

In the Share

Butternut Squash, 1 piece
Red or Yellow Potatoes, 1 bag
Carrots, 1 bag
Beets, 1 bunch
Leeks, 1 bunch
Kohlrabi, 3 pieces
Batavian Lettuce, 1 head
Kale or Chard, 1 bunch
Garlic, 1 head
Chili Ristra, 1 string
1 Jack-o-lantern OR 7 Gourds

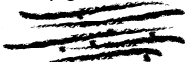
It is another heavy week of vegetables, and just in time for the return of cold temperatures! I am thinking of several warm and hardy dishes that can be made this week...

At last the butternuts have arrived! I used to think that the delicata was my favorite squash. It is truly delicious. But it is also an unreliable producer whose fruits do not keep well even under the best of conditions. Compare those qualities to the larger, more elegant, more reliable, and also quite delicious butternut, and I am converted. There is a reason that the common butternut is so common: It is an excellent squash by all counts.

Having said that, I must add a disclaimer that the particular butternuts in your hands today likely will not be the best of keepers. These particular fruits were caught out in the cold before harvest and have the blemishes and marks to show for it. I can assure you those blemishes are only skin deep and do not affect their eating quality. The flesh is sound and flavorful. (Sarah tested one in our kitchen with a butternut stew.) So, use this butternut in the next couple of weeks in a stew or soup or curry. Don't try to hang on to it. The butternut you get next week will be of the quality that is known to keep until spring, if you can resist eating it for that long.

(continued on the back)

troy gardens



Claire's Comments

Winter Work

This newsletter is the last I will write for 2008. I can hardly believe it. Usually by this time I am scrambling around for ideas and counting off these final weeks with relief. This year feels different. With only a few exceptions, the weather this fall has been lovely. Every time we get cold and wet the sun returns the next day to warm us back up. We have an abundance of food, and it has been fun to fill your share bags to bursting. Even taking time out to write this letter to you each week has been a pleasure, rather than the distraction it can feel like when things are busy. And now, already, for me at least, it is the last one.

Next week Gini and Nicole will write to you about their solo experience on the farm. They will lead the crew through the last harvest of the season and deliver it to you while Jake and I are off in Italy and missing the finale here at home. You can believe that while we are rubbing elbows with thousands of farmers from around the world in Turin next Thursday evening, we will be thinking of you picking up the last of your Troy vegetables for the season and feeling a bit sad that we are not here to say goodbye. I know no one will feel too sad for us, which is as it should be. We feel excited and honored to attend the biannual Slow Food conference and are very much looking forward to sharing our thoughts about it with you when we return.

Usually in my last newsletter of the season I answer the question that so many farmers get at this time of year: What will you do this winter? My answer usually involves naming all the things that I didn't get to this summer. After that, for this winter, I will be working out the details of our new kitchen garden business and, if all goes well, sitting down with prospective new clients. Then there is the matter of producing the new CSA brochure for 2009. All of you can expect to see the new brochure before the end of 2008, with a winter newsletter that includes an article about our trip to Italy and details about the coming year. As current members of the CSA, you will have a chance to sign up for next year before I accept new members. We very much value our returning members! Then I will complete the farm plan and seed orders before the winter holidays.

In January, Jake and I are planning to coordinate some vacation time that will allow each of us to get away without any interruption in our winter sprout production. We grow sprouts all year round and Jake will spend most of his work time this winter keeping them going and possibly coming up with some new mixes. By February, all our 2009 seed will be here and we will be planting onions and leeks all over again.

I am so pleased to end this season on such a high note. You all have been so supportive and appreciative of our efforts this summer, which is always such a boost to us. Our interns have been so strong and steady that we are happily leaving the final harvest and pickup in their capable hands. And Jake and I are off to listen to and learn from and share with thousands of other farmers like, and so very unlike, ourselves. This fall has truly been a season of bounty. Many thanks to our interns, and worker shares, and volunteers, and especially to all of you who faithfully come to pickup and eat and enjoy the harvest.

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

Recipe

This recipe comes on the suggestion of our intern Gini. She enjoyed making it and thought this would be a good week for CSA members to try it, since most of the vegetable ingredients are in the share for this week or were in the share last week. The recipe makes two pastry alligators filled with greens (Gini used kale instead of spinach), potatoes, and herbs.

Spinach And Feta Cheese Alligator

From *The Vegetarian Epicure* by Anna Thomas

Crust:

1 ½ tsp. dry yeast	1 tsp. salt
1 tsp. sugar	1 egg
¼ c. warm water	2/3 c. low-fat milk
3 c. white flour	1 Tbs. olive oil

Filling:

2 Tbs. olive oil	¼ c. chopped fresh dill
2 c. chopped onion	1 Tbs. cider vinegar
3 cloves garlic, minced	4 eggs
1 large leek, chopped	½ c. low-fat milk
¾ c. thinly sliced green onions	4 oz. feta cheese
1 lb. fresh greens (kale, chard, etc.), washed, chopped	3 Tbs. raw rice
2 med. potatoes, cut in ¼ inch dice	¼ c. sliced Kalamata olives salt and pepper to taste

- Start dough first: Dissolve the yeast and sugar in the warm water and leave it a few minutes, until it starts to bubble and foam. Measure 2 ¾ c. flour into a large bowl and stir in salt. Beat together egg, milk, and olive oil. Stir in yeast mixture, and then mix liquid into flour. Stir until it forms a dough.
- When stirring gets tough, spread the remaining flour on a board. Knead dough gently, turning it often to keep it covered with flour, until it is smooth and elastic. Form dough into mound and put it in a lightly oiled bowl. Cover with a towel and set aside for at least an hour or until it has doubled in size.
- Filling: Heat olive oil in large non-stick skillet and sauté onions, garlic, and leek until soft. Add green onions, greens, and potatoes. Toss until greens wilt. Cover and cook on low heat until potatoes are tender, about 10 minutes. Uncover, raise heat and stir until excess moisture cooks away. Stir in dill and the cider vinegar. Remove from heat.
- Break eggs into a bowl, reserving 1 yolk to use for glaze. Beat eggs with milk. Crumble feta cheese.
- Transfer vegetable mix into a cool bowl and stir in feta, rice, and olives. Season with black pepper, and salt if needed. (Salty cheese and olives might provide enough.) Stir in beaten eggs and milk. Let the prepared filling sit for about 15 minutes to allow rice and potatoes to soak up moisture.
- Punch down dough and divide in half. On floured surface, pat one half of dough in a rectangle. Dusting with flour, gently roll it into an oval about 24 in. long and 8-10 in. wide.
- Fold dough in half cross-wise and lay in oiled baking sheet. Unfold and spoon half of filling down the middle leaving an inch on all sides.
- Beat the reserved egg yolk with a spoonful of water and brush the edges of dough. Fold other half of dough over and press edges together. Then fold edges up from underneath, curling the bottom crust over the edge of the top crust in a crimping or pleating pattern. Pierce the dough with a fork (nostrils for the alligator!)
- If you're feeling especially creative, you can use the scraps of dough and olives for the alligator's eyes. Brush the dough lightly with the egg yolk glaze.
- Roll out and fill the second half of the dough, either into an alligator or else just a long, filled loaf. Bake the alligators at 350° for about 45 minutes. After 25 minutes, reverse their positions in the oven so that they brown evenly. Let cool before slicing.

(continued from "In the Share")

The potatoes and kale are next on my list for hardy vegetables. Sarah has been doing a lot of cooking this week as I am working my way through the end-of-season harvest. Last night she made mashed potatoes with kale. It was as simple as boiling the (unpeeled!) potatoes with a clove or two of garlic and then mashing them with butter and either some of their own cooking water or some milk. Steam the washed and chopped kale separately and then mix it into the mashed potatoes with salt and pepper. A salad with the Batavian lettuce, peeled and cubed kohlrabi, and shredded carrots on the side makes for a perfect fall meal.

The lettuce is gorgeous, crisp, and sweet. You may remember this variety from the early summer. It is the one that does the best in the heat. Apparently it also does well in the descending fall! It is my favorite lettuce both as an eater and a grower.

Back around the same time we planted the lettuce in late August we also planted kohlrabi, broccoli, and cabbage. The broccoli and cabbage are lush and beautiful right now, but sadly, it seems unlikely that they will be ready for harvest before the last pickup next week. We will have to plant those earlier next year! Fortunately, the kohlrabi is right on schedule. These bulbs are some the sweetest and juiciest kohlrabi I have ever tasted. We wish they would have sized up a bit bigger, but it was hard to complain about their size once we tasted them. These will be best raw in your salad or just peeled and eaten as an apple, which is Jakes preferred method.

The chili ristra is a fall tradition at Troy. This string of bright red (very) hot peppers can be hung in your kitchen to dry. The color will deepen and the chilies will wrinkle as they dehydrate. When you need some hot pepper, just pull one off the string and use it either dry as is, or reconstituted with some water.

The jack-o-lantern and gourd choice is another tradition at our farm. The past couple of years we have struggled to provide these items because the wet falls have rotted the fruits so early. This year they are sound and lovely and ready to display for the fall holidays!

Next week will be the last CSA delivery of the year. Nicole and Gini will be offering you sweet potatoes, Brussels sprouts, onions, more carrots, and the last of the fall lettuce, among other things.

Troy Community Farm

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