new item is cauliflower. Any local farmer can tell you it is not easy to grow these mild,
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Claire's Comments

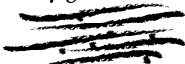
Too Much Food?

Probably the biggest challenge of being a CSA farmer is ensuring that there is enough variety and quantity of food for the members over the entire harvest season, while at the same time not overwhelming anyone with too much all at once. We want members to feel the abundance of the farm while also having an overall sense of balance in our offerings. We want to avoid making anyone feel weighed down by more than they can use. One of the biggest reasons that people site for leaving CSA is that they had too much food. In our culture, it may seem counter intuitive that we would be worried by too much. But when it comes to food, so many of us have been taught to avoid waste that in this case more is not always better. So, it definitely gave me pause to tally up all the food we had for you this week. Never in my eleven years of growing food for CSA, have I ever delivered so much food in one share.

I would have rathered to spread some of these crops out over the weeks to come, but alas none of them would hold in the field even to next week. Beyond the congestion this will cause in your fridge, I'm concerned that the broccoli and cauliflower will be gone at the same time that the peas stop producing. Will the summer squash be ready by then? A heavy bean harvest? The carrots or beets? The tomatoes and salsa baskets and peppers will not be ready to take up the slack for weeks to come. Of course when I sit down every winter to order seeds and plan out our exact planting schedule designed to produce that diverse and steady harvest I mentioned above, I never know just how the following year's unique weather will affect my plan. This year we had to start off slow due to the persistently cold and wet soil. And now this 6th harvest of the season is more than making up for anything that was missed the last week of May! And while the last week of July is scheduled to yield a delicious bounty of summer foods, we will not know the reality of that harvest for some weeks and weather events to come.

As you unpack your three pounds of peas, multiple heads of broccoli and cauliflower, more lettuce and radishes and cucumbers, and those delicious new beans, I hope you have more the feeling of abundance than glut. The broccoli, cauliflower, shell peas, and even the beans can be easily frozen for later if it is too much for now. (Just cut them or shell them as you normally would, steam them until their color just turns bright, plunge them into ice cold water to stop the cooking, dry them and put them in freezer bags before freezing.) You can share the radishes with your neighbors or make the soup recipe on the back of the newsletter. Bring a huge salad of lettuce, cucumbers, radishes and two kinds of peas to a summer picnic. Or if all that fails, everything except the shell peas (which you should eat or freeze as soon as you are able) will keep in your fridge for a week or more if kept hydrated and protected in plastic bags.

It is not my plan that we will have a dearth of vegetables to follow this bounty, but should that day come we will all be happy to look back on today and maybe bring out a bag of frozen peas to add to our dinner!



Recipe

When picking up her share last week, Linda Collins told me about a radish soup recipe that she has been enjoying. I asked her if she was normally a radish lover, and she said that generally she does not care for them, but in this soup they are great. She was kind enough to send the recipe along for the newsletter. I've included her notes and tips below.

Radish Soup

from Linda Collins

I would love to credit the author of the soup but unfortunately all I have is a photocopy from a book a co-worker brought in. The original recipe is below, but is more complicated than how I actually make it (see notes at the end.) The soup is unbelievably delicious even though it is simple. The radishes take on a lovely pink color from the red wine vinegar and have a mild spiciness.

¾ lb. red radishes, trimmed and thinly sliced across
2 Tbs. red wine vinegar
10 ounces mashing potatoes, peeled and cut into 1-inch cubes
2 ½ cups chicken broth
3 scallions, trimmed and thinly sliced across
Salt and pepper to taste

For cold radish soup with cucumber:

1 medium cucumber, peeled, seeded, and cut into ¼ inch dice
½ cup yogurt, optional

Toss 2 ¼ cups of the radish slices with the vinegar.

In a medium saucepan, bring the potatoes and stock to a boil. Lower the heat and simmer for 3 minutes. Add the radish slices in vinegar. Cover and return to a boil. Lower the heat and simmer until the potatoes and radishes are tender, about 15 minutes.

In a blender, working in batches of no more than 2 cups, puree until smooth. Scrape back into the saucepan.

Cut the remaining radish slices across into thin strips and stir them into the puree. Bring to a boil. Lower the heat and simmer for 5 minutes. Remove from the heat. Stir in ½ cup water, the scallions, salt and pepper.

For cold radish soup:

Make the soup as above and refrigerate until cold. Stir in the cucumber, the yogurt, if using, and additional salt, if necessary.

Makes 4 cups Hot, 5 Cups Cold

When I make the soup, I prepare the radishes as above, add 3 to 4 medium unpeeled potatoes to a 32 oz box of Imagine no-chicken broth, add two to three garlic scapes, cook and eat.



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!



(continued from "In the Share")
creamy white heads. I'm not sure why they pose such a challenge, but given my experience I believe it has something to do with the whims of both the crop and the weather. This variety of cauliflower is freemont and it has preformed well both last year and this. And while this year's weather is not as favorable for brassicas as 2007, it is not too far behind. So, the cauliflower is making a good showing. You could use it on a vegetable tray with the broccoli, snow peas, and cucumbers. Dip the raw vegetables into some hummus or cheese dip and you will not have to heat up the kitchen at all to enjoy all these yummy veggies.

Since the share is unusually large this week, I thought I should give you some tips on which vegetables will hold longer in your fridge and which should be eaten first. If you put the broccoli and cauliflower into plastic bags so they do not dehydrate, they should last the longest. The shell peas will start to turn starchy if you leave them too long, so eat those earlier than later. Everything else will hold it's own for at least a week, just be sure to keep it protected in wet towels or plastic bags in the fridge.

Troy Community Farm

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