



## In the Share

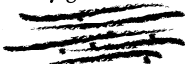
Pie Pumpkin, TBA  
Acorn Squash, 1 piece  
Sweet Potatoes, 1 bag  
Brussels Sprouts, 1 bag  
Carrots, 1 bag  
Green Peppers, 2 bell & 2 long  
Scallions, 1 bunch  
Turnips, 1 bunch  
Lettuce, 1 bunch  
Kale, 1 bunch  
Choice of herb, 1 bunch  
Garlic, 1 head

We got our first frost on Friday morning of last week. It took me by surprise, honestly. I had heard that it might get down to the low thirties, but I usually don't worry about frost at the farm until I hear high twenties or so. I didn't expect to find blackened basil, and I certainly didn't think to worry about crispy cilantro and kale on harvest morning. Luckily the only crop I was sad to lose was the basil. Everything else of value was as good as new after defrosting. And all those summer crops that were hardly worth harvesting anymore anyway were finally put to rest for the season. We are now in the final harvest mode - digging carrots and potatoes and everything else as fast as we can so that we can get it all to you in these last few weeks!

This is the season for winter squash. You have 1 acorn today and 2 or 3 pie pumpkins. The acorns are some of the best we have ever grown. The pumpkins are some of the worst. I am guessing their pumpkin flavor will be fine, but they are much smaller than they should be. So, you will have 2 or 3 depending on their size, and you will likely need to use them all to make a decent pie or the pumpkin square recipe on the back. Maybe next year will be a better year for pie pumpkins.

(continued on the back)

troy gardens



## Claire's Comments

### Harvest Home Stretch

I woke up this morning with the harsh realization that time is running out on our 2008 CSA shares. There are only two more weeks to go after this one! Often in the fall we survey the field and wonder what we will pack into these final shares, usually there is not too much left. But the bounty of this season is extending all the way through to the end. It has been a good year to be either a CSA member or a CSA farmer!

Of course we had plenty of crops that did not produce the way we had hoped. The edamame never amounted to much after the seed was flooded out. The potatoes, while unharmed by the potato beetles because we purposely planted them so late, suffered in the mid-summer dry spell and didn't have a chance to produce in volume. And as you see today, the pumpkins are smaller than is ideal for baking. Still, the balance is certainly tipped toward crops that did well rather than those that underperformed. I have heard from several of you that you have a good stash of frozen broccoli and peas and tomato soup along with a string of dried herbs for winter. I am so glad. And like I said, there is more to come! There will be no shortage of food in the next two weeks.

After growing food for 14 years, I know better than to take too much credit for this great season. The weather and the insects and poorly timed equipment failures can lay waste to the plans of the most experienced farmers. Still, I want to think that changes we made on the farm this year are at least partially responsible for the bounty. This past winter Jake and I spent several weeks developing a long-term plan for the farm. We went through weed control, fertility, harvest efficiency, intern training and more examining our current practices and thinking of ways to improve our systems overall. We came up with many more ideas than we were able to implement in one year, so we prioritized and set to work. We saw improvements in all the areas we addressed, and I have to believe that at least some of the credit for this year's harvest can be attributed to the improvements we made.

Needless to say, we are looking forward to making more progress on our plan in 2009! The most significant change we hope to implement for next season is irrigation. In the 8 years I have grown food at Troy, never have we had irrigation. When I mention that fact in the farming world, no one can believe we have lived without it for so long. Even if irrigation is the only change we make next season, I believe it will have a huge impact on our production. Even late-planted potatoes should be able to produce with well-timed water!

Meanwhile, we are still focused on the harvest home stretch. Now that the frost has killed off any lingering summer crops, and forced us to abandon our idea that the carrots or potatoes might get bigger, we are in full harvest mode. We are working on making your share bags as heavy as possible in the next two weeks!

**The Final 2008 CSA Pickup is Thursday, 23 October.**

# Recipe

*While harvesting Brussels sprouts this week, we of course discussed the best way to eat them. Jake said that he just covers them in bleu cheese and butter. That sounded simple enough! In the search for a little more detail, I found this recipe on the internet. It includes some proportions and some slightly more detailed directions.*

## Brussels Sprouts in Bleu Cheese

1 pound Brussels sprouts  
2 Tablespoons bleu cheese, crumbled  
¼ cup butter

Wash and trim fresh sprouts. Cook, covered, in boiling salted water for about 15 minutes or until tender. Drain Thoroughly. Melt butter and blend in bleu cheese. Toss with hot drained sprouts and serve.



*This recipe comes from the Shatz family. From what I can tell it came originally from an aunt. It has been somewhat modified and revised by the Shatz sisters along the way and the version below is the one we have ended up with in our house. After having these, I see no need to go back to pumpkin pie!*

## Pumpkin Pie Squares

### Topping:

1 cup boxed yellow cake mix      1 tsp. cinnamon  
½ cup white sugar                      ¼ stick butter

### Crust:

Remainder of cake mix                1 stick butter, melted  
1 egg

### Filling:

2 cups pumpkin puree (or more)    1 tsp. vanilla  
½ cup white sugar                      1 tsp. cinnamon  
½ cup brown sugar                      ½ tsp. nutmeg  
3 eggs                                        ½ tsp. cloves

To make the pumpkin puree, cut the pumpkin in half and clean out the seeds. Then bake or steam the pumpkin as you would any other squash. It is done when you can easily pierce the skin with a fork. Scoop out the cooked flesh and puree in a food processor. I typically use more than the 2 cups of puree that is called for so that I don't have any left over.

Mix the dry topping ingredients together and cut in the butter to make course crumbs. Set aside. Mix the crust ingredients together and pour this batter into the bottom of a greased 9" square pan. Mix the filling ingredients together and pour on top of the crust layer in the pan. Sprinkle the topping on last. Bake at 350 degrees for 45 minutes (or so). Serve with freshly whipped cream!

(continued from "In the Share")

Sweet potatoes are also new this week, and also somewhat off in their size and shape. I have never seen so many long and skinny sweet potatoes. Were they reaching for water during that long dry spell in late July and August? It is hard to know. You will all have a mix of sizes and shapes in your bag. You may also have one that has been cut. The cut marks show you where we removed portions of the potatoes that were damaged in harvest. The cuts will heal and will make no difference in the flavor! The great big potatoes will be good for baking in the skin and serving with butter. The smaller and skinnier ones will be good for slicing, coating with olive oil and salt, and roasting in the oven. I am not a big sweet potato fan, but Sarah sliced up some of the skinny ones for dinner last night and I was surprised at how good they were. We had a little baked squash with them as well, and it was a simple, yummy meal. Deb thought she would use hers to make a chili with the last of the green peppers, dry beans, and some of the tomatoes she canned this summer. So many options! There will be more sweet potatoes in your last share in two weeks.

Brussels sprouts are another new item. These too are small, which I actually prefer. Jake suggested the recipe to the left and he also suggested roasting them. Just toss the sprouts with 1 ½ Tbs. olive oil, ½ tsp. garlic salt, 1 tsp. balsamic vinegar, and ¼ tsp black pepper. Then roast them in a 400 degree oven for 18 to 22 minutes until they are tender and have a few darkened spots. Jake raved about both these dishes. You could try one this week and the other with the last of the Brussels sprouts that will come with your last share.

Turnips are back for a brief showing this week. As you may recall we tried them out for the first time this spring. So many of you liked them that we planted another crop for the fall. I must admit that I do not have much experience with turnips. If those of you who do have experience will send me your ideas for what to do with them, I would be grateful! For now I would suggest slicing them into thin rounds and serving them in your lettuce salad with grated carrots and some scallions.

Next week you will see butternut squash, the last of the potatoes for the year, leeks, lettuce, some baby kohlrabi, more carrots, and some fall beets. You will also have your choice of a jack-o-lantern or some decorative gourds.