



## In the Share

Potatoes, 1 bag  
Salsa Basket, 1 bag  
Leeks, 1 bunch  
Carrots, 1 bunch  
Italian & Lipstick Peppers, 1 each  
Bell Peppers, 1 large & 1 medium  
Poblano Peppers, 3 fruits  
Roma Tomatoes, 1 bag  
Cilantro, Dill, or Parsley, 1 bunch  
Garlic, 1 head  
Slicing Tomatoes, TBA  
Cherry Tomatoes, members 61-99

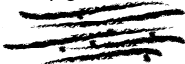
This share is my favorite of the year so far! These are some of my favorite vegetables and so many of them go together so well! It will not be hard to turn this share into some yummy meals.

First I would make stuffed poblano peppers with beans and rice and tomatillo salsa. The poblanos are the three green peppers in your share. They are a medium-hot pepper especially good for stuffing and roasting. I have found that for some reason, though they are all the same variety, the poblanos we grow can range from quite mild to quite hot. You cannot tell the difference by looking, so beware! To make the stuffed poblanos, first cut off the top of the pepper and remove the cluster of seeds. Then slip a thick slice of farmer cheese or any other soft cheese into the center. Roast the peppers in the oven until the skins just begin to blister and the cheese melts.

I'm guessing everyone has their favorite way to make beans and rice. I like mine mixed with cumin, finely chopped onions (or leeks!), finely chopped garlic, and some chopped, fresh cilantro and tomatoes mixed in at the end. Serve the beans and rice on the side of the stuffed poblanos with fresh tomatillo salsa and a few steamed tortillas.

(continued on the back)

troy gardens



## Claire's Comments

### Honey!

Often on a Thursday morning, Sarah will ask me what I plan to write about in the newsletter. When I shake my head and frown that I have no idea, she will usually offer some advice. This morning she immediately suggested the bees. You see, we removed 21 frames of the most perfect honeycomb I have ever seen from the hives this week. So, we have bees on the brain.

I started keeping bees at the farm back in 2004. I was a novice beekeeper then, and after all the work and study I have done in the intervening years, I am still a novice beekeeper now. Every time I think I know what to expect, the bees throw something new my way. Sarah became enchanted with the bees a couple years ago when she came along on a routine check of the hives and got her first taste of honey straight from the comb. Now the bees are a project we do together and we have plans to work up to 10 hives and a heavy honey harvest over the next couple of years. Though we both have been stung by bees in our bonnets, there is something so magical about these insects that that a mere sting could never keep us away.

This year of beekeeping has been particularly exciting. We started out in April with a pilgrimage to Dadant beekeepers supply in Watertown, WI. We went there to pick up four new packages of bees and some new equipment to accommodate our increased apiary. When we rounded the bend and saw the beautiful old barn literally buzzing with bees and beekeepers on the same pilgrimage, Sarah said that she felt like we had arrived at the Emerald City. After an hour or two of talking shop with the other beekeepers we left with 1200 bees in the backseat and a trunk full of supplies.

In the months that followed we had our hives swarm (that's when the queen takes off with a bunch of bees and sets up housekeeping outside the apiary), we have encountered the dreaded varroa mite (a bee parasite that can eventually kill a hive), and we even had our first brush with American foul brood (a bacteria that kills bee larva and can only be stopped by burning the hive.) While all these events made us sad, they also forced us to learn more and become better able to deal with these threats to our bees. Like I said, the bees are always throwing something new our way.

This week we were rewarded with 60 pounds of beautiful honeycomb filled with the most delicious honey we have ever tasted. We will extract this honey from the comb over the weekend and plan to package it into pints for sale to CSA members this fall. Everyone who has tasted our honey is surprised by how good it is. I don't know if it is because it is so fresh or if the flowers on the farm and in the prairie just make exceptionally good honey. Either way, those of you who taste it will not be disappointed. I will include an order form for storage onions, carrots, garlic, squash, and other items (including our honey!) in the newsletter in the next week or two. This will be the first time we actually sell any of our honey. We hope you like it as much as we do!

# Recipe

*Potpie is a favorite fall and winter dish in our house. It takes time to make the crust and prep all the vegetables, but it is so worth it! This recipe is something I pieced together last year as I worked my way through our stash of frozen and root cellared vegetables. You can use just about any vegetable in the filling. I have made some suggestions, but feel free to experiment!*

## Variable Vegetable Potpie

### **Crust:**

2 ½ cups all-purpose flour  
1 tsp. salt  
½ tsp. white or black pepper  
1 Tbs. fresh or dried herbs (I like chives and thyme. If I put winter squash in the pie, I use sage.)  
½ pound (2 sticks) unsalted butter  
¼ to ½ cup ice water

### **Sauce:**

1 Tbs. butter  
1 Tbs. all-purpose flour  
1 cup milk  
1 Tbs. "Better than Bouillon" no chicken base (\*See note below.)  
¼ cup grated Parmesan cheese

### **Filling:**

1 pound potatoes, cubed and steamed to just tender (I always leave the skins on and cut the cubes small)  
1 onion or leek, chopped small  
several carrots, cut into rounds  
any combination of additional cubed vegetables to fill a 9 x 13 pan (peeled and steamed winter squash, raw broccoli, beans, chard or kale, etc.)

1. To make the crust, combine the flour, salt, pepper, and herbs in the bowl of a food processor fitted with a steel blade. Add the cubed butter and process until the mixture resembles coarse meal. With the motor running, slowly pour in the ice water until the dough forms a ball. Refrigerate the dough for about 30 minutes to firm it up.
2. To make the sauce, melt the butter in a saucepan over medium-low heat. Whisk in the flour and cook, whisking constantly, for 2 minutes. Whisk in the milk and continue cooking, whisking constantly, until the sauce thickens. Stir in the bouillon and Parmesan and remove the pan from the heat.
3. Preheat oven to 375 degrees and prepare the vegetables. I like to include potatoes and onion or leek, but I have also made this pie with only frozen broccoli, cauliflower, and beans. Because the crust and the sauce are so good, the pie is always delicious with whatever vegetable combination I try.
4. Divide the dough in almost equal halves and roll out the slightly larger half on a lightly floured surface to fit in the bottom and up the sides of a 9 x 13 baking dish. Fit the rolled dough in the dish and settle it so that the edges just hang over the sides. Prick the dough several times with a fork and put it in the oven for a few minutes to just begin to brown. Meanwhile, roll out the slightly smaller half of the dough to form the top crust.
5. Remove the lower crust from the oven and fill with vegetables. Pour the sauce over the top of the vegetables. Cover with the top crust and pinch the top and lower crusts together along the edge. Cut air vents into the top crust with a knife or fork. Cook the pie for 35 to 40 minutes, until the top crust is golden brown. Remove from oven and let set for 5 to 10 minutes before serving.

\*Note: The Better Than Bouillon no chicken base is my favorite bouillon. It comes as a paste in an 8 oz. jar and can be found at the Willy Street Co-op.

(continued from "In the Share")

Next I would make the potpie recipe I included to the left. Actually, I already made potpie this week with the damaged potatoes and carrots that turned up in our harvest. It was my first potpie of the fall! There are three great things about this recipe. First the crust. And with the embedded herbs, this crust in particular is delicious. Second, you really can use just about any vegetable in the filling. I like the hardy fall vegetables the best, but frozen peas, corn, beans, and broccoli are all great as well. Third, this recipe always leaves us with plenty of leftovers for lunch the next day, which is always just as good as the dinner version the night before.

Finally, a pasta sauce would finish off the share. I would most likely roast and skin the peppers (because I just love roasted red peppers!) and slice them into strips. Then I would chop the romas and roast them in the oven with some slivers of garlic and olive oil. Finally I would combine the tomatoes and peppers and serve over pasta with thin curls of Parmesan shaved from the block.

Potato leek soup is another obvious use of this week's vegetables. Unfortunately, you have only one pound of potatoes in your share, so the soup would be a bit heavy on leeks! Our potatoes are starting to size, but we did not get the bounty we were hoping for from the plants we unearthed. There will be more to come over the next few weeks and we hope that the bags will be heavier next time. Luckily the leeks are gorgeous. You can use them as you would onions, but they really shine in soup, quiche and even potpie.

These are officially the last tomatoes of the season. We finish out the third round of cherry tomatoes today and the very last of the slicers and romas. The plants are now reduced to producing only small and blemished fruits. It was a very bountiful tomato year, so I am at peace with the end of that harvest. I hope you all got your fill as well!

Next week you will have more onions, winter squash (Delicata and/or Carnival), carrots, the last salsa basket of the year, and likely kale and turnips or radishes.