



## In the Share

Salsa Basket, 1 bag  
Onions, 1 bunch  
Carrots, 1 bunch  
Italian or French Beans, 1 bag  
Summer Squash, 2 pieces  
Chard or Kale, 1 bunch  
Choice of Herb, 1 bunch  
Garlic, 1 head  
Slicing Tomatoes, TBA  
Cherry Tomatoes, members 41-75

With so many bright colors, this might be our prettiest share yet. Orange and red and yellow and green, there is even some white in the share. We have come a long way from those early weeks so dominated by salad fixings!

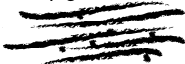
The tomatillo salsa is back today. For those of you who may have misplaced the recipe from a couple of weeks ago, it's easy. Just peel the husks off the tomatillos and then give them all a quick wash. Put the tomatillos in the blender, food processor, or salsa maker with the cilantro, garlic (beware some of the cloves are very big this week so you make not need a whole one), and as much of the hot pepper as you choose. Add a dash of salt and whirl away. You can add the onion in with everything else, but I recommend chopping it separately and then mixing it in. That way it will add a little more texture to the salsa. That's all. Eat the salsa fresh and raw with chips or with any dish where you would normally use salsa.

The onions are the last of the sweet onions we will have for the season. Your bunch could include either the yellow skinned Ailsa Craig or the white skinned Super Star. Both are mild and sweet. And as is the case with all early, sweet onions, neither will keep for long.

I made a dinner with chopped Ailsa Craig and garlic sautéed in olive oil. Once the onions were

(continued on the back)

troy gardens



## Claire's Comments

### Tomato Bosses

Every season there comes a week when the tomatoes take charge. One week the plants are healthy and lush and full of promising green orbs. The next there is red dripping from every vine, demanding attention, threatening to drop to the ground and burst into a messy soup if ignored. This was the week the tomatoes transformed themselves from just another crop to the boss of us all.

On Tuesday we harvested, sorted, and packed close to 800 pounds of tomatoes. And we didn't get to them all. As I write this, the heirlooms are calling me out to the field, reminding me that they are too temperamental to keep their harvest window open for long. Either I pick them and deliver them to the CSA members today, or they will be lost tomorrow. (I'm coming, I'm coming. I'm typing as fast as I can!) By the end of the week we will have harvested well over a half-ton of tomatoes. And it is possible that next week's total will be even greater.

I remember back just a couple of weeks ago when the very first fruits started to ripen. Jake and I looked out at the field and groaned and hung our heads, suddenly heavy with the knowledge of what was to come. The interns looked at us and wondered at our reaction. At the time they were still innocent of the demands to be placed on us by the tomato kingdom. Now that the joy of the first ripe fruit is weeks past, they are beginning to understand how ruthless the tomato bosses can be. We harvest and haul and sort, careful not to slip on the fallen fruits that have started to rot and stink in the aisles, careful not to carry disease from the early varieties to the late ones that we hope will feed us into September. We work hard to keep the plants happy and to keep the fruits coming even though our mouths are sore from tasting so much delicious tomato acid and our digestive tracts are working overtime to process the tomato bounty.

The good and bad news is that the tomatoes will one day die. Already, despite our best efforts, wilt is starting to take over some of the plants. The lower leaves are turning brown and crispy even as the lower fruits are ripening and being picked. There is no way to stop this natural process. It happens every year. Every year we try to hold it off, and every year we cannot help but smile when the tomatoes are finally taken down by the blight that is more powerful than they are, and we are freed from their relentless harvest schedule.

Meanwhile we pick and haul and sort and pack, and we are grateful for this bounty, as demanding as it is. No matter how many we can or freeze or dehydrate for use later in the year, nothing can compare to the fresh tomatoes of August. Their many colors and flavors are well worth the sores in our mouths and the stink of fallen fruit clinging to our shoes. So, we conform ourselves to the needs of this crop and enjoy its beauty and flavor as long as it commands us.

## Recipe

*The recipe this week comes from CSA member Nancy Stillwell. Given the number of tomatoes in the share this week, this recipe could not be better timed! Nancy's notes and tips are included below.*

### Nancy's Tomato Salad

*This is a salad recipe I make several times a week during tomato season, and I thought I'd share it with my fellow CSA members. It is almost too easy to believe – the sum is greater than its parts.*

1/2 clove garlic  
2 large or 4 small tomatoes, chopped  
2 tablespoons olive oil  
4-5 basil leaves, cut chiffonade style (roll up a couple basil leaves at once sleeping bag style and gently slice into pretty ribbons)  
1/2 tsp kosher salt (or to taste)  
freshly ground black pepper

1. Rub the cut clove of garlic all around the inside of your serving bowl or platter then discard it. (This process really imparts a nice garlic flavor)
2. Gently toss the chopped tomatoes, olive oil, basil, and salt and pepper.
3. If possible let the salad rest for 10 or 15 minutes so the flavors can mingle before serving.

Serves 2-4

Variations: You can substitute chopped cilantro, parsley or dill for the basil depending what's in the share that week.

Gourmet Bonus: Sprinkle on some parmesan or feta cheese if you have it.



**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!**

(continued from "In the Share")

soft I added cubed tofu and let the tofu brown and crisp a bit in the oil. Then I added a whole pound of green beans that I had taken the ends off of and cut in half. With the beans I added a bit of water and tamari and then I covered the pan and let the beans steam for a couple of minutes. Once the beans turned bright, I removed the lid and let all the liquid cook off quickly. Lastly I added some toasted sesame oil and some toasted sesame seeds and tossed the whole mix together. It was delicious served with rice. I was surprised at how much the onion contributed to the flavor of the dish. These sweet onions are definitely a summer treat to be thoroughly enjoyed before we are back to the sharp bite of the winter storage onion.

Luckily the sweetness of the carrots will not dissipate as we head into the fall. This first carrot harvest showed up some colorful and lovely roots that we were delighted to finally see and taste. Carrot weeding is one of those classically dreaded farm tasks, and we have done our share of it this year. We were happy to see that our labor is paying off! Your carrot bunch could be all orange or a mix of colors on the range from orange all the way down to white. We harvested and mixed three different varieties and you will taste them all as we continue to uproot this first carrot planting over the next few weeks.

There are two choices in the bean category today. One is the usual round French bean that you have been seeing for the past month. The second is a mix of two varieties of flat Italian beans. I am trialing the Italian varieties this season, and so far I've been pleased with both their flavor and production. If you choose the Italians, let me know what you think of them. Your opinion will help me decide if I should grow them again next year.

You also have a choice of kale or chard today, both of which have suffered a bit from the dry weather and resulting insect pressure. So while they are not the prettiest greens we will see this year, they are still delicious. I suspect I will be making a dish practically identical to the green bean dish I described above except minus the green beans and plus kale or chard as soon as I can. I love both these greens!

As I have peeled and eaten the first fresh garlic of this year, I've been thinking of my friend and long-time CSA member April. She is the biggest garlic lover I know! She has told me many times that she loves our garlic, and I always think of her when I pull our crop from the ground. Now that we have fresh garlic in the share every week, I know she is eating it raw and roasted and sautéed and then waiting impatiently for the next bulb to arrive. While garlic is an excellent keeper and can be enjoyed almost the year round, there is definitely something special about garlic in August. It is just so fresh and juicy and full of flavor. I hope you all are enjoying the best garlic eating of the year almost as much as I know April is!

Next week look for more cabbage and beets and tomatoes. We may also have the first red peppers!

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