



## In the Share

Broccoli, 1 bunch  
Spinach, 1 bag  
Green Garlic, 1 bunch  
Radish, 1 bunch  
Lettuce, 1 head  
Kale, 1 bunch  
Choice of Spouts, 1 bag

I must confess that as we harvested the share this week, we really were rather proud of ourselves. This is the kind of spring share that I am planning for when I sit down to draw up the farm planting schedule every December. I have no fear that you will be hungry for more vegetables this week!

The exciting new item is the broccoli, of course. We were just starting to get a few small heads at the end of last week and we hoped that the plants would come on strong for this week. They did! In fact some of them came a little stronger and a little earlier than we expected. Typically what you are looking for in broccoli is a nicely domed head with tight green buds on the florets. You will see some of the buds on this broccoli are not as tight as we would like. We held off from harvesting it over the weekend, hoping it would get a little bigger, which it did. But some of the buds also just started to open. The good news is that this slight deviation from the perfect broccoli aesthetic has not affected the flavor at all. This spring crop is so sweet and delicious that you can happily eat it raw. I especially like the stems raw. Much like the spinach, I think the stems are the sweetest part.

At my house, the first broccoli of the year is usually steamed and eaten plain as a side dish for pasta prepared with some of the last frozen pesto from the summer before. By the time I first worked on a farm, I was pretty familiar with broccoli and the many ways to eat it. But eating it fresh and steamed

(continued on the back)

## Claire's Comments

### Troy's Passive Solar Greenhouse

As you all know from last week's newsletter, we are partnering with the Roman Candle this weekend for a greenhouse fundraiser. Proceeds from the dinner rush on both Friday and Saturday night (4 PM to 8 PM, take out included) will be donated to our greenhouse fund. We have been raising funds to build a passive solar greenhouse at Troy for several years, and we are finally in the home stretch. Right now we are raising matching funds for a challenge grant offered to us by an Anonymous donor through the Madison Community Foundation. This donor will match every dollar we raise for the greenhouse up to \$8,500! That means any contribution you make to the fund now will actually mean twice as many dollars for our greenhouse. We have brought in about \$4000 on the challenge, and we only have until the end of June to meet it. So, we are hoping for a huge turn out at the Roman Candle this weekend (and we will happily accept any direct donation for the greenhouse as well!)

As some of you know, all the seedlings for the farm have been grown in a small hoop house in my backyard on the northside since the farm started in 2001. At the beginning, this hoop house was mostly adequate for our needs. But it did not take long to outgrow that space as both the farm and the CSA membership doubled and tripled in size. Not only will the new passive solar greenhouse finally provide enough space to grow all the seedling we need for the farm, it will also have these exciting features as well:

- Passive solar means minimal or no fossil fuels used to heat or cool the building. This design will be both more economical in the long run and better for the environment.
- The structure will have an area for worm composting. Once it is done we will be able to accept your kitchen waste to feed our worms, who will turn it into dirt that we will use to grow more vegetables for your kitchen.
- It will be beautiful! We are working with Roald Gunderson at Whole Tree Architecture to design and build the greenhouse. Roald works with whole trees for strength and beauty in his buildings. Take a look at some of his work at [www.wholetreesarchitecture.com](http://www.wholetreesarchitecture.com).
- We will have enough room in the greenhouse to grow organic seedlings for Troy's Kids' garden program and for sale to Madison's growing community of gardeners. We will also have space to grow herbs and greens through the winter.

Needless to say, I am very much looking forward to moving into our new greenhouse! We hope to finish fundraising by the end of June and finish construction by the end of the summer. Jake and I will both be ordering the special "Troy Gardens Salad" (made from our sprouts and veggies) at the Roman Candle on Friday evening. See you there!

# Greenhouse Fundraiser



## Troy Gardens Night at The Roman Candle Pizzeria

1054 Williamson St., Madison

June 19 & 20

4:00pm- 8:00pm

Proceeds will be donated to Community GroundWorks at Troy Gardens

Community GroundWorks at Troy Gardens is a nonprofit organization responsible for the development, management, and stewardship of 26 acres known as Troy Gardens on the north side of Madison. Troy Gardens is composed of a community garden, an organic CSA farm, restored natural areas, an edible forest and a large Kids' Garden. Community GroundWorks promotes healthy communities and personal well-being through education, growing wholesome and organic food for local tables, and nurturing a relationship between people and the land.



(continued from "In the Share")

that first farming summer, I really appreciated how good broccoli can be. When you cut this broccoli up to use it, taste a piece of the raw stem and you will see what I mean. You have over a pound of broccoli in your share this week, with more to come next week, so don't hold back!

You also have a full pound of spinach in your share. It is just as delicious and lovely as last week, so you can have another spinach salad or two and still have enough left over to use in a quiche or omelet or calzone. You will likely get another full pound of spinach again next week, so don't hold back on the spinach either!

The lettuce. I think these might be the very largest lettuces I have ever grown. It is amazing what cool temperatures and regular rain can do for lettuce. These are huge and sweet and perfect for spring rolls, salads, and sandwiches. I contemplated harvesting two heads each for all of you, but when I saw how big they were, I was not at all sure you would be able to fit them in your fridge with everything else. Here again, eat as much lettuce as you can (the recipe below will help you), there will be more beautiful head lettuce next week.

Another lovely new item this week is the kale. This first harvest is always the most tender of the year. If you don't know what to do with kale, don't worry, check out our Joyous Kale recipe at the following link to a 2008 newsletter for delicious way to enjoy this beautiful green: <http://www.troygardens.org/pdfs/080612%20URban%20Roots.pdf>

Next week: kohlrabi, garlic scapes, and peas! More broccoli, spinach, and lettuce.

## A Quick, Seasonal Recipe from MACSAC

### *Wisconsin Nicoise Salad with Favorite Dressing*

adapted from Deb Shapiro of Madison's School Woods Supper Club

*Dressing: Serves 4*

1 tbsp. Dijon mustard  
1 tbsp. sugar, honey or maple syrup  
2 tbsp. minced shallots, chives, or scallions, OR 1 clove garlic  
4 tbsp vinegar - half balsamic and half red wine is great  
8 tbsp. of your favorite oil - combo of olive oil and Canola oil is good; part nut oil is also good, truffle oil is divine  
salt & freshly ground black pepper for serving

Combine mustard, sugar, shallots, and vinegar in a small bowl. Drizzle in the oil while whisking, until the dressing is thick and emulsified. Season with salt. Alternatively, put everything into a small jar with a tight lid, and shake to combine.

*Salad: Serves 4*

4 eggs  
4 handfuls of greens  
4 radishes, thinly sliced  
6 tbsp. dried cranberries  
Garlic croutons  
Goat cheese

Place eggs in a saucepan, cover them with cold water and bring to boil. Allow eggs to boil vigorously for 13 minutes. Pour off hot water and flood with cold water. Peel eggs when cool enough to handle.

Mix greens, cranberries, croutons, and sliced radishes in dressing. Slice eggs lengthwise into quarters. Top your salad with goat cheese and eggs.

*Optional:* If desired, add 4 small New Potatoes, cubed and steamed.

Did you know your farm is a member of the Madison Area CSA Coalition? Check it out! [www.macsac.org](http://www.macsac.org)

## Troy Community Farm

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