



In the Share

Delicata Squash, 1 piece
Carnival Squash, 1 piece
Red & Yellow Onions, 1 bag
Purple & Orange Carrots, 1 bag
Tart Apples, 1 bag
Red Peppers, 1 bell & 1 small
Kale or Chard, 1 bunch
Choice of herb, 1 bunch
Garlic, 1 head
Green Tomatoes, TBA
Slicing Tomatoes, TBA

We at the farm were very excited about this week's share. The balance is tipping more and more away from summer foods and towards the beautiful and hardy fall crops.

The biggest surprise this week will be the apples. We do not have apple trees at the farm (yet) but there is an old orchard on the grounds of Mendota Mental Health right across the street from us. The Troy community gardeners took over maintenance of these long-neglected trees a few years back and have been working on pulling them into shape. Apple trees naturally alternate boom and bust production years and this is a boom year, so we at the farm were able to get in on the harvest.

We don't know the apples varieties but in general they are fairly tart. Jake likes a tart apple so he has been eating them out of hand. I myself prefer them sweet, so I used them to make a combination apple pie/crisp. I used half of the potpie crust recipe from last week and added cardamom as the herb. While the crust browned on it's own a bit in a 375 degree oven, I peeled, cored and sliced the apples. Then I coated them in about 1/4 cup of sugar. For the topping I mixed 1/2 cup rolled oats, 1/2 cup brown sugar, 1/4 cup flour, 1/4 tsp. cinnamon, and 1/4 tsp ginger. Then cut 1/4 cup
(continued on the back)

Claire's Comments

Terra Madre

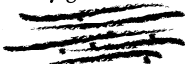
I think it was back in February or March when Nathan (our Education Program Director) asked our staff and board of directors who might be interested in attending Terra Madre in Turin, Italy later in the year. Nathan explained that he had been talking with Sue Boldt from the local Slow Food organization about submitting an application to be delegates to Slow Food's international conference of food producers, chefs, and educators called Terra Madre. The focus of the conference this year is education. We do a great deal of food education through our internships, the Farm and Field program, the kid's garden program and more, so it seemed like we might be a fit. Of course, several of us were interested in going. However, I must admit that I for one thought that it was a little too good to be true to think that we might actually be selected from thousands of applicants to represent our little Troy Gardens food community at the world's largest conference of "slow foodies."

As it says on their website, "Slow Food is a non-profit, eco-gastronomic member-supported organization that was founded in 1989 to counteract fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, how it tastes and how our food choices affect the rest of the world. Today, we have over 85,000 members in 132 countries." Terra Madre is the place where many of those members representing many different countries and food traditions come together to talk about, share, and promote good food. Who wouldn't want to go?! The selection process is highly competitive.

Though I've been sitting with the news for weeks now, it is still hard for me to believe that we actually were selected! Jake, Nathan, Marge (a long time board member of our organization and a community gardener) and I will all be in Turin for Terra Madre from October 21st through the 27th! We are all very excited!

It just so happens that the final CSA pick for the year will fall right in that week as well. (The ending date was pushed back by one week because we had to push back the start date at the beginning of the year due to the cold and wet spring.) When I first realized that these dates would overlap, I thought we would have to cancel the last delivery. I was hoping that you all would understand our desire to follow through on this rare opportunity even though it meant ending pickups one week early. However, when the farm interns heard about it, they immediately volunteered to do the last pickup themselves. So, there will indeed be a final CSA pickup on 10/23. Nicole and Gini will be writing the newsletter, harvesting the vegetables, and coordinating the farm crew for that week. And you will get your vegetables.

I am looking forward to writing to all of you with news of our experiences at Terra Madre when we return. Meanwhile, we are still harvesting lots of vegetables every week. It looks like this is going to be a great fall both here at Troy and at Terra Madre!



Recipe

This recipe is from our farm intern Gini Knight and her partner Evan. Gini is a big fan of fried green tomatoes but is allergic to corn. So they came up with this recipe as an alternative to the more common cornmeal version. Gini and Evan have made and tested this recipe several times this week. They are running out of green tomatoes! For a more traditional recipe, see:

<http://www.thekitchn.com/thekitchn/recipe-recommendation-fried-green-tomatoes-057523>

Fried Green Tomatoes

from Gini Knight and Evan

- Put in a large bowl: ½ cup flour
- Separate 2 eggs
- Add egg yolks to flour, and gradually beat in about 4 oz beer (until the mixture is somewhat thinner than pancake batter). Mix in ½ tsp salt, pepper, hot sauce, and any other desired spices (paprika, Zataran's, etc).
- Beat egg whites until they form soft peaks, and fold into the flour mixture.
- Slice green tomatoes ¼" thick, dip in the batter, and fry over medium heat in butter or oil until the batter is golden brown and the tomatoes are tender but still firm. Serve immediately!

Dipping Sauce

Mix together: ¼ cup Mayonnaise, ¼ cup yogurt, 1-2 Tbsp prepared mustard, juice of 1 lemon, salt, pepper, and hot sauce to taste.

(continued from "In the Share")

of butter into the mix with a pastry knife or food processor. Pour the apples into the partially baked crust, sprinkle on the topping mix and about ¼ cup chopped almonds and bake for about 30 minutes. I severed mine with ice cream. You will see that the apples have many spots and blemishes, which we thought was fine for baking apples. We hope you agree.

The other unexpected item is the green tomatoes. Every year I get requests for these unripe fruits for use in recipes like the one at the left. I know some of you will be perplexed by this vegetable. And others of you will be thrilled to have them at last. Either way I hope you enjoy this unusual treat.

Red tomatoes are back for one more week. I'm guessing this delivery is the last, but I may be wrong again! Kale and chard are also back for the fall. Next week there will be more winter squash, leeks, potatoes, and the very last salsa. There may also be one more eggplant and some sweet green peppers.

Storage Share Option

We offer these storage crops as a way to keep your pantry stocked with Troy vegetables beyond the end of the growing season. They will all keep in a cool closet or basement for several months. (Though the potatoes and carrots will stay hydrated longer if you can fit them in your fridge.) The honey is from the beehives at the farm and this is the first time we are selling any of this crop! You will see that our honey price is higher than what you would expect to pay at farmer's market. The price is high because the flavor is excellent, the supply is very limited, and most importantly we are hoping to raise enough money through these sales to increase our apiary from three to six hives next year. Quantities on some of the vegetable crops are limited as well, so order early! All orders will be filled on a first come-first serve basis and for those we cannot fill, we will make refunds.

Number	Item	Price	Total
	10# Butternut Squash (3 to 6 squash)	\$ 10.00	
	10# Carrots	\$ 13.00	
	5# Red & Yellow Onions	\$ 8.00	
	5# Yellow Potatoes	\$ 10.00	
	5# Sweet Potatoes	\$ 12.00	
	2# Garlic (10 to 15 heads)	\$ 12.00	
	1# Troy Honey (in clear glass honey jar)	\$ 8.00	
	1.5# Troy Honey (in clear glass pint jar)	\$ 12.00	
	Total		

Name: _____ Phone Number: _____

**Return this form with payment by 10/9 to the farm stand or Claire's address (1814 Sheridan Dr, 53704).
Your storage vegetables and honey will be ready for pick-up on 10/16.**

Troy Community Farm

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