



## CATCHER OF RYE

Farming has been a learn-as-you-go process being neither of us has a farming background. Oftentimes, we simply don't realize what we are getting into when we get an idea into our heads. From underestimating the necessities involved in making hay to trying to raise animals without a barn.

So this week, we found ourselves borrowing another piece of equipment to do another specialized task on the farm. We needed to clean our rye seed. Taking the grain to a mill to have it cleaned may have been an option, but then we take the risk of it being contaminated with non-organics. Shortly after we harvested the grain, our neighbor came by to buy some rye seed for planting a food plot. Being unclean, we weren't willing to sell. He proceeded to mention he has a grain cleaner in his old barn we are more than welcome to use. Just like that! We were considering driving 60 miles and right next door, in the back of an old barn is exactly what we need.

Something similar happened two years ago when we had five acres of grass to bale for bedding. We saw an old abandoned baler and rake in the neighbor's field. He explained it had been sitting out unused for 15 years. It was buried in the mud. A little TLC and we got the old equipment running like a charm and have used it for two years! It makes us stop and wonder what else is out there in the old barns and rock piles that we could use. A lot of the old equipment is too small or no longer useful to large scale operations. Keep your eyes peeled because we will be looking for things like a chisel plow, hay wagon, gravity bin, planters, a potato digger, etc.

This week, when we started to run our rye seed through the neighbor's old grain cleaner, we heard their stories about hours and hours spent each fall running the year's harvest through the old machine. Our boys began to ask questions and eventually took over the process on our farm. Turning the seeds at the end of one season, into the seeds that start the next like it was done before hybrids and seed patents.

Living back in the ol' days,

*Eric & Rebecca*

## IN THE CRATE

Spaghetti Winter Squash  
 Tomato or Tomatillo  
 Asian Salad Greens  
 Beets  
 Green Beans  
 Broccoli  
 Carrots  
 Patty Pan  
 Yellow Onions  
 Garlic Bulbs  
 Cantaloupe (*family shares*)

**I hope more farmers learn to produce food to satisfy the consumer, not the industry.**

*-Jim Wedeberg, Organic Valley Farmer*

## FARM DINNER

Our second annual farm-to table dinner will take place on Oct 14 at Marilyn Fire House in downtown Medford. The doors will open at 5:30 with appetizers, then dinner at 6:30. We will be featuring a four course fresh-from-the-farm dinner with local wine pairings and brews and in-season desserts.

This year, we plan to hold a simple raffle or silent auction with some homemade goodies, farm products and locally crafted items. All proceeds will go towards finishing our new pack shed over the winter months.

**TICKETS:** \$30 per person or \$20 per CSA member (two discount tickets per couples share, four discount tickets per family share). Get your tickets at market or email [farmer@wegrowfoods.com](mailto:farmer@wegrowfoods.com) to reserve your seats. Limited availability, RSVP promptly please.

## SPAGHETTI SQUASH

Spaghetti squash possesses an uncanny resemblance to spaghetti strands when cooked, and for this reason is often used as a healthful substitute for pasta due to its low carbohydrate levels. When served as "spaghetti," it can be topped with a wide variety of pasta sauces.

Both pasta and spaghetti squash have low amounts of fat, salt, and fiber. However, pasta has over 100 calories, while spaghetti squash has only about 20 calories, is richer in protein, and has far fewer carbs.

Creating vegetable spaghetti from spaghetti squash is simple. First, cut the squash in half, lengthwise. Remove the seeds and place the squash inside down in a glass container or dish with about ¼ to ½ inch of water. Either boil or bake the two squash halves until they're tender. Scrape a fork across the baked flesh to separate it into pasta-like strands. Serve this as you will any pasta and use any type of pasta sauce over the top. Add parmesan cheese for added flavor.

Spaghetti squash is not only low in carbohydrates but is also rich in antioxidants, such as vitamins A and C, B-vitamins, beta-carotene, lutein, zeaxanthin, and essential minerals. It also contains the essential fatty acids omega-3 and omega-6, and has potent antimicrobial properties. It is a guiltless treat and definitely a better choice than your regular pasta.

Fully cured spaghetti squash can be stored at room temperature for several weeks.

## BEETS

It should be easy to grow beets. Who can't grow beets?!! Feeling inadequate or perhaps unlucky, we have nearly gone another whole season without any beets. Alas, about half of this batch survived the flooding and is coming your way. As long as the deer stop picking on them!

Beets are not for everyone, but there are a few ways to prepare them if you are on the fence about that "dirt" flavor that comes from the high levels of oxalic acid in beets, predominantly their skin. Boiling them first will allow you to slip the skins and reduce the oxalic flavor. After we slip the skins, we like to roast them with either honey (or brown sugar) or balsamic vinegar. It depends on what other veggies are in the roast.

Don't toss the beet tops! With even more flavor than Swiss chard, you can eat these healthy greens and stems. Keep in mind that acid and sugar will both help lessen the strong flavor. We like to use a hot bacon dressing on beet greens which will wilt them a bit. This recipe includes bacon, minced onions, cider vinegar, sugar, Dijon mustard, olive oil, salt and pepper.

## ASIAN SALAD GREENS

The bag of greens includes komatsuna, tatsoi, and baby pac choy. You may decide to cook 'em up as they are technically considered "braising" greens, but we prefer to chop and eat them fresh like salad greens.

## RECIPE: SIMPLE SPAGHETTI SQUASH

### Ingredients

- 1 spaghetti squash
- 1 head garlic
- salt and pepper
- olive oil/cooking oil
- vegetables or meat or cheese

### Directions

Preheat oven to 350-375.

Halve raw spaghetti squash with a sturdy sharp knife, scoop out, and discard the squash poop with a spoon.

Place halves onto an oven safe cooking dish face up.

Clean head of garlic and thinly slice garlic, (the larger pieces of garlic brown nicely, and offer a wonderful layer of complexity to the dish).

Spread garlic into the bowl like shape of the squash, salt and pepper vigorously, drizzle with a 50/50 mixture of olive oil, and vegetable oil (get the oil everywhere inside the squash).

Place onto the upper middle rack of the oven for about 30-40 minutes. (You will know it is ready when the squash separates with little resistance from the skin).

Remove from oven, and place in coldest location possible for at least 20 minutes, before separating from skin.

Use a fork to scoop and separate squash strands, add any other ingredients you like at this point.

Parmesan, Romano, or Pecorino, Feta, are all excellent additions to this dish, as well as, meat, sausage, veggies, olives, the list is endless.

NOTE: If you use a loose tomato based sauce DO NOT add it immediately to the squash; this makes the squash runny, mushy, and unpalatable. Instead garnish the dish with a little bit of sauce atop the squash, and then offer more sauce on the side, in a separate dish.

You can also take any leftovers and add a little bit of flour, and make into patties and fry.

***We've prepared recipe cards for you to take if you'd like more ideas for using the vegetables in your share. 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!***

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