

## In the Share

Spaghetti Squash, 1 piece  
Carnival Squash, 1 piece  
Potatoes, 1 bag  
Salsa Basket, 1 bag  
Leeks, 1 bunch  
Radishes, 1 bunch  
Eggplant, 2 small  
Choice of Hot Peppers, 6 pieces  
Lettuce or Lettuce Mix, 1 head/bag  
Choice of herb, 1 bunch  
Garlic, 1 head  
Slicing Tomatoes, TBA

## Claire's Comments

### Bounty in the Cold

It is getting cold outside. We all knew it had to happen, so it is not an unexpected surprise. Still, for me, the change in temperature is unwelcome and unpleasant. It means more clothes, cold hands, and a general decrease in get-up-and-go. Luckily there is a corresponding increase in the weight and bounty of the CSA shares!

Yesterday I was dressed in my usual pants, tank top, long-sleeve shirt, and jacket. That combination of layers – taken off and replaced as the weather changes throughout the day – usually gets me through most of the farming season. In the heat of the summer, the pants are replaced with shorts. And on cool or rainy days, I will add my rain bibs to keep out wind and wet. But on days like yesterday, I need to add a wool sweater and rain jacket on top, and my padded bib coveralls – under the usual rain bibs – on bottom. It is challenging to be agile and quick in that getup. After one especially difficult climb in and out of the truck, I turned to Jake and said that I felt like his baby son Oliver looked when dressed for the cold: like a padded toy completely incapable of self-propulsion. After the harvest was in, it warmed up a bit and I was able to take off a few layers which made it much easier to get around. I have such a love/hate relationship with my coveralls. I love that they keep me warm. I hate that they slow me down.

Cold hands can be harder to deal with than just about anything else. Our hands get cold easily when working with wet vegetables, which is exactly what harvesting is all about. Putting on gloves can help, but then you lose dexterity. Jake tells me there is a great glove that fits well and is made of a fiber that gets wet, but still keeps you warm. We have not found this magic glove in our usual farm supply stores, but with the cold this week we are inspired to search a little further a field. Maybe the cold hands problem is just another case of needing the right tool for the job. I am very much looking forward to finding out!

I don't know that a new glove or better-tailored overalls will make me leap out of bed the same way the summer sun does, however. The reason I was born into and have somehow chosen to persist in a northern climate seems to be the great mystery of my life. I am so much better suited to the heat than the cold. It's a good thing Jake is just the opposite. I look to him for enthusiasm these days.

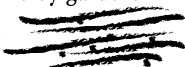
One other important thing that keeps me going this time of year is the huge bounty of food. Again this week we had more food to deliver than we thought could reasonably fit in your share. As a result, carrots and turnips were postponed until next week. I love looking around the field right now and seeing lettuce and broccoli and kohlrabi slowly maturing, sweet potatoes ready to dig, Brussels sprouts and kale sweetening in the cool nights. We anticipate three more weeks of full and lovely shares! Now that tomatoes and eggplant and peppers are as good as done, the first frost is welcome at our farm. We are ready to finish up the harvest and go inside to warm up with a meal of delicious and hardy fall foods.

This week marks the 10<sup>th</sup> tomato share for the year! We have never delivered so many tomatoes over so long a period ever before. For those of you who are still enjoying these summer fruits, you will be happy to know that their quality is surprisingly good for the first week of October. For those of you who are ready for the tomato season to be over, I can assure you these are definitely the last you will have from Troy this year. We will be taking down the tomato trellis early next week. Meanwhile, there are still some good fruits on the plants, and any of you who wish to go out and glean the remainders are welcome to them. You will find the tomato trellis if you take a left into the farm at the gate and walk along the fence to the back. The tomatoes will be on your right.

This week also marks the last eggplant for the year. The fruits are small, but should have great flavor. Though I was laughed at multiple times this week for suggesting it, I like the idea of roasting these last eggplant and tomatoes together with a leek, a clove of garlic, some olive oil, salt, pepper, and basil, to make a sauce for the spaghetti squash. There are some folks at the farm who have a strong dislike for spaghetti squash and would never think

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## Recipe

*This recipe comes from Deb Lease. She is a worker share on the farm and an inventive cook. We usually look to Deb to offer recipe ideas for our more tricky vegetables. This week she took on the last bunch of radishes for the season! Her tips are included below.*

### Radishes & Potatoes

*This recipe is adapted from One Potato, Two Potato, by Roy Finamore and Molly Stevens. It calls for Red Bliss, but I think most potatoes will work ok – just not a super-starchy one like an Idaho, which will fall apart. Also, if you don't want to waste any potato, skip the melon baller and dice...*

- 1 1/2 pound Red Bliss potatoes, scrubbed
- 2 dozen small radishes, trimmed (or larger ones halved or quartered)
- 3 Tbs. unsalted butter
- 1/2 cup chicken stock
- Salt and pepper
- 5-7 chives, cut into one-inch pieces (or parsley or some other green, garnish)

Using a 1-inch melon baller, scoop little balls out of the potatoes and drop them into a bowl of cold water to prevent discoloring. Don't worry about getting perfectly round balls – it's near impossible to do – but do try to leave a bit of red peel on one side of most balls to add to the rosy color of this dish. Discard the potato trimmings. If the radishes are a lot bigger than the potato balls, cut the radishes in half.

Drain the potatoes and combine them with the radishes in a large skillet over medium heat. Add the butter and stock and season with salt and white pepper. Bring to a simmer, stir to distribute the butter, and cover tightly. Simmer until the potatoes are tender when pierced with a skewer, about 20 minutes.

Remove the cover, increase the heat to high, and continue to cook, shaking the pan to prevent sticking, until the liquid has reduced to a glaze, 3 to 4 minutes. Serve immediately, sprinkled with the chives or other garnish.

### Potato Leek Soup

*This recipe is an old Troy Community Farm favorite from my partner's sister Heidi Shatz.*

- 2-3 leeks, whites and greens, chopped
- 1.5 tsp. rosemary
- 4 cloves garlic, pressed or chopped
- 2-3 Tbs. butter
- 1 lb. potatoes, cubed
- 2 squares of your favorite stock or bouillon
- Milk or unsweetened soymilk

Use your large soup pot to sauté leeks, garlic, and rosemary in butter until the leeks are clear and soft. Add potatoes (Heidi likes large chunks) and sauté until the potatoes are covered with leek mixture, plus a couple of minutes. Then add water, not too much, so potatoes are still showing just on top. Next, when the water is warm, add your favorite bouillon. Let boil and then turn heat down to medium until your potatoes are to your tenderness liking. Add milk just to turn the water a good hearty creamy color. Add salt and pepper to taste. If you want a thicker soup, puree 1/4 to 1/2 of the mixture and add it back to the pot.

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of wasting perfectly good eggplant with such as squash. Luckily for them, the sauce is just as good over pasta.

As for the spaghetti squash, I happen to like them very much. Depending on the size of the squash you chose, you can either cut it into halves of quarters and bake it on a cookie sheet with a bit of water until you can easily pierce the shell. When it is done, scoop the long strands of squash from the shell. It is the long spaghetti-like strands that give this squash its name. Top it with pasta sauce or pesto and some shaved Parmesan cheese and it is delicious. The original Moosewood cookbook also has a spaghetti squash recipe that calls for multiple layers of cheese and tomatoes that is also quite good.

I am hoping that most of you are handling the influx of winter squash well enough. I realize I have not talked about them much. It seems that the most popular way the eat the delicatas and carnivals you have been getting, at least among the farm staff, is the bake them as above, scoop out the flesh, and mash it with a little butter. Our intern Nicole said that her husband Kent never had a taste for winter squash until she served delicata in this way. He liked it so much she had to hide the last bit from him so she could take it for lunch the next day. We heard the story when she pulled out a dish of mashed delicata and some applesauce she made from the Mendota apples to have for dessert!

As promised, this is the last salsa basket for the year. If you don't have a taste for it this week, you can make it up as you normally would and put it in the freezer for later. It freezes very well. The hot peppers freeze well also. We included the last of them from the plants today so that you can chop them up and put them in the freezer (that's all it takes) for making curries and such in the winter.

The first of the fall lettuces are in your share this week as well. With the recent cool weather, the lettuce is sweet and crisp. You have your choice of green and red lettuce leaf mix or green or red head lettuce. Both are good and should be enough to whet your appetite for the fall head lettuce to come.

Next week you can expect sweet potatoes, Brussels sprouts, more greens, scallions, the last sweet peppers of the year, more carrots and possibly some of the fall beets that are taking their own sweet time to mature.

**Troy Community Farm**

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