



In the Share

Beans, 1 bag
Eggplant, 1 large & 1 small
Scallions, 1 bunch
Beets, 1 bunch
Salsa Basket, 1 bag
Summer Squash, 3 pieces
Parsley OR Basil, 1 bunch
Garlic, 1 head
Tomatoes, TBA
Cherry Tomatoes, members 21-40

Tomatoes are coming in at last! I looked back in my records and found that the first delivery of tomatoes in 2008 was in the last week of July. Here it is the second week of August and only now do we have any real quantity of tomatoes to speak of. This delay is testament to the unusually cool summer we have been having. The good news is that even though they have been slow to ripen, the crop looks fairly average overall. It will not be a bumper crop like 2008, but we should all have an opportunity to fill our tummies with these summer gems over the course of the next two months if all goes well.

Many of you have likely heard about the late blight that is devastating the tomato crop in the northwest. I keep getting messages from farming groups warning me about the danger, and just yesterday Beth (CSA member and worker share) brought me an article from the New York Times on the topic. As the name states, late blight comes late in the season. Most farmers get it when we so worn out from tomato picking that we are ready to welcome frost or blight or whatever will stop the tomatoes from ruling our lives. The problem this year is that the blight is early. Also, it extremely fast acting and can wipe out a field of tomatoes in just a few days. When late blight comes early, it can mean no tomatoes at all. Jake and I have been surveying our crop and while there are certainly some

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Claire's Comments

Fall Foreboding in August

Just as the weather is warming up and I am starting to feel like the season has finally switched from spring to summer, I realize that really we are about to switch over to fall. Though it always takes me by surprise, the summer to fall switch up usually happens at about this time each year and never has anything to do with the weather. It is the new school year that first brings this fall foreboding.

Though I can hardly believe it is possible, our intern Erin had her last day on the farm on Wednesday and is now off for a brief vacation before she goes to Costa Rica to finish up her undergrad requirements. Then, in quick succession, Brian is leaving for Michigan to finish up his undergrad degree; Alex starts a PhD program at the UW, Jade is moving to Minnesota to take an AmeriCorps position, and Yasi is going into study seclusion to prepare for her MCAT exam. Though we have close to half of the CSA season still ahead, for many of our interns, their summer farming experience is already wrapping up. They have been such a great crew – enthusiastic, eager to learn, willing to sweat, ready to challenge themselves both physically and intellectually. I am so sad to say goodbye to so many of them all at once.

Luckily, four of our interns will be staying on for the fall. Gini will finish up her second year with us in October. And Kelty, Laurel, and Angela will also get to (literally) dig into the fall crops. While working with the summer crew feels like being part of a large and loud team that can conquer even the weediest carrot patch in quick time, working with the fall crew is a more quiet, intimate time when weeding becomes only a distant memory. The fall is all harvest and haul, all the time. The weather cools off, the farm slows down, and eventually so do we.

I am not one who is especially fond of change or transition. Knowing that about myself, I plan to savor these last few weeks with our full summer crew. They have really made the farm the bountiful beautiful place it is this summer, and I will miss them.

Update on the Crash: I now have a new 250-gig hard drive in the place that used to hold my defunct 60-gig drive. I am slowing rebuilding the data that I lost and talking with a couple of CSA members who generously came forward to help me figure out how to back up ALL my data for the next time. I know there is still a lot of work ahead, but for now I am so happy to see the familiar apple logo when I push the power button, rather than blinking question mark file or the "death symbol," as Jade calls it. If you are not getting messages from me over e-mail and you want to, I likely lost your address, please send it to me and I will add you to my address book once more.

Laurel's Farm to Table

Hi! I'm Laurel, an intern here at the farm and a recent graduate of MATC's Culinary Arts Program. I'm also a CSA Member, so I'm familiar with the share and the feeling of being overwhelmed by a large amount of fresh produce week after week. In this column, I will highlight an ingredient each week, giving storage recommendations and recipe ideas. I also recommend that you try recipes you are already familiar with and experiment by substituting what you have in the share. I often use The Joy of Cooking, and of course, From Asparagus to Zucchini to get started.

I'd also like to answer any specific questions that you may have regarding preparation techniques. Feel free to email me at Laurel.Blomquist@gmail.com with your questions, or your own suggestions on how to use this amazing produce. I'll try to answer common questions in subsequent newsletters.

EGGPLANT

How to Store: in the hydrator drawer of your refrigerator. While raw eggplant itself does not freeze well, finished dishes will freeze just fine.

To Prepare: eggplant can be grilled, roasted, sautéed, stewed, or fried. Larger eggplants often need to be salted prior to cooking. After slicing (the long way is usually best), salt each piece evenly and let sit for 20 minutes. Pat dry. This removes some of the bitterness. However, the Japanese eggplants in your share are not bitter at all, so this step is unnecessary.

- **Ratatouille:** eggplant, squash, and herbs stewed in tomatoes, garlic, and onions. Serve with polenta, couscous, or quinoa.
- **Baba Ganoush:** roasted eggplant, peeled, mashed, and seasoned with tahini, lemon, garlic, salt, pepper, and herbs. Poor man's caviar.
- **Tabouli:** roasted eggplant, tomatoes, herbs, scallions, and cucumbers and onions from last week, bulgur, and lemon juice vinaigrette.
- **Baked Eggplant Parmesan:** pour a thin layer of a quick sauce made with garlic, onions, tomatoes and herbs into an 11X9 pan, add a layer of thinly sliced eggplant or squash that have been dipped in egg whipped with a splash of water, top with a layer of breadcrumbs and then cheese (parmesan, mozzarella, ricotta, cottage, and/or asiago, or your favorites). Repeat layers until your pan is full and bake at 350 for 45 minutes, covered. Uncover and brown the top layer of cheese, another 10-15 minutes. You may layer in lasagna noodles for a little structure if you like.



(continued from "In the Share")

diseased plants in the field, there is no sign of the late blight. As there is just about nothing we could do to stop it if it did show up on the farm, we are keeping our eyes open and hoping for conditions that will retard rather than promote the disease. That means we are hoping for plenty of hot sun and a warm weekly rain (as usual!)

Most of the tomatoes in your share this week are Estiva. These hybrids are beautiful and firm and full of tang. You also have a couple of smaller early varieties, and an heirloom. We will be labeling the tomato crates at the pickup to help you pack your shares and learn the names of the tomatoes you will be eating this summer. I would love to hear which are your favorites!

This week our farm intern and CSA member Laurel is introducing a new column to the newsletter. Laurel has volunteered to share her professional tips and recipes for some of the more challenging vegetables we grow. I am excited to learn from Laurel's experience and hope you enjoy her column as well! The first installment is to the left and focuses on eggplant.

We have been eating more eggplant this summer than ever before. Sarah has been simmering it in a sauce of garlic, ginger, tamari, and bouillon. It is delicious, but I am ready to move on to some ratatouille! We make it with all the ingredients Laurel lists on the left plus a generous splash of olive oil to get the whole thing going. We will also add in some peppers when we get them in a couple of weeks. I hope to try the eggplant Parmesan she describes as well. The eggplants are certainly slowing down, but we will see a few more here and there this summer.

As with eggplant, beans and summer squash are also slowing down. We might still have a small serving of beans next week, and a few squashes, but mostly these items will be done until the late summer plantings start to come on.

I have a confession about the share this week. Once or twice in the past I have traded with other local farmers to augment each of our shares. Spring peas for fall sweet potatoes, radishes for lettuce. This week marks the only time I have actually purchased an item to include in your share. The cilantro in your salsa basket is from California, via the co-op. My older plantings of cilantro are done and the new ones are not yet coming on, but the tomatillos are coming on strong... With your next salsa in a couple of weeks, we should be back to Troy cilantro.

Next week: Carrots, yellow sweet onions, red cabbage, and more tomatoes.

Troy Community Farm

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