



In the Share

Green and Yellow Beans, 1 bag
Green or Red Cabbage, 1 head
Beets, 1 bunch
Fennel, 1 bulb
Salsa Basket, 1 bag
Summer Squash, 4 pieces
Cauliflower, Broccoli, **OR** Eggplant
Cucumber, 1 piece
Fresh Garlic, 1 head
Basil, 1 bunch

There are several beautiful new items in the share this week. The green cabbage is certainly the best we have ever grown – large and sweet. Unfortunately, this new variety (Tendersweet) did not germinate very well in the greenhouse, so we do not have quite enough of the green cabbage for everyone. Some of you will choose the red cabbage, which is a tried and true variety for us, and my favorite for salads. Both the green and the red will make lovely coleslaw during this summer dearth of lettuce.

The beets are also new. When we harvested them, I could hardly believe how beautiful they are, both in the root and the leaf. See the Fennel and Beet Salad recipe on the back to use up the beet roots and then use the greens in any recipe that calls for chard or kale. I know some of you love the beet greens better than any other green we grow!

The salsa basket is also new this week. When you find the bag with the funny green fruits in a husk, a small onion, a clove of garlic, a hot pepper, and a pinch of cilantro, you have found the salsa basket. Based on feedback from many CSA members over the years, I think this item may be the very favorite of the majority of our members. The bag contains everything you need to make green salsa (except a pinch of salt). The base of the salsa

(continued on the back)

Claire's Comments

Caught Up?

Once or twice a week, Jake and I usually have a few minutes alone as we make a delivery to the cooler, or finish up a task together, or handle some such odd or end. We usually use that time to compare notes on how things are going in the field and plan out what should happen next. This week as we brought the CSA harvest to the cooler and talked over what we would work on in the afternoon, Jake voiced a thought that had earlier passed through my mind, but that I dared not stop to truly consider.

You may remember a June article in this newsletter where I talked about how we were surprisingly and delightfully on top of weeding and planting and mulching and basically everything on our lists. You may also remember that in a subsequent article I talked about how that week of intense heat and rain sprouted a farm full of weeds and instantly put us behind on just about everything. We have been struggling to get even with our work ever since. Not only did the weeds become a force to be reckoned with, the tomatoes instantly outgrew their trellis, the peas and beans demanded hours of our time for harvest alone, and still we had planting to do. After feeling so good about everything for a few weeks, it was rough to be plunged back into the scramble and struggle of summer farming.

On that trip to the cooler, while discussing our priorities for the afternoon, Jake cautiously mentioned how he was starting to feel like we were finally catching up on our work again. As I said, the same thought had passed through my mind, but put it aside figuring I was just feeling happy about finally getting our pea trellis down and cleaning up the leeks. When Jake said it, we both started to tally up what we still had on our "immediate attention necessary" list. We needed to weed the sweet potatoes and thyme and finish trellising the tomatoes. While we had plenty of other tasks to get done, nothing else felt like a dire emergency. That afternoon we finished the sweet potatoes and thyme. The half bed of tomatoes left to trellis should be finished on Friday. Could it be that we are ready to start planting fall broccoli, spinach, and lettuce with a clear conscience? Maybe.

As we were weeding the sweet potatoes that afternoon, I mentioned Jake's comment to the interns. They seemed to be thinking the same thing. Jade mentioned how she had noticed the change the day before. She had just finished wheel hoeing the peppers, corn, and beans and asked what was next. I said there was nothing else on the wheel hoe list. Hmm.

We do a field tour with the farm interns first thing every Monday morning. On the tour we make note of what needs to be done and assign most tasks a level of priority. For the past month or so field tour has been a depressing repetition of "weed" and "code red." I suppose the true test of this feeling of being finally caught up will be field tour on this coming Monday. It would be so good to move away from all the "rescue" weeding we have been doing and back to the "timely and quick" weeding we were doing in the spring, not to mention planting!

Recipe

All you need for this salsa is in the bag with the tomatillos (except for the dash of salt). It is quick, easy, delicious, and a perennial favorite of our CSA members. Use your fresh green salsa on chips, burritos, enchiladas, or anywhere else you use salsa.

Please keep this recipe on hand!
You will be seeing more salsa throughout the summer.

Fresh Salsa Verde

- Remove the husks from and wash the tomatillos.
- Put tomatillos, garlic, cilantro, and hot pepper in a food processor or blender. [Note on the hot pepper: Be careful! Add it a little at a time so as not to go too far. Include the seeds for extra heat.]
- Blend on low until ingredients are combined.
- Chop the onion separately and add it to the mix with a dash of salt.

Salsa ingredients will store well in the fridge for up to a week. Once you make the salsa, it is best if eaten within a few days.



This last fennel recipe for the year is adapted by 2005 farm intern Kevin Coleman from a recipe by Chris and Juli at Two Onion Farm. The summer he worked at Troy, Kevin reported that he and his wife made this salad three times in two weeks. They love it. I hope you do too.

Beet and Fennel Salad

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| 1 bunch of beets | 1 tsp. Dijon mustard |
| 1 or 2 fennel bulbs, thinly sliced | ¼ cup extra virgin olive oil |
| pecans or roasted pine nuts, chopped | 2-3 Tbs. balsamic vinegar |
| salt and pepper to taste | |

Cook beets (leave skin on, cut off leaves, but keep the root tip and an inch of the stems attached). Steam (or boil) for about 30 minutes. The beets are done when they are tender when pierced. Cooked beets will peel easily, just allow them to cool for a few minutes, chop off the remaining stem, and use your thumbs to slip the skin right off. Slice or chop the beets into bite-sized pieces.

Mix the mustard, oil vinegar, salt and pepper together to make the dressing.

Stir together the beets fennel, nuts and dressing. Refrigerate and serve chilled.

Savor The Summer at Troy Gardens



Tour the Gardens,
Farm and
Natural Areas
See What's
Happening at Troy

Activities for Kids
SLIPPY SLIDE!
Crafts & Games

FREE HAYRIDES
Meet & Greet
the Horses!

Music & Entertainment
West African drums, Black Star Drum Line & more!

Saturday, Aug. 1
3pm-7pm
Family Fun!

FREE GARDEN FEAST
WHILE SUPPLIES LAST

A GREEN FESTIVAL
Bring Your Own Picnic,
lawn chairs & blankets to sit on

(continued from "In the Share")

is the husked green fruit – tomatillo. The salsa recipe is on the left. You will have several more salsa baskets this year, but I will not reprint the recipe, so please keep this newsletter on hand to remind you of how to use the tomatillos when you see them again. The onion this week is actually a red scallion. As with any scallion, you can use the whole thing greens and all. We did our best to find small garlic cloves, but it turns out we grow big garlic! You may only need to use a portion of the garlic in your salsa. Also, the hot peppers with this batch may not be very hot. The pepper crop is only just beginning.

The fresh garlic is the last new item everyone will have. We left the stalks on as a reminder of how fresh it is! Once you peel through the thick, wet layers of skin, you will find the incredibly crisp and juicy cloves. Use them as you would normally use garlic. I expect we will be harvesting and curing this crop in the next couple of weeks, so you will soon see garlic regularly.

Some of you will also have eggplant in your share. There was not enough cauliflower, broccoli, or eggplant to go around for everyone, so you get your choice of one of these items this week. We should have eggplant for everyone in the near future!

There is basil enough for a batch of pesto again this week. The summer squash might make a fun filling for burritos with green salsa. And the beans will make a great side dish for any meal!

Next week: scallions and/or sweet onions, green beans, squash, and possibly lettuce, kale, and eggplant.

Troy Community Farm

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