

Butterbean Community Farm News

Vol. 1 No. 11 August 21st, 2013

This week's share:

- | | |
|--------------------|-------------------------|
| 1 – choice of herb | 6 – potatoes |
| 2 – tomatoes | 7 – onion |
| 3 – red peppers | 8 – garlic |
| 4 – summer squash | 9 – baby roasting beets |
| 5 – celery | 10 – rainbow carrots |

Ranked from shortest to longest storage potential.

Field Report

This week I marveled at the butterflies fluttering in the flower garden, irrigated newly planted fall crops to encourage germination, and removed weeds laden with seed from the field. As I move through daily farm tasks, I am often reminded of my farmer hero, Claire Strader: a champion of pollinators, an enemy of weed seeds, a cover crop aficionado, an all around truly awe inspiring farmer. This weekend is a thank you party in her honor (a potluck at Demetral Shelter on Saturday from 2 – 7pm, come one, come all!) – she's starting a new job in Des Moines, but she built Troy Community Farm from the soil up during her 12 years as Farm Director. I interned at Troy in 2011 and was a worker share in 2012, and over that relatively short time I learned so much from Claire for which I am truly grateful. I'd like to share one of the many lessons I learned from her: the importance of good record keeping and organization on an organic farm.

When people think of what farmers do on a day to day basis, record keeping is probably not the first thing that comes to mind. But of all the things we do, keeping good records is one of the most important, if not the most glamorous. When Dan and I sit down this December and start thinking about our crop plan for next season, we want to be able to compare our plan for this year to what actually happened and make adjustments as needed. And beyond being accountable to ourselves, we need to be able to show MOSA, our organic certifier, harvest records and tilling records. And we need to show our accountant and lending institutions our financial records. Lots of information to record!

Now, I am the first to admit that I am not a naturally organized person – just ask my mother what my bedroom looked like in high school. But Claire Strader is notoriously in the 99th percentile of organized farmers in our area, and she instilled in me an appreciation for details. Dan keeps me on track, too. But in spite of myself I've honestly enjoyed the challenge of coming up with record keeping systems that work for our farm and implementing them. They say a stitch in time saves nine, and I think an organic farm is a place where that saying holds true in many ways, not only with our weeds but also with the ways we capture the daily, complex information on our farm.

– Sarah



carrots in love!

Recipes: 'Tis a Gift to be Simple

This week, I decided to focus on simplicity as a theme for the recipes. Here, you will find a simple roasting recipe for your (very sweet) beets and a recipe for a simple tomato salad (in addition the usual off the cuff cooking ideas). - Sarah

Roasted Beets with Herbs and Garlic

Ingredients

- 4 – 6 small beets (or about a pound), sliced into thin rounds (we leave the skin on)
- 1 – 2 cloves garlic, minced
- 3 tablespoons fresh herbs or 1 tablespoon dried (oregano, basil, marjoram)
- 1 tablespoon vinegar
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Preheat oven to 400°F. Place the beets in a baking dish or large cast iron pan and toss with salt, pepper, herbs, and garlic. A splash of white wine or white vermouth at this point wouldn't hurt. Bake in oven, covered for softer beets or uncovered for crunchier beets, about 30 – 40 minutes.

Classic Luetzow Tomato Salad

Remember Deb's French Vinaigrette from Week Two? Simply adding chopped fresh basil and dressing some sliced tomatoes creates a simple and exquisite first course to any meal.

Ingredients

- 1 generous tablespoon Dijon mustard
- 2 tablespoons red wine vinegar
- 4 tablespoons olive oil
- salt and pepper to taste
- chopped fresh basil
- sliced tomatoes

Mix dressing and place sliced tomatoes on a plate, then drizzle dressing over tomatoes before serving.

Other cooking ideas for this week's share:

- try making homemade bloody mary mix (many recipes call for carrot, celery, garlic, onion, tomato!)
- take a page out of CSA members Paige and Ryan's wedding idea book and make an appetizer of mini caprese skewers with a sungold tomato, mozzarella, and basil.
- make a batch of tomato salsa or marinara sauce for the freezer or for eating fresh.



- when everyone in our household had colds recently, I made a simple soup with onion, carrot, potato, vegetable stock, and greens and topped it with grated cheese. Why I craved cheese when I was sick, I do not know. But it was delicious.

- taking inspiration from 4 & 20 Bakery and Cafe's sandwich (which features our summer squash and basil!), you could roast slices of summer squash and layer them with fresh mozzarella and dress the sandwich with pesto and caramelized onions. Yum!

Use and Storage Tips

vegetable	storage and preservation				usage suggestions							
	IDEAL CONDITIONS	PICKLE	FREEZE	DEHYDRATE	RAW	STEAM	BRAISE	BOIL	GRILL	ROAST	SAUTE	FRY
summer squash	loose paper bag, warm refrigeration (45° -55°)	•	•		•	•	•	•	•		•	•
celery	wrapped, refrigerated	•	•	•	•		•			•	•	
peppers	wrapped, refrigerated	•	•	•	•	•	•	•	•	•	•	•
cucumber	loose paper bag, warm refrigeration	•		•	•						•	
tomatoes	room temperature	•	•	•	•		•	•	•	•	•	•
sungolds	room temperature			•	•		•		•	•	•	
garlic	cool, dark, dry	•		•	•		•		•	•	•	
onion	cool and dry	•	•	•	•		•		•	•	•	•
potatoes	cool and dry		•	•		•			•	•	•	
beets	1-inch stem and taproot intact, refrigerated	•	•	•	•	•		•	•	•	•	
herbs	loose wrap, refrigerated			•	•			•	•	•	•	

(adapted from *Farm Fresh and Fast*)