



## In the Share

Acorn Squash, 1 piece  
Beets, 1 bag  
Leeks, 1 bunch  
Carrots, 1 bag  
Brussels Sprouts, 1 bag  
Kale or Collards, 1 bunch  
Garlic, 1 piece  
Herb choice, 1 bunch  
Grab Bag, TBA

Greetings! Welcome to the Bonus Week, also known as the FINAL week of this CSA season. This week's share was harvested, packed, and delivered entirely by the last of the remaining interns here on the farm. As you can imagine, it wasn't too difficult selecting what you were to receive this week; everything in the field must go! Most items will be familiar to you by now.

The Grab Bag is merely a selection of veggies (mostly squash) that we don't have enough of to give to everyone. As you look back on this season, whether you are a regular at Troy, a long-time CSA supporter, or a first-timer, I invite you to think about how having this fresh, local, organic produce available to you over the season altered your eating habits compared to the rest of the year. The Grab Bag is a perfect example of how your decision to become a shareholder at this farm affects the food stocking your refrigerators and pantries.

Being a CSA member means that you share in both the successes and losses that the farm experiences over the course of the season. As a first-year intern and a fellow CSA member, I can tell you that the power and unpredictability of Mother Nature is present in every decision we make here at the farm.

Let's recap some of these shared experiences of the past season. For losses, there was the tomato blight, which cut the

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## The Intern Insider

The farm season is coming to a close for most of the Troy farm workers this week. Although Claire and Jake will have plenty of work to do in the coming months, the rest of us will enjoy sleeping in a bit later, hopefully staying warm and dry, and eventually having our fingernails clean, but will miss watching the seasonal changes in our crops, the good conversation, manual labor, and of course Claire's newest hooping tricks.

This last week has gone quite well for us without the immediate support of Claire and Jake. But I never doubted anything else with all of the incredible training that these two meticulously and patiently give us throughout the season. They work hard to leave us confident in our daily tasks; harvesting the perfect bean, creating the perfect radish bunch, or leaving behind a completely weed-free bed of peppers, all with the highest efficiency possible. Not only do they teach us their tricks of the trade for harvesting and cultivating, but also cover cropping techniques for long-term soil vitality, the importance of experimenting and selecting various crop varieties, and decision making guidelines for the selection of share components. As you may or may not know, Jake and Claire take one to two hours of their time every Monday morning to lead us on a farm tour to determine our priorities for the week. This weekly farm tour is one of the most valuable parts of the internship.

With the educational experience of last year's internship, I came away knowing that I'll be farming for the rest of my life. And after this year's time at Troy, I've made the decision to rent a half-acre of land and start my own farm in 2010. And, I've heard both Angela and Laurel express interest in running their own farm one day. With luck we'll have them both as next year's second-year interns.  
Gini

The farm is divided into eight major sections and a method of division is by plant family. Not having any formal education in plant biology, I learned what vegetables constitute the brassica, solanaceae, and allium families. As the plants grew it was interesting to compare and contrast the different species.

I started working on the farm in mid May after all the greenhouse work was done, but there was still some planting to do. Some of the things I helped plant were tomato transplants, cucumber seeds, and seed potatoes. A few things needed to be mulched. For instance, the tomatoes were mulched in order to suppress weeds and keep disease-containing soil from splashing onto the fruits, while the potatoes were mulched to keep the tubers from peeking through the soil and turning green in the sun. In the early weeks if we weren't planting, we were weeding. Someone would push the wheel hoe down the aisles while the others used hand hoes around the base of the plants and between the rows. Some very popular weeds include ragweed, thistle, purslane, and lamb's quarter. The latter two I discovered are also edible. During the summer we also had to worry about a lot of insect pests. Unfortunately there are not a lot of things that can be done to protect the crops. Our best option was to cover them with a sheer fabric that allows light and moisture in but keeps bugs out. The four most prolific insect pests that I encountered this summer were the flea beetle, potato beetle, Japanese beetle, and cucumber beetle.

Come August I started working three times a week. While I may have missed out on a lot of the earlier work, I had plenty of opportunities to harvest. The most important aspect of harvest that I learned about wasn't so much how to pick and gather the vegetables, but how to store them so that they stay fresh. I learned that squashes have delicate skins and that their stems can puncture the skin leaving them susceptible to rot. I also learned that herbs like to be harvested dried and kept dry, while most other plants like to be stored with a wet towel around them. Working at Troy this summer has been a wonderful experience. The people were great and the work was very rewarding.

Angela

## Laurel's Farm to Table

### Herbs

*This week, you will receive your choice of the last remaining herbs on the farm: thyme, sage, (both members of the mint family) parsley, or cilantro (part of the carrot family). Each of these has a unique flavor profile that can be matched in unlimited combinations. All contain a variety of vitamins and antioxidants, as well as being pungently flavorful.*

**To Store:** thyme and sage may be hung in a cool, dry place to dry and use later. The others should be kept in a bag in the drawer of your refrigerator and used within a week or processed as in the recipe below.

#### To Prepare:

**Pesto:** Pesto, while long associated with basil, really just means 'paste' and can be made from any soft herb. Use a food processor, blender, or mortar and pestle to transform your herbs from leaves to condiments that can be tossed with hot or cold pasta, spread on bread or crackers, or used as a garnish for soup, stews, potatoes, pizza, or roasted meats. This recipe, courtesy of CooksIllustrated.com, can be stored in an airtight container for 3 days, or frozen in your ice cube tray and defrosted anytime.

3 cloves garlic (or in Troy's case, 1 is probably enough!)  
1 cup unsalted nuts such as pecans, walnuts, pistachios, pine nuts, skinned hazelnuts, or blanched almonds  
1/2 cup parsley, cilantro, or dill leaves (reserve stems for another use such as stock)  
1/4 to 1/2 cup Extra Virgin Olive Oil  
1 TB grated Parmesan or Asiago cheese  
salt and pepper to taste

Toast the garlic in a dry skillet over medium heat, shaking the pan occasionally, until softened and browned, about 8 minutes; when cool, remove and discard the skins.

Toast the nuts in a dry skillet over medium heat, stirring frequently, until golden and fragrant, 4 to 5 minutes. Cool.

Place the garlic, nuts, and herbs in a food processor or other tool. Add 1/4 cup oil and begin to process, adding more oil as necessary until smooth. Transfer to a bowl and stir in the Parmesan; season to taste with salt and pepper.



## Next Year!

### First CSA pickup for 2010 - Thursday, June 3<sup>rd</sup>

Claire will send the 2010 CSA brochure in January. Look for it in your e-mail. The early bird sign up deadline will be 1 March 2010. Returning members who sign up by the deadline will pay the 2009 new member price of \$540 (instead of the higher 2010 price) and they are guaranteed a spot!  
It's worth it to sign up early!

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precious tomato season short. Luckily, we were still able to get a decent harvest. We are not out of the woods yet, however, as none of us knows how this will affect the tomato crop next year. Stay tuned!

The other major loss, in my opinion, was the lack of regular water on the farm, which was at its worst during the height of summer in late July and August. Several crops suffered as a result. For example, this week, we wanted to give you the celeriac that's been growing throughout the summer. Lack of water confirmed our fears: a small, woody vegetable with an extended root system. The poor things searched for water and never found it! Fortunately, this will no longer be an issue for us, as we experiment with our brand new irrigation system next year! It's never been a better time to renew your share in Troy Farms.

On that note, let's talk successes: remember the huge, tender cauliflower early in the season? Or how about the massive pepper harvest? And despite threats of blight, the potato harvest was better than ever. I know you all are clamoring for more honey, too. The remaining jars sold out in a record 30 minutes last week. Troy garlic is just about the best and biggest I've ever had. Salsa baskets remain a highlight. And though it may seem like a distant memory, we had tons of sweet peas and crisp beans this year. Hopefully you were able to freeze or can some of these items for the winter.

Thanks again for your support of local, organic agriculture. Together, we are making a difference. See you next season!

Laurel

## Troy Community Farm

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