

## In the Share

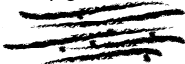
Yellow Onions, 1 bag  
Delicata Squash, 1 piece  
Radishes, 1 bunch  
Cucumber, 1 piece  
Beans or Eggplant, 1 bag or 1 piece  
Italian Peppers, 2 long fruits  
Lipstick Peppers, 2 small fruits  
Bell Pepper, 1 medium fruit  
Edamame, 1 bag  
Roma Tomatoes, 1 bag  
Garlic, 1 head  
Slicing Tomatoes, TBA  
Cherry Tomatoes, members 1-60

As we were putting the shares together this week, I kept feeling like I was forgetting something. Something felt a little off, and I could not quite figure out what it was. In looking at this list of vegetables I realize that I was not forgetting something, I was just having a hard time making sense of this particular grouping of vegetables. Our worker share Deb looked at the list and said that it was clearly an end of summer/beginning of fall share and seemed perfectly logical to her. I was glad to hear it. I feel like we have focused on giving larger quantities of as many vegetables as we could this year, and this share with its small samplings of many different and somewhat unrelated vegetables is a departure from that focus. I'm hoping most of you will see it the way Deb did – this is definitely a week of transition from summer to fall.

The edamame (look for the bag with the fuzzy green or tan pods in it) is definitely a greatly anticipated end of summer treat. For those of you who are familiar with this vegetable, I know you have more ways you plan to enjoy it than one small bag will accommodate. For those of you who are

(continued on the back)

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## Claire's Comments

### Looking for the Pleasures of Fall

Lately I've been looking forward to winter. I love sitting with my cup of tea in the morning, listening to the news on NPR, and knitting for an hour or two before I move over to my computer and start working on the farm plan and seed orders for the following year. Summer is defiantly my favorite season with its sun and heat and abundance of delicious foods. But I do get tired after a while, and the slower pace of winter starts to look like a welcome change – even if it is unreasonably cold and snowy.

Fall, on the other hand, is never something I look forward to. We still have a great deal of work to do on the farm, but now, all too often, we have to work in the cold and wet. The lovely warm days that pop up now and then can be particularly sweet, but only when I can get over how they remind me of the summer I am loosing for another year. I would like to look at fall as a wind down from the busy season to the slower season, a time when maybe I start to get up later in the morning and quit work a little earlier in the evening, but I have never been able to embrace that viewpoint. For me fall is a sprint at the end of a very long race. I am anxious to get to the finish line of garlic planting and the final herb harvest so we end up pushing hard all the way through.

Still, there are pleasures to the fall. This year one big pleasure will be to finally eat some of those potatoes we have been nurturing all summer. I mentioned earlier that we did not put in our potato crop until late June this year in an effort to miss the big potato beetle generation of early summer. There is no defense against these defoliating beetles except hand-picking (at least not on our small, organic scale) and they can really devastate a potato crop fast. The plan seems to have worked, as our potatoes are looking great. Now we are just waiting for them to size up their tubers enough to harvest. If we had planted them earlier, they would have been ready to eat long ago, but this year they will help make the fall a little more special.

Winter squash, sweet potatoes, Brussels sprouts, and the return of greens (kale, chard, and lettuce) are all pleasures of the fall as well. This fall we may even have a last crop of broccoli and kohlrabi. Jake is a real fan of the fall in terms of the weather and the food, so he pushed to put in these fall brassicas and so far they look happy and healthy. They don't have long to size up and make it into your shares though! Seems like the vegetables are doing a little sprinting along with the farmers right now!

Another pleasure of fall is that most of the canning and freezing of extra crops is coming to an end. Those tender fruits of summer that require additional attention to get them through to spring are almost done. The hard onions, squashes, potatoes, beets, carrots, and garlic of fall are easy to store on your counter or in your fridge. They are the hardy, sustaining foods of the year.

I am truly looking forward to winter in a way that I don't usually. So, if nothing else I can look on this fall as a step closer to that season of tea and knitting. Just a few more cold harvest days between now and then!

## Recipe

*Renee Bauer sent in this recipe last week. In retrospect I should have found a way to squeeze it in, because we were not able to harvest enough summer squash to include in your shares this week. I decided to include it today anyway, guessing that many of you still have a few summer squash in the fridge left over from the many squashes you have taken home this summer! Renee's notes and tips are included below.*

### Zucchini Ankara

*I have been enjoying this recipe from "New Recipes from Moosewood Restaurant." It has helped me use all the summer squash and zucchini we have received this summer!*

- ¼ cup olive oil
- 2 chopped onions
- 3 to 4 garlic cloves, minced or pressed
- 3 zucchini and or yellow squash, cut into half-moons about ½ inch thick (about 6 cups total)
- 1 teaspoon dried marjoram (or any fresh herb from your share)
- 1 cup cooked, drained garbanzo beans
- ½ cup sliced, pitted black olives (preferably salty Greek ones)
- 1 Tablespoon ground cumin or dried mint
- 3 to 6 Tablespoons fresh lemon juice (I use all 6)
- Salt and black pepper to taste
- Pinch of cayenne
- 1 cup of grated feta cheese (5 oz)

- Sauté the onions and garlic until the onion is translucent.
- Add the squash and marjoram and cook on medium heat, stirring often, until the squash is just tender. If the squash hasn't released enough liquid to simmer in, add ¼ cup of water. This should be a juicy dish.
- Add the garbanzos, olives, cumin or mint, lemon juice and seasonings. Remember that if the feta will be sprinkled on top later is quite salty, little or no salt will be need in the vegetables themselves.
- Continue cooking until everything is thoroughly heated. The squash should not become overly soft.
- Adjust the lemon and herbs to taste and ladle the vegetables over rice or couscous. Top with feta cheese and serve immediately.



(continued from "In the Share")

new to edamame, I will share with you the easiest (and my favorite) way to enjoy these strange pods. I just boil them in some salt water for 5 to 10 minutes. Then I run a pod or two under cold water and slip the beans out to test them. When the beans are just tender, they are done. Then drain the water off and sprinkle the pods with a bit of salt. To eat them, just slip the beans out of the pods between your teeth and discard the pods. Edamame is the name for green soybeans and they are delicious. I hear they are good for you as well, but that hardly matters when you discover how good they taste! I am sad to say that our edamame crop germinated very poorly in all the June rains, so our harvest was very light. After this small offering, there will not be any more edamame from Troy this season.

Cucumbers, radishes, green beans, and eggplant are back for a quick end-of-summer showing as well. I wish we had some lettuce to include for a yummy salad with the cucumber, radishes, and tomatoes, but the lettuce is slow to mature in these cooler temperatures and will not be ready for a couple of weeks yet. By then these summer foods will be gone. The farm does not always cooperate with my menu planning, unfortunately!

Meanwhile, the delicata squash has arrived as the first true harbinger of fall. These early winter squashes are defiantly the sweetest we grow. Like the sweet onions, they come on early and don't last long. These fruits are small (like the edamame they had a hard time in the June rains) so they will really only be a taste for now. We hope to have some larger fruits in the next couple of weeks. I would cut these open and remove the seeds, put a clove or two of garlic in the cavity and bake them. When a fork can easily pierce the skin, they are ready. Scoop the flesh from the skin and eat. When I am too impatient for scooping, I will even eat the skin. It is softer and more edible than acorn or butternut skin.

Tomatoes and peppers are really winding down. You will start to see more blemishes and much smaller fruits now, but the flavor is still holding out! We start our third and final round of cherry tomatoes today, and hope to finish up with that crop next week.

Look for the last of the salsa next week as well, along with the first leeks, and possibly the first potatoes and fall turnips. It may also be the last week for tomatoes and peppers.

**Troy Community Farm**

Claire Strader • 442-6760 • farmer@troygardens.org