



## In the Share

Shell Peas, 1 bag  
Green or Yellow Beans, 1 bag  
Snow Peas, 1 bag  
Cauliflower or Broccoli, 1 head/bag  
Fennel, 1 bulb  
Kohlrabi, 1 large & 1 small bulb  
Sugar Snap Peas, 1 bag  
Summer Squash, 3 pieces  
Kale, 1 bag  
Choice of Herb, 1 bunch

Never before have we delivered all three types of peas in one share. Usually my favorite pea is the one that I am currently snacking on. They are all so yummy. But with this opportunity to taste them all side-by-side, we will have a chance to see which one will rise to the top as the true favorite!

First, before any real taste testing can happen, you will need to be able to tell the three types apart. Snow peas will be easiest to identify. They are the wider, flatter peas. They may also be a bit paler green than the other two. The snows can be eaten pod and all and are most commonly used in stir fry. Our intern Alex made some snows last week and raved about how good they were just lightly cooked.

The snap peas and shell peas are much more difficult to differentiate. When I sell both types at the farm stand, they are routinely mistaken for each other. There are a couple of ways you can tell them apart by looking. First, the snaps will be a bit shorter and also somewhat curved from stem to tip, while the shells are longer and tend to be straight. Secondly, the pods of the snap peas are thick and juicy while the shell pea pods are thin and leathery. If you have a hard time telling them apart by sight, your first taste of either will immediately clear up any doubt. The snap peas are eaten pod and all, but the pod on a shell pea is far too chewy to eat with

(continued on the back)

## Claire's Comments

### Flower Garden Opens Next Week

Then entrance to the farm is just starting to come into bloom with snapdragons, rudbeckia, zinnias, cleome, salvia, coreopsis, strawberries and more. It is just about time to start harvesting! When you come for your CSA share next week and in the weeks to come, please take some time to walk back to the farm and harvest a flower bouquet as well.

We planted this garden for you to enjoy, but we need your help to keep it thriving. Luckily, the most helpful thing you can do is harvest! The more the flowers are cut, the more they will produce. If too many blooms are left on the plants, they will think they have succeeded in making seeds for the next year and they will stop trying. That means no more flowers. So, help us keep the CSA garden alive and beautiful by bringing a bouquet home every week. Here's what to do:

- The farm is about 300 yards away from the farm stand. Follow the trail from the front of the property along the community gardens and through the tree line. When you emerge from the trees, you will see the farm right in front of you. Turn to your left and make your way to the gate.
- The flower garden will be right in front of you when you enter the gate. There will be a bucket with a clipper and some rubber bands at the base of the rain gauge.
- When harvesting, choose blooms that are just opened and cut them with a long stem. Just be sure to leave a few side shoots on the plant so that new stems and blooms can grow.
- If you see blooms that are fallen over, making seedpods, or otherwise "past," harvest them as you normally would and leave them in the path. Then those plants can then make new blooms.
- When cutting your flowers, cut the stems at an angle and strip off the leaves as you go. The angle cut will make it easier for the flowers to take up water in the vase, and stripping the leaves will extend the life of your flowers and keep the vase water cleaner.
- When you are ready to leave, please return the clippers to the bucket, bind your bouquet with a rubber band, and remember to **close the gate!** If the gate is left open and the deer get into the farm, they will not be nearly so careful and considerate with their harvest!
- Put your bouquet in water as soon as you get home. If you take the time to trim the stems once more as you arrange them, that extra effort will help them rehydrate from their journey.

There are also some herbs in the flower garden: sweet and purple basil, sage, thyme, oregano, and chives. These are yours for the taking as well, and like the flowers actually benefit from your harvest. The best way to harvest the herbs is much like the flowers. Cut them down low, but leave enough on the plant to sprout new growth.

This garden is one of my favorite things about Troy Community Farm. It is rare enough that you see the farm and harvest your own flowers and herbs every week in the world of CSA for me to truly appreciate it here. I hope you will too!

## Recipe

*Many thanks to CSA member Nancy Stillwell for sending this fennel recipe! She saw in last week's newsletter that we might have fennel this week and anticipated that many members might need help with this somewhat unusual vegetable. Thanks again Nancy! I love printing member-tested recipes!*

### Fennel & Apple Chopped Salad

*Adapted from the July/August 2009 issue of Cook's Illustrated by Nancy Stillwell: "Chopped salads were all the rage back in the 50s and are making a comeback at trendy bistros. Here's one that will beat any restaurant salad."*

- 1 medium cucumber, peeled, seeded and cut into 1/2 inch dice
- 1/2 tsp. salt
- 3 tablespoons olive oil
- 3 tablespoons white vinegar
- 1 medium fennel bulb, halved lengthwise, cored and cut into 1/4 inch dice (about 1 and a half cups)
- 2 apples, cored and cut into 1/4 inch dice
- 1/4 cup minced red onion
- 1/2 cup roughly chopped fresh parsley
- 3 cups chopped romaine or leaf lettuce
- 1/2 cup coarsely chopped walnuts, toasted
- Ground black pepper
- 1/2 cup crumbled goat, feta or blue cheese

1. Combine cucumber and 1/2 tsp. salt in colander set over a bowl and let stand 15 minutes.
2. Whisk oil and vinegar together in a large bowl. Add drained cucumber, fennel, apples, onion and parsley; toss and let stand at room temperature to blend flavors, about five minutes.
3. Add lettuce and walnuts, toss to combine. Season with salt and pepper. Divide among bowls or plates, top each with some cheese.

Serves four as a light supper or six as a side dish.

*Do you have a favorite recipe that you would be willing to share? Please send it to me! I am especially looking for recipes for summer squash, cabbage (we will have beautiful green cabbage in a couple of weeks), beets, kale, and beans for right now, but will need recipes for all your favorite vegetables before the season is over!*



(continued from "In the Share")

pleasure. So, if you bite into a snap pea, you will smile. And if you bite into a shell pea you will likely frown with the effort of chewing up the very fibrous pod. Once you can tell them apart, be sure to open the shell pea pods and extract the sweet peas before eating! Then you have them raw in your salad or lightly steamed with butter. You can eat the snap peas the same way, but with those you can eat them pod and all.

As for which pea is best, that is always up to the individual. While we were picking the very first shell peas last week, our CSA member and worker share Molly said that the shell peas are her favorite by far. And her kids love eating them so much that the actual opening of the pods is a treat rather than a chore. There will likely be only one more week of peas this year (snaps and shells, the snows are done), so I hope you enjoy them all, no matter which is your favorite.

I must admit, now that beans are here, I myself am much less interested in peas anyway. Green beans are in my top five most loved vegetables. I steam them and serve with butter along side any dish. When I can, I will eat a whole half pound of beans on their own for my dinner and be wholly satisfied. I love them.

Fennel is another new item this week. I have grown this vegetable for the CSA for years, and I find that it is one of the few that separate members into love it or hate it camps. The flavor is of black licorice and the texture is of celery. While Jake and I were in Italy for Terra Madre last October, we had it steamed with butter and I thought it was great. There will likely be more fennel in the next week or two, so if you are in the "love it" camp, I would be delighted to print your fennel recipe and try to convert more members over from the "hate it" camp! Meanwhile, take a look at Nancy's fennel recipe on the left.

There is a broccoli or cauliflower choice this week because the broccoli is winding down and the cauliflower is just coming on, so we did not have enough of either for everyone. The cauliflower is some of the best we have ever grown, and I expect there will be plenty for everyone next week.

This is the end of the kohlrabi until fall, and the last of the snow peas until next year. Lettuce is likely done until fall also. The kale is gorgeous and delicious, so we should have that for another month or so at least.

Next week: We should have more sugar snap peas, shell peas, cauliflower, and beans. New items will likely include beets and chard.

**Troy Community Farm**

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