



In the Share

Acorn Squash, 1 piece
Pie Pumpkin, 1 piece
Carrots, 1 bag
Sweet Potatoes, 1 bag
Radishes, 1 bunch
Scallions, 1 bunch
Bok Choy, 2 heads
Mustard Greens, 1 bunch
Choice of Herb, 1 bunch
Garlic, 1 bulb

I have to say, we are really quite proud of this share. Seems like we are going to have a strong fall!

The squashes this week are acorn and pie pumpkin. I think most everyone knows what to do with acorn squash. The traditional preparation is to slice it in half, scoop out the seeds, and bake it with brown sugar and butter. Though I'm not sure the method he used, Jake cooked up an acorn squash the other day and said it was the best one he has ever had. Jake is a big squash fan, so I took that judgment seriously: These acorns should be good! The pie pumpkin is for pumpkin pie or soup or curry. Our intern Stephani says that pumpkin is her favorite food. Last year her partner purchased and preserved a whole pile of pumpkins as her birthday gift! If you cannot use your whole pumpkin in one recipe, you can scoop out the extra cooked flesh and freeze it for use later.

Sweet potatoes are an exciting new item this week. Some of you will have several smaller potatoes and some of you will have one huge potato. Most all of you will have at least one tuber that has been cut and dried on one end. Sarah loves sweet potatoes. In addition to the simple baked potato preparation, these sweets can be used to make oven fries. Just cut them into roughly

(continued on the back)

Claire's Comments

The Farm in Fall

When I arrive at the farm these days, the sun is still hiding behind the trees to the east of the field. The weak morning sunbeams are just beginning to illuminate the thick mist that hovers over our crops. It is a lovely sight. As we head out to harvest, we have on rain pants and waterproof boots to protect us from dew so heavy it will soak us though within minutes of walking into the field. After a while the sun is finally above the trees and working on burning off morning moisture. Eventually we take off the rubber pants, the sweaters, and sometimes even the t-shirts, leaving only the summer tank tops we still wear at the bottom of all our layers in the hopes of really warming up during the day. I have been surprised by how many days this fall I have been happy to have that tank top. If spring and summer were unduly wet, this fall has been warm and dry and pretty much perfect.

The farm looks so beautiful in the fall. It is a patchwork of crops and cover crops that far surpasses the aesthetic of any other season. The weeds are finally tamed, the fall vegetables are magnificently crisp and green thanks to the cool temperatures, and the cover crops bend gently in the breeze constantly singing the familiar line "amber waves of grain." It makes no matter these cover crops are still green.

Truth be told, the cover crops are my favorite in any season; but the fall is when they really shine. We plant cover crops to hold and improve the soil for the next vegetable crop as well as to smother weeds. Right now you can see sections of oats, peas, rye, vetch, and flowering buckwheat throughout the field. There is also an area of clover. All these crops do different things for the soil and thus are planted in different areas to suit the needs of that area. As an organic farm, cover crops are a vital piece of our farm management plan. But knowing the work they do feels like a side benefit right now, compared to the beauty of those lush green fields.

Lately, I am not the only one admiring our fall fields. Several times per week we hear the unmistakable call of the sandhill cranes as they descend into the farm. They seem to prefer section 8, where they peck at the ground that grew all your zucchini and cucumbers this summer and now sports a thick mat of rye and vetch. I don't know what they find in there. Ungerminated seeds? Worms? Maybe even the rye and vetch itself? Whatever they find, they are welcome to it. It is an honor to share our farm with these seemingly pre-historic birds. They are getting more and more accustomed to us as well. Yesterday they stayed with us much of the morning as we harvested and even drove our truck full of bok choy and greens along the field roads.

Though the CSA garden is already mowed and tilled and only offering extra herbs right now, it may be worth a walk back to the farm to have a look around. It is truly beautiful, calming even. This is the one season when I can look at the farm and know there is only a finite list of things that still need to be done. Each time I check off one of those things, I look back at the waves of grains and smile.

Recipe

This recipe comes from the MACSAC Asparagus to Zucchini cookbook. There are many other bok choy recipes in the cookbook as well as recipes for many other vegetables, both common and obscure. If you don't have the cookbook yet and want to purchase a copy, send a message to Claire. We have them for sale for \$15 at the farmstand.

Crunchy Bok Choy Ginger Salad

1 medium bok choy	1-inch knob gingerroot, grated
1 cup shredded daikon radish	2 Tbs. each mint & cilantro, chopped
1 Tbs. salt	3 Tbs. rice vinegar
½ cup slivered sweet peppers	2 tsp. honey
¼ cup finely chopped scallions	pepper to taste

Thin-slice the bok choy leaves. Thinly slice the stems on the diagonal. Toss bok choy leaves and stems, and the shredded radish with salt in colander. Let stand to wilt vegetables, about ½ hour. Rinse, drain, and squeeze out excess liquid from mixture. Place in paper or cotton towels and squeeze again. Toss with remaining ingredients in bowl and chill before serving. Makes 6 servings.

(continued from "In the Share")

uniform wedges and toss them with a bit of oil, chopped garlic, and salt. Meanwhile, coat the bottom of a cookie sheet with oil and pre-heat the pan in the oven at 350 degrees. Bake the potatoes for about 20 minutes, flipping them once about halfway through. The finished product should be crisp on the outside, soft on the inside, and delicious through and through.

The bok choy, mustard greens, and radishes are pretty much the best we have ever grown. They are all crisp with just the right balance of mellow and spice. Use all three in a stir fry with the garlic and scallions and maybe some carrots. Even Jake, who easily dismisses the leafy brassicas, could not stop raving about the deliciously nutty arugula, and the subtly spicy mizuna. Don't be shy about using up the radishes and mustard greens this week. We will have more of both for adding into the first fall lettuce salad next week.

Next week: Butternut squash, beets, leeks, radishes, lettuce, and more mustard greens. Look for fall broccoli next week or the week after along with more Brussels sprouts.

Storage Share Option

We offer a few storage crops as a way to keep your pantry stocked with Troy vegetables beyond the end of the growing season. Due to the poor performance of our alliums and potatoes, the options are more limited than usual this year. The squash will keep just about anywhere for several months. The carrots and beets can be kept in a cool basement but will stay hydrated longer if you can fit them in your fridge. The honey is from the farm hives. You will see that our honey price is higher than what you would expect to pay at farmer's market. The price is high because the flavor is excellent and the supply is very limited. All the money we earn from honey goes directly into the bees as we work to grow and expand the apiary. Quantities on all these items are limited. In order to avoid making refunds on orders we cannot fill, payment is not due until delivery. We will make an attempt to distribute orders evenly if possible, but will resort to first come-first serve if necessary.

Number	Item	Price	Total
	15# Butternut Squash (3 to 6 squash)	\$ 15.00	
	5# Carrots	\$ 8.00	
	5# Juice Carrots (blemished and broken)	\$ 5.00	
	5# Beets	\$ 8.00	
	1# Troy Honey (in clear glass jar)	\$ 10.00	
		Total	

Name: _____ E-Mail: _____

**Return this form by Thursday 10/7 either over e-mail or to the farm stand.
Your storage vegetables and honey will be ready for pick-up at the stand on 10/14.**

Troy Community Farm

Claire Strader • 442-6760 • claire@troygardens.org
www.communitygroundworks.org