



THE FALL HARVEST

The Farmer's Market Customer Appreciation Event was a washout with rain on and off all day, but we still have a lot of fun. Marilyn's Catering always does a fantastic job prepping samples with the fresh produce we give her, coming up with creative recipes for people to try new things. We had drawings for gift certificates for the market all day and the big zucchini weigh-in had five entries ranging from 5.5 lbs to 8.8 lbs. The greatest part was that one of our farm volunteers, Linda, and her family grew that largest zucchini and won the contest! It made our week!!

Back home on the farm, we got another 4 inches of rain that day. With the cooler weather, the fields are not exactly drying out much. Somehow, we managed to get the rye field turned over and disced and ready for fall manure application. Barely even got stuck. Now we will continue to time the weather for planting our winter cover crop of rye.

Many of our fall crops and new seedings have perished, so please bear with us as we are missing a few things from your shares we had planned on for the rest of the season. Even our kale in the field has given up on living with wet feet. We will be filling in the gaps with other creative short season crops as best we can. Our apologies in advance as we may have some weeks with "choose an item" type situations where we have you choose from a variety of veggies to help fill your shares.

On a positive note, we grew our first melons ever. We aren't exactly sure when they are ripe, but we have been listening carefully as we knock on them with our fists to try and find the hollow sound of ripening. We're still not sure if they are ripe so perhaps don't commit your melon to a potluck just yet. Typically melons with too much rain lack in flavor, so we'll be curious to see how they turn out. The one we sampled was very good. While picking melons, we began to get nervous about the deer eating the winter squash and started harvesting. We picked the three varieties that seemed most ready and have the butternuts left to go. We've got lots for shares!

Knocking on melons,

Eric & Rebecca

IN THE CRATE

Brussel Sprouts

Watermelon

Siberian Frill Kale

Mixed Tomatoes

Tomatillos

Mixed Peppers

Summer Squash

Cabernet Red Onions

Garlic Bulb

Cabbage *(family shares)*

Eggplant *(family shares)*

We could all take a lesson from the weather, it pays no attention to criticism. - *Anonymous*

NEXT SEASON

This time of year, we always have people asking about signing up for next year. Current farm members will have first chance. We will again be allowing for a deposit to be made to reserve your space. You will receive information about how to do this in October.

The remaining memberships will be open to purchase by new members on November 1.

We are not expanding the share program to a large degree until we get our soil up to par and grow better. We are, however, working on a chef/food service program.

words from our youngest farmers

"All I really want to do is have your knife."

- *Dene, willing to help harvest - sort of*

BRUSSEL SPROUTS

Brussel sprouts (another first ever!!) are a member of the cabbage family grown for its edible buds that form along the stem. Sprouts are made for northern gardens, as they do not do well in warmer climates. Harvest can be delayed as quality does not suffer from freezing. Actually, sprouts are considered to be sweetest after a frost.

Eaten raw, they contain high levels of vitamin C and vitamin K, with more moderate amounts of B vitamins, such as folic acid and vitamin B6. Brussels sprouts, as with broccoli and other brassicas, contain sulforaphane, a phytochemical under research for its potential anticancer properties. Although boiling reduces the level of sulforaphane, steaming and stir frying do not result in significant loss.

Clean yellow or damaged leaves from the sprouts before eating. Store in a sealed container in the fridge.

TOMATILLOS

We have found an abundance of tomatillos on the farm this season. The vines only seem to get stronger with every inch of rain, quite the opposite of everything growing around them. For this reason, we must ask you to put them to use in your kitchen.

EGGPLANT *(family only)*

We did not plan on growing eggplant for CSA shares this season due to it doing poorly for us in 2014 with slugs eating most of the crop. We snuck a few plants in the cat tunnel back in June after the Napa cabbage run and, alas, we have a few to share.

This long Asian variety is called Ping Tung Long eggplant. The seeds came from High Mowing Organic Seeds. Note that all of the eggplant is eaten including the skin and seeds. Just remove the stem.

We ate eggplant as part of our roasted vegetable medley. It was excellent as it took on the flavor of all the herbs and spices more than any other veggie in the dish.

A quick internet search and you will see eggplant is most commonly used in stir-fry type dishes. We also had eggplant as an abstract topping on our pizza at Stoney Acres in the past and it was good. Get creative!

Store in the fridge for up to two weeks.

RECIPE: PORK TENDERLOIN IN TANGY TOMATILLO SAUCE

For the tomatillo sauce:

- 2 pounds tomatillos, husks removed
- 2 large jalapenos, chilis or green peppers

- 1 large onion, cut into wedges
- 6 - 8 large cloves garlic, peeled
- Handful of cilantro stems, leaves attached
- Juice from 1 lime
- Kosher salt

For the pork:

- Bacon grease, lard, or vegetable oil, for browning (See Recipe Notes)
- 3 tablespoons all-purpose flour
- 1 tablespoon kosher salt
- 1/2 teaspoon cumin
- 2 pounds pork tenderloin, cut into cubes or slices
- 1/4 cup Mexican-style beer
- Kosher salt and pepper, to taste

To serve:

- Small corn or flour tortillas
- Cooked rice and beans
- Chopped cilantro
- Lime wedges

Directions

For the tomatillo sauce, place an oven rack a few inches from the broiler. Place tomatillos, peppers, onion wedges, and garlic on a roasting pan and broil for 5-6 minutes until starting to char then flip for 5-6 more minutes until tomatillos are soft and blackened.

Cool for about 20 minutes. Split the peppers in half and remove the seeds. (Use jalapenos WITH seeds if you like it spicy.) Blend all vegetables and juices in a blender until the ingredients are pureed but slightly chunky. Add the cilantro, lime juice, and a generous pinch of salt and pulse a few more times.

For the pork, heat a few tablespoons bacon grease (or oil) in a large Dutch oven or braising dish over medium-high heat until sizzling.

Meanwhile, combine the flour, salt, and cumin in a large mixing bowl. Add the pork and gently toss to coat. In batches, add the pork to the hot grease and brown, about 1 - 2 minutes per side. Remove with a slotted spoon, set aside, and continue with the remaining pork.

Pour the beer into the hot skillet to de-glaze the pan and scrape up any leftover browned bits. Return the pork to the skillet along with tomatillo sauce. Bring the mixture to a gentle boil; reduce heat and simmer for 15 - 20 minutes to allow flavors to meld. (This dish only gets better with time, so feel free to make a day or two in advance. When reheating, add a shot of chicken stock or water to thin if necessary.)

Serve with warmed tortillas, rice, beans, cilantro, and lime wedges.

Feel free to share your own ideas with us online or in person. Being part of a farmshare collective makes it fun. We love to hear from you!

PHONE: 715-427-1002 or 715-905-0431
EMAIL: farmer@wegrowfoods.com