



In the Share

Broccoli, 1 bunch
Spinach, 1 bag
Snow Peas, 1 bag
Garlic Scapes, 1 bunch
Radish, 1 bunch
Kohlrabi, 2 bulbs
Lettuce, 1 head
Collards, 1 bunch
Basil or Cilantro, 1 bunch

Pea season is here! I still remember the wonder of tasting my first fresh pea. It was at a farm in New Hampshire where I was also first learning to pick them. Before then I had only had canned peas. They were mushy, but also sweet, and I liked them. After having peas fresh from the vine, I have to say I have never been able to eat a canned pea again. As my first introduction to this vegetable was through growing it, I developed the idea that peas were somewhat of a secret to the non-farmer/gardener. When I came to Wisconsin and saw how people clamor for them at market, I realized that, here at least, the secret is out. This vegetable is truly the star of early season produce.

Today you have snow peas in your share. Snap peas and shell peas will be showing up in the next couple of weeks. This snow pea variety is one we save seed for ourselves here at Troy. The variety is called Sumo and I love it both for its size (big!) and sweetness. I would suggest eating these raw from the bag or (if they make it home) raw on this week's salads. Next week, I will suggest you add them to your stirfry or steam them with butter, but this week I hope you will try at least a few of them in their most delicious raw form, just like I first discovered them in the field!

Kohlrabi is another new item this week, and a real favorite for Jake. To my tongue, it tastes much
(continued on the back)

Claire's Comments

The Heat

Many of you might be surprised to see us still standing by the end of this week. Jake is sure that Tuesday was the very hottest day we have ever had at the farm. Interns have made wistful reference to popsicles, swimming pools, air conditioning, or even just a bit of a breeze while literally glistening and dripping with sweat. Even I, who loves the heat and will happily choose a day of working in the blazing sun over a winter's day anytime, will admit to being uncomfortable this week. We are bringing more water bottles, wearing more sunscreen, and looking forward to the end-of-the-day shower with an even keener anticipation. To the credit of our wonderful crew, everyone rolled up (or cut off) their pants legs, took another long drink, and kept up the work of planting, trellising, weeding, and harvesting without complaint.

While we, the humans, tend to struggle in the intense heat and humidity this week has brought, the heat-loving plants are thriving. The tomatoes and peppers and squashes are growing by leaps and bounds. The green beans are flowering and starting to show tiny little bean pods. The basil is lush with tender and fragrant green growth. And the tomatillos are flowering and fruiting in a frenzy of productivity. For a while I felt like it would never warm up this summer, but finally, this recent burst of both rain and heat have transformed the farm.

You may recall a couple of weeks ago how happy I was to report that the farm was so thoroughly in hand. Our planting schedule was progressing nicely, the weeds were all in check, we were finishing our task list by the end of each week. Things change fast on a farm: One day the spinach is sweet and delicious, the next it is bolted to seed. Now when I approach the field each morning, I see the rising sun reflecting off of a dewy expanse of tiny green weeds. As much as the summer crops are loving this weather, so the summer weeds. This week we started hoeing and pulling and otherwise eliminating this new weed flush from the farm. We have a long way to go again, but with the success of the spring under our belts, I think we are up for the challenge. With some hard work we should be on top of things again before we start picking the first tomatillo salsa baskets! It helped that the temperature dropped a bit on Wednesday. Perhaps we will have a balance of heat for the crops and breezes for the crew for a little while.

Greenhouse Fundraiser Update: Troy Gardens nights at the Roman Candle last weekend were a great success. Thanks to all of you who participated and helped to raise money for our new passive solar greenhouse! Check out the back of this newsletter for information on the last greenhouse fundraiser before our challenge grant deadline. We will be making hoops and giving free hoping lessons in my front yard on Saturday evening in conjunction with Rhythm & Booms. Hooping is even more fun than you remember. Stop by and see!

Greenhouse Fundraiser

Hula HoopHouse Fundraiser

For the Troy Gardens Greenhouse

Saturday June 27, 2009

6:00 PM

1814 Sheridan Drive
Front Yard!

Hula Hoops: \$10.00
FREE Lessons

Stop on your way
to Rhythm and
Booms at Warner
Park and join us!



All proceeds from hoop
sales will be donated to
the Troy Garden
Greenhouse Fund

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.

(continued from "In the Share")

like a broccoli stem (which I do love), so you will have to ask Jake for the poetic description of this particular food. I will say they are beautiful, especially the purple ones. And I will also admit to a more crisp and juicy texture. Just peel off the green or purple skin and slice them raw into salad or cook them lightly in your stirfry.

Garlic scapes are the garlic's flowers. We harvest them long before the white flower opens so that the plant will redirect its energy into making a larger garlic bulb. Then we greedily eat this last taste of garlic before the actual garlic harvest in late July. You can use them much as you have been using the green garlic.

You have another pound of spinach this week, and will likely get your last pound for the season next week. I used up a full pound of spinach in a pasta salad recently. Just cook and then cool one pound of penne pasta. Meanwhile, sauté two onions in some olive oil until just tender. Tear the spinach into bite-sized pieces (don't forget to include the stems!) and cut a quarter to a half pound of feta cheese into small cubes. Mix the pasta, spinach, onions, feta and a handful of sliced kalamata olives with a dressing of equal parts olive oil and balsamic vinegar. I also added several tablespoons of dried basil to the dressing, but you could also use fresh basil. Add salt to taste, and serve cold.

You will not likely see collard greens this lovely again until fall. I usually eat mine as I would kale or chard – sautéed with onions, garlic, olive oil, and vinegar. If you are a collard fan and can tell me how to eat them properly, please send me your recipe!

Recipe

Spring Quiche

adapted from Simply in Season

Crumb Crust:

1/3 cup flour
1/3 cup whole wheat pastry flour
1/3 cup cornmeal
1/2 tsp. salt
1/4 tsp. baking powder
1/3 cup butter
fresh or dried herbs

Filling:

1 cup onions, thinly sliced
1 cup broccoli, chopped
2 cups spinach, chopped
1 cup Swiss cheese, shredded
3 eggs
1 cup evaporated milk
1/4 tsp. salt
1/4 tsp. pepper

Crust: Lightly mix together dry ingredients. Cut in butter until crumbly. Pat firmly into bottom and sides of a 9-inch pie pan, adding a little water if needed.

Filling: Sauté leeks and broccoli together in a greased frypan 5-10 minutes. Add spinach and cook until wilted. Place cheese in bottom of crust then top with vegetable mixture. Beat together the eggs, milk, salt and pepper and pour over vegetables. Top with a bit of reserved cheese.

Bake in preheated oven at 425 degrees for 15 minutes. Reduce heat to 350 and bake until browned on top and set in the middle, another 25 to 30 minutes. Allow to cool for 10 to 15 minutes before cutting and serving.

Troy Community Farm

Claire Strader • 442-4670 • farmer@troygardens.org