



In the Share

Green Beans, 1 bag
Cucumbers, 3 pieces
Fennel, 1 bulb
Salsa Basket, 1 bag
Sweet Onions, 1 bunch
Collards, 1 bunch
Summer Squash, 5 pieces
Garlic, 1 head
Choice of Herb, 1 bunch
Slicing Tomatoes, TBA

There are a number of new and exciting summer items this week! It's hard to know where to start, but I'm guessing that many of you will be most interested in the salsa basket. For those of you who have been with our CSA before, you will recognize the green tomatillos in their papery husks and will also likely remember what to do with them! For everyone else, just take a look at the salsa verde recipe on the back of the newsletter. It will take you through the simple steps of turning tomatillos into delicious, fresh salsa.

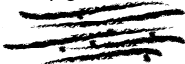
This salsa is one of those foods that is so much more than the sum of its parts. I personally cannot abide by tomatillos on their own, but when they are combined with the cilantro, they take on an almost citrusy flavor that I love. If this batch of salsa disappears before you know it, don't worry. You will likely have a new salsa basket in your share every other week from now until frost.

Tomatoes are new this week as well. The crop is just starting to come in, so you have only a small sampling of them in your share. These will whet your appetite for the annual tomato on slot that will have us seeing red throughout August!

A few of you will have cherry tomatoes in addition to the slicers. We never get enough of this crop to hand out to everyone in one week, so I am going to try a new cherry tomato distribution

(continued on the back)

troy gardens



Claire's Comments

Pause

Every now and then something happens that makes me sit down and think about what's important. For the past week it has been a major tractor accident and it aftermath that has consumed my attention and given me pause.

Dean Gagnon has been a CSA member at Troy since 2006. Soon after he joined the farm, he offered his services to us as our farm representative on the Troy Gardens board of directors and as our tractor tech. As a retired agriculture professional and educator, Dean could not have been better suited for these positions and I was delighted to get to know him and work with him. Since then he has also mowed the grounds at Troy Gardens regularly, keeping the site tidy and inviting for all. And all this as a volunteer.

Last week Thursday, as Dean was finishing up the mowing and looking forward to harvesting a flower bouquet from the CSA garden for his wife Mary, he took the tractor over an innocent looking dead branch. Unexpectedly, the branch did not break under the weight of the tractor but rather shot up between the front and back tires and impaled itself vertically through 14 inches of Dean's abdomen. As Dean lost control of the tractor, it quickly lodged itself against a tree and tangled in the branches on the side of the path. Somehow Dean was able to turn off the tractor and extract himself from the bushes and branches to drive himself to the urgent care. From there he was brought by ambulance to the hospital and directly into surgery.

When he emerged from surgery later that night, Mary learned that the branch had caused surprisingly little internal injury. Mary said, "as it was explained to me, it was as though the stick went into a bowl of spaghetti and didn't touch any of the spaghetti!!"

From our perspective on the farm, as the details of the accident emerged over time, it all kept getting worse and worse. First there was an accident and the tractor was stuck. After looking at the tractor spotted with blood, we realized that it must have been a serious accident. We also realized that because the tractor had dislodged a dead tree that was teetering dangerously close to the power line above and because it had dug itself into the side of the elevated path with its spinning tires we would need professional help to get it out. Then we heard that Dean was in the hospital. Then we heard that he had been impaled and would be in the hospital for some time. By then we didn't think it could get much worse. Once we got the news that Dean would eventually be okay, we all breathed a sigh of relief and gratitude knowing and fearing all the time exactly how much worse it could have been.

It is one week later and the tractor is now home from the shop and working fine. Dean is feeling better, but is still in the hospital recovering from having his intestines first roughed by the branch and then cleaned and rearranged by the surgeons. And I for one am counting the days before I can welcome him home from the hospital with that flower bouquet he never had a chance to harvest himself.

As Dean said to me, we all know every day that things like this can happen at any time. And when they do happen, we are quickly reminded of the things that matter most. Those things are in the forefront of my mind this week, as Dean has reminded me how important it is to take the time to appreciate them.

Recipe

All you need for this salsa is in the bag with the tomatillos (except for the dash of salt). It is quick, easy, delicious, and a perennial favorite of our CSA members. Use your fresh green salsa on chips, burritos, enchiladas, or anywhere else you use salsa.

***Please keep this recipe on hand!
You will be seeing more salsa throughout the summer.***

Fresh Salsa Verde

- Remove the husks from and wash the tomatillos.
- Put tomatillos, garlic, cilantro, and hot pepper in a food processor or blender. [Note on the hot pepper: Be careful! Add it a little at a time so as not to go too far. Include the seeds for extra heat.]
- Blend on low until ingredients are combined.
- Chop the onion separately and add it to the mix with a dash of salt.

Salsa ingredients will store well in their bag in the fridge for up to a week. Once you make the salsa, it is best if eaten within a few days.



After last week's fennel bulb, CSA member Julie Lentz sent me a link to the recipe below from Allrecipes.com. She said, "I made this delicious side dish tonight for dinner - it was awesome with the fresh green beans we got this week."

Fresh Green Beans, Fennel & Feta Cheese

from Julie Lentz

- 1 pound fresh green beans, trimmed
- 1 fennel bulb, cut into thin slices
- 1/4 cup extra-virgin olive oil
- 2 tablespoons chopped fresh basil leaves
- salt and pepper to taste
- 1/4 cup crumbled feta cheese

Fill a saucepan half full with water and bring to a boil. Add the green beans and fennel slices; cook until just beginning to become tender, about 4 minutes. Pour into a colander to drain and run under cold water to stop the cooking process.

Return the empty pan to the stove and set heat to medium. Pour in the olive oil and let it heat for a minute. Return the green beans and fennel to the pan. Season with basil, salt, and pepper; cook and stir until coated and warm. Transfer to a serving dish and toss with feta cheese.

Savor the Summer at Troy Gardens

**Saturday, 2 August
3:00 to 8:00 PM**

Live Music
Visit the Kid's Garden Chickens
Meet Toby and Tag, the Horses
Craft Vendors
Open Stage Talent Show
Free Ice Cream
Free Samples of Ratatouille

Our annual Savor the Summer Festival is happening this weekend! Bring friends and family, a picnic if you like, and enjoy the urban oasis of Troy Gardens.

(continued from "In the Share")
system. Each week I will hand out as many cherry tomatoes as we pick. Everyone will take them home in turn, starting at the top of the CSA cross-off list and rotating through as many times as we can before frost. I will indicate on the list when it is your week to take home cherries. When you cross off your name just let someone behind the stand know that it is your lucky week and we will hand you a bag of the sweet, orange sungolds. I'm guessing that everyone will get two or three pints before we are done.

I, myself, am most excited with the onions and garlic. I know you all have a hundred uses for these first sweet onions. And I bet you are ready for some fresh new-crop garlic after being without even scapes for a number of weeks. We just harvested both these crops on Tuesday, so they are still fresh and green and full of juice.

The collards are new as well. Deb recommends stewing them with garlic, onion, bacon, and a little vinegar and water until they are thoroughly cooked and have formed a rich broth. Then serve them with enough rice or cornbread or potatoes to soak up the juices!

Next week look for more beets or the first carrots, lettuce, garlic, more tomatoes, and possibly turnips, radishes, or cabbage.

Troy Community Farm

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