



In the Share

Cabbage, 1 head
Cucumbers, 2 pieces
Scallions, 1 bunch
Beets, 1 bunch
Eggplant or Beans, TBA
Lettuce, 1 head
Summer Squash, 3 pieces
Garlic, 1 head
Choice of Herb, 1 bunch
Slicing Tomatoes, TBA

There is nothing new in the share this week, just some old favorites come back around...

The lettuce is making an early August showing and will be somewhat different from the lettuce you had this spring. Summer lettuce tends to be smaller and to have a stronger flavor than spring lettuce. This crop just does not like the heat! I recommend serving this head with a strong dressing.

You could also serve it with shredded red cabbage and sliced cucumbers. The heavy cucumber harvest we have been enjoying for the last several weeks is officially over, so use these cukes well! They will be the last we have for a month or so. If you would rather not have the cabbage in your salad, try it in the coleslaw recipe on the back.

The summer squash and eggplant will be great in the grilled vegetable salad recipe (also on the back). Not being a mushroom fan, I would be tempted to leave the mushrooms out and add in some beets and scallions instead. Either way, it's always nice to move the cooking out to the grill where you don't have to heat up the whole house just to make dinner.

There is more fresh, uncured garlic this week and more tomatoes. Both these items will continue to come in strong for the next month along with carrots, tomatillo salsa, possibly a green bean resurgence, and eventually peppers.

Claire's Comments

Planning for Fall

After wishing and waiting for rain for the past several weeks, we finally got over an inch on Monday. While I would have preferred to harvest our garlic while the soil was dry, that was really the only snag with Monday's rain. It will take longer to harvest and clean the wet, dirty garlic now, but the timing is just right for seeding the fall crops.

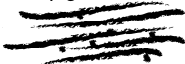
On Wednesday Jake and I mowed down all the old bean and cucumber and beet beds that have been harvested and were going to weeds. Today I hope to till up all those beds and get most of them seeded to cover crops for the winter. The winter cover of rye and vetch will hold the soil in place during fall and spring rains and will also add fertility for next year's crops.

Still other areas of the farm have been waiting in a cover crop of buckwheat for most of the summer in anticipation of fall planting. That buckwheat has now been mowed and tilled and the soil is in prime condition for seeding spinach, lettuce, salad mix, fall radishes, and fall herbs. We also hope to transplant some fall broccoli and kohlrabi, if all goes well.

The key to all these fall plantings of food or cover is timing. We cannot plant these cool-loving crops too early or they will suffer in the last of the summer heat and will be too stressed to ever amount to much. On the other hand we cannot wait too long for the cool weather to come, or the crops will not have time to mature before the freezes of late fall. In addition, we need moisture in the soil in order for any seed we put in the ground to germinate. So this is the week!

At this time of year is it hard to find enough time to harvest all the things we planted in the spring. As soon as we finished the pea-picking month, the beans and squash had us bent over in their rows and pulling in their bounty four times per week for another month. Then last week we went straight from those heavy harvests to the tomatillos and tomatoes where we groaned and got out our buckets and started picking those crops that will have us in their grips for the next month, maybe two months if we are lucky (or is that unlucky?) Even so, it is time to take a day away from harvesting and instead do some planning and planting for the crops we hope to harvest when the tomatoes and squash and peppers have all met their end in the first frost.

When you come back to the farm to get your flowers today, and you see the little orange tractor working up the soil or maybe the blue truck hauling around the seeder and a bunch of seeds, now you will know what that's all about. It's our last big planting push for the year. In a couple of months you will be eating the food we plant today, that germinates in this well-timed August rain, and that is sweetened by the coming cool, fall weather.



Recipe

I did not have any member recommended recipes on store for this week's vegetables, so I consulted the From Asparagus to Zucchini cookbook and found these two. If you are not familiar with the A to Z cookbook, it is well worth checking out. The Madison Area CSA Coalition (or MACSAC for short) produced the book as a way to help CSA members turn their vegetable shares into delicious meals. You can find it on the MACSAC website at www.macsac.org, on the bookshelves at the Willy Street Co-op, or you can even get it from the farmstand with your CSA share next week! Just let me know that you want one and I will bring it along. (It will cost \$15.00 if you get it from the farm.)

Grilled Summer Vegetable Pasta Salad

1 zucchini	3 Tbs. garlic powder
1 yellow squash	salt and pepper to taste
1 eggplant	1 pound penne, cooked, rinsed, cooled
4 tomatoes	4 ounces fresh mozzarella, sliced
4 portobello mushrooms	3 Tbs. toasted pine nuts
1 red bell pepper	3 Tbs. chopped fresh basil
olive oil spray	approximately 1 cup vinaigrette made with balsamic vinegar

Heat/prepare an outdoor grill. Slice zucchini, squash, and eggplant into long 1/2-inch-thick "planks." Cut tomatoes in half. Remove stems from mushrooms. Cut pepper into quarters; discard core and seeds. Spray veggies with light coating of oil. Sprinkle with garlic powder; season with salt and pepper. Grill until lightly charred and barely tender. Chop and place in large bowl with pasta, cheese, nuts, and basil. Toss with vinaigrette. Season with salt and pepper. Makes 6-8 servings.

Rosy Coleslaw with Apple and Scallion

4 cups shredded red cabbage	1 Tbs. sorghum or maple syrup
½ cup shredded carrot	1 Tbs. olive oil
4 Tbs. finely chopped scallion	1 tart apple, peeled & finely chopped
2 Tbs. fresh lemon juice	salt and pepper

Toss all ingredients except salt and pepper. Chill 30 minutes, season to taste with salt and pepper, and serve. Makes 6 servings.



**Do you have any recipes for beans, tomatoes, tomatillos, kale, chard, or other vegetables you would be willing to share?
Please send them to me at the e-mail address below!**

Dean

Thanks to all of you for your concern and kind words for Dean. He is home from the hospital now and back on duty as the family cook, busy trying to catch up on all the vegetables from the last couple of weeks! It will be a while before Dean is back to mowing the lawn at home or at Troy, but overall he is doing pretty well.

Welcome Home Dean!



Garlic!

We plant garlic on the first Tuesday after the last CSA delivery every October. It takes almost the full day before to break up all the garlic seed heads into the individual cloves that will go in the ground and become the next year's crop. We plant about 5000 garlic cloves every year. Then in late July or early August, a full nine months later, we harvest all the new garlic heads, clean them, cure them, clean them again, and deliver as many of them as we can to you every week. The photo above is of garlic curing in the rafters of my garage.

The variety we grow is called music and I have grown out and saved this seed since I started the farm in 2001. It is a hard neck variety that typically has large, easy-to-peel cloves, and a strong garlic flavor. Once the garlic is cured, it will keep on your counter until spring!

Troy Community Farm

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