

## In the Share

Butternut Squash, 2 pieces  
Sweet Potatoes, 1 bag  
Onions, 1 bag  
Brussels Sprouts, 1 bag  
Carrots, 1 bag  
Turnips or Beets, 1 bunch  
Batavian Lettuce, 1 head  
Choice of Herb, 1 bunch  
Garlic, 1 head

Our final delivery! We hope that you enjoy the bounty of this final week. It's yet another heavy share, as we're sure you'll notice. Gini and I have noticed the increasing weight of our produce at the farm as well, as we have gone from harvesting and hauling lightweight lettuce and spring peas to heavy potatoes, squash, and onions. Luckily, our bodies have adapted with the seasons as well, and picking up crates brimming with produce is no longer the daunting task it was at the beginning of the season.

We have had the pleasure this week of leading the farm crew and harvesting and preparing your share for the final delivery. Since you are actually receiving everything we had hoped to deliver in the share this week, we do owe a special thanks to our very capable worker shares and volunteers. As Claire and Jake excitedly made last-minute preparations for their trip to Italy (including what almost seemed like a competition to travel pack the least amount of items for their trip), Gini and I have excitedly been planning our week in charge of the farm, including a few surprises (see "The Intern Insider" to the right). Claire left us thorough and detailed instructions and Jake gave us helpful advice, such as "You'll be fine. I'm sure something will go wrong, but  
(continued on the back)

## The Intern Insider

### Lessons from the Farm

Claire and Jake have taught us so much this summer, they decided to leave us on our own and take an early vacation across the pond. While they're networking with farmers, chefs, and food activists from all over the world, we're struggling with the correct turnip and beet bunch size, driving the trucks, frozen fingers, and no hula hooping or Hot Wheels. To express our gratitude for their patience, humor, and detailed instruction we would like to share with you some of the lessons we've learned this summer on the farm.

You always work faster when you work next to Claire. *(Nicole, intern)*

Stay away from sticks! *(Dean, volunteer)*

There's nothing quite like arriving in the morning to be greeted by Claire hula hooping in rubber bibs. *(Emma, intern)*

No matter how hard Jake wants it to, sometimes the broccoli just doesn't "broccle" in time. *(Nicole, intern)*

Mud makes everything heavier, especially your feet. *(Rachel, worker share)*

Don't cut the corners in the truck and get out of the way when others are driving. *(Gini, intern)*

Early girl hybrid tomatoes? Who knew they could beat an heirloom! *(Emma, intern)*

To relieve nettle stings, rub crushed dock leaves on the affected area. Conveniently, dock leaves grow in the vicinity of stinging nettles at the farm. *(Matt, worker share)*

Woodchucks squeal when you poke them with hoe handles. *(Emma, intern)*

Get all of your farmer food before Peter. *(Nicole, intern)*

It's always colder in the wash shed. *(Rachel, worker share)*

Everyone needs to start appreciating radishes more. *(Emma, intern)*

Farm time starts two minutes before regular time. *(Gini, intern)*

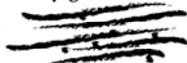
There's nothing like winding down before lunch and taking some time to walk the fields. *(Nicole, intern)*

Everything will be better if you're at least two minutes early. *(Gini, intern)*

Never use the hand hoe that says "Claire" on it. *(Nicole, intern)*

Most of all, we learned that farming is hard work, but extremely gratifying.

**Today is the Final 2008 CSA Pickup**



# Recipes

CSA members Matt Moyer (chef at the Great Dane) and Dana Slowiak shared this delicious Great Dane recipe with us and I was so excited that I decided to make it for dinner right away. It's a delicious way to use the larger butternut squash in this week's delivery. - Nicole

## The Great Dane Inner Warmth Peanut Stew

1/2 cup olive oil  
1 medium onion, diced  
1/2 cup minced garlic  
1/2 cup minced ginger  
1/2 tablespoon black pepper  
2 to 3 pounds winter squash (butternut or acorn), peeled, cubed  
1 quart tomato juice  
1 can (20 ounces) diced tomatoes  
1/2 tablespoons salt  
1 medium bunch of cilantro, stems removed, chopped  
1 cup plain peanut butter  
cooked white rice

-In a large sauté pan, heat olive oil. Add onions, garlic, ginger, pepper and squash. Sauté until ingredients start to soften, about 10 minutes.

-Add tomato juice, tomatoes and salt.

-Simmer until squash is tender when pierced with the tip of a sharp knife, about 5 minutes. Add cilantro, then peanut butter and mix well.

-Simmer until thickened, about 10 minutes. It should be the consistency of a thick stew.

-For each serving, put a small portion of rice in a large bowl, and then add stew. Serves 4.

*Particularly before lunch, we often discuss what we'll all make for dinner that evening as we work on the farm. During a recent cold and rainy day, Jake suggested using a mixture of fall vegetables to make pasties, a warming and hearty meal. Here's a basic veggie pasty recipe that can be adapted to your taste and the contents of your refrigerator. I also added a little cream with flour mixed in to make a thicker sauce for the vegetables.*

## Vegetable Pasties

**Pastry:**  
3 1/2 c. all-purpose flour  
1 c. whole wheat flour  
1 t. salt  
1 c. shortening or butter  
1 1/4 c. ice water  
1 egg, beaten

**Filling:**  
2 T. olive oil  
4 cloves garlic  
1 onion, thinly sliced  
2 carrots, thinly sliced  
1 turnip, peeled and diced  
2 potatoes or sweet potatoes, peeled and diced  
1/2 pound Brussels sprouts, halved or quartered  
2 T. water  
1 t. vegetable bouillon  
1 t. tarragon or other herb and salt and pepper to taste  
Cheese, optional

-In a large bowl or food processor, mix together the flours and salt and cut in shortening until mixture resembles coarse crumbs. Stir in water until mixture forms a ball.

-Divide dough into 8 pieces, shape into balls. Cover, set aside.

-Heat the olive oil over medium heat. Sauté onion and garlic until soft, about 5 minutes. Stir in veggies. Add water, bouillon, herbs, salt and pepper. Cook for 15 minutes.

-Roll each pastry ball into a circle, 6-8 inches in diameter. Place about one cup of filling on one half of each circle. Sprinkle with grated cheese, if desired. Fold pastry over filling to form half circle, and pinch edges to seal. Place on baking sheet and brush with egg.

-Bake at 400 degrees F for 45 minutes, or until golden brown. Makes 8 pasties.

(continued from "In the Share")

you'll be fine. Just don't get the Pierce's truck stuck in the mud." Armed with their help and careful planning, we've had fun this week and are happy to give you this share full of beautiful fall vegetables.

Your sweet potatoes and onions will keep well out of their plastic bags in a cool location out of sunlight, if you can keep them around that long. Gini has been excited about the sweet potatoes all summer and has plans to use them for sweet potato fries, sweet potato pies, and in all kinds of casseroles and stews. For a quick sweet potato fry recipe, heat oven to 400° and toss some Cajun seasoning and canola oil with scrubbed 1-inch chunks of sweet potatoes. Spread the potatoes in a single layer on a baking sheet and roast for approximately 25 minutes.

The carrots, Brussels sprouts, turnips or beets, and lettuce will do best in plastic bags in the crisper drawer of your refrigerator, although the lettuce won't keep as long as the other veggies. Enjoy your final lettuce salads, topped with shredded or sliced carrots and turnips.

I enjoy eating the Brussels sprouts steamed, with a little butter and coarse salt, but you can jazz up your sprouts by making the sesame garlic Brussels sprouts recipe found in the MACSAC Asparagus to Zucchini cookbook: Blanch sprouts in boiling water 3-4 minutes, then drain well and stir-fry in a little oil until bright green and crisp-tender. Combine 1/4 c. soy sauce, 3 Tb. toasted sesame oil, 1/4 t. crushed red pepper flakes, 1 1/2 t. minced garlic, and 3 Tb. water and add to sprouts. Serve immediately or marinate before serving.

You can also combine your veggies into a root vegetable roast. Cut sweet potatoes, Brussels sprouts, carrots, onions, and turnips or beets into similar size pieces and toss them with garlic cloves, a little melted butter, salt and pepper, and herbs (such as sage, parsley, or chives). Bake at 375° F for 45 minutes, covered, then bake uncovered for another 15-20 minutes, stirring once, until vegetables are tender and lightly browned.

We hope you enjoy this week's share. Next week we'll be planting garlic for next year. Be on the lookout for an update from Claire about the Terra Madre conference and the 2009 CSA brochure and sign-up information by the beginning of the year. We hope to see you again next year!

**Troy Community Farm**

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