



CLEANING THE FIELDS

The season is winding down and we starting to feel it around the farm. Amazingly, the weather has been holding out with near summer temps day after day. Our average last day of frost is September 13. And we've met that goal many times. Back in August we took a gamble when we pulled all the cucumbers in the high tunnel and filled it with beans, salad turnips and carrots. These vegetables are doing exceptional. We have been watching the turnips closely and sampling as needed. They will be shared along with radishes in the near future. We carefully roll the tunnel side up during the hottest part of each day to allow pollinators inside to reach the bean blossoms. Only a handful of tunnel tomato plants have been removed and the rest are still thriving, with a half bushel or more every other day. The greens are growing like crazy in the caterpillar tunnel as well. We should have produce well into November at this rate. What a lengthy growing season!

In the back of our property, we have noted rapid growth in the winter rye cover crops planted in the areas we will utilize next season. The weeds are growing as well, but better to have them germinate now than next spring perhaps. We also noticed that we were able to walk through the new field after an inch of rain this week. This is unheard of in the old field, where we would sink in up to our ankles in heavy mud. Even the pigs are happy to have the warm weather and lengthy fresh pasture as they will be overwintering with us and fed dry grass until it greens up again in the spring.

As the nice weather carries on, so does the work harvesting and cleaning out old crops. Expired plants are coming out of the ground and added to the compost pile. Each week, we remove more rows of black plastic mulch and irrigation line, a dreaded job. We're also searching for posts, wires and large rocks we inadvertently left lay about for any number of reasons before the weeds consumed the garden. Hopefully Dennis and the rototiller won't hit too many hazards next spring when everything starts over again.

Enjoying this fall weather,

Eric & Rebecca

IN THE CRATE

Mixed Salad Greens

Acorn Winter Squash

Celeriac

Brussel Sprouts

Carrots

Ground Cherries

Salad Peas

Yellow Onions

Garlic Bulbs

Green Beans (*family shares*)

Cherry Tomato (*family shares*)

To eat is a necessity, but to eat intelligently is an art.

- François de La Rochefoucauld

FARM DINNER

Please don't forget to get your tickets for our upcoming annual farm-to table dinner. We are getting very excited planning it!! Again, it will be Friday October 14 and Marilyn's Fire Station. The doors open at 5:30 with appetizers, dinner at 6:30. We will be featuring a four course dinner with local wine pairings and brews and in-season desserts.

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 to reserve your seats. Limited availability, RSVP promptly please.

FACT: Our current agricultural system uses taxpayer money to subsidize the growing of chemical-laden GMOs, while organic farmers are required to pay fees for 'certification.'

MIXED SALAD GREENS

This week's fresh salad greens include black-seeded simpson lettuce, tatsoi (asian green), red and green mustard, arugula and baby beet greens. Do whatever you like to do with your fresh greens! We recommend a grilled chicken breast or smoked salmon fillet as the protein and top off with tender, sweet **salad peas**.

CELERIAC

This is the first year we've tried growing celeriac, also known as celery root or knob celery. We all agree that it isn't very pretty but it smells delightful. It was growing in the area that was flooded in August, so they aren't very spectacular. We are asking you to try your best to make some use of them. We lost about half of the crop to rot and those that remained struggled.

We recommend removing the out skin and finely dicing the white inner root. Use in place of celery in soups and stews. The flavor - a combination of celery and parsley - is perfect paired with beef.

Although cooked celeriac is excellent in soups, stew, and other hot dishes, it can also be enjoyed raw, especially grated and tossed in salads. Raw celeriac has an intense flavor that tends to dominate salads, so pair it with other strongly flavored fruits and vegetables, such as carrots, beets, and apples. The cut surface will turn brown. To prevent this, soak briefly in water with a little vinegar or lemon juice to prevent oxidation.

Celeriac's leaves and stalks are edible and can be used to flavor soup stocks, but use sparingly as they are more potent than common celery. The leaves can also be thinly sliced and used in place of celery leaves or parsley.

Store in your fridge up to a week wrapped like you would celery.

GROUND CHERRIES

We've got these little things coming out of our ears! When worker Susan spent Friday afternoon picking ground cherries, she found them in her shirt pockets, boots and who knows where else? The interesting thing about this plant is how the bush tends to get more and more blossoms as the season draws on. Without a frost, the ground cherry plants are the main attraction for our honey bees and all sorts of other native pollinators.

As the ground cherries papers dry they go from yellow to tan and continue to ripen further becoming sweeter and more complex tasting.

Store your ground cherries in an open container not refrigerated. They will keep for about a week and can

get over ripe. Sidenote, if you toss them in your compost pile, they will self seed and show up next season like weeds.

BRUSSEL SPROUTS

We are sharing brussel sprouts again despite reservations. We have a lot of them left to harvest and have been hearing a lot of positive feedback. That said, if you are not using them, feel ask to swap. We have broccoli, green beans, tomatoes and more. Also worth noted, they can be blanched for a few minutes and put in the freezer for enjoying in the off-season. Remember, the quicker you eat these, the better they'll taste. The sugar turns to bitter starch in storage.

A quick search online, and we found several recipes we are hoping to try out: Kale and Brussels Sprout Salad, Pan Roasted Brussels Sprouts with Bacon, Fried Brussels Sprout Salad, Balsamic-Roasted Brussels Sprouts and this recipe below.

BRUSSEL SPROUT GRATIN

Ingredients

- 1 pound brussels sprouts, cleaned and trimmed
- 3/4 cups grated sharp Cheddar
- 1 tablespoon all-purpose flour
- 1 teaspoon fresh thyme leaves
- 1 clove garlic, peeled and minced
- Kosher salt and freshly cracked black pepper
- 1 cup heavy cream
- 1/2 cup panko breadcrumbs
- 1/4 cup grated Parmesan
- 1 to 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh flat-leaf parsley

Directions

Preheat the oven to 350 degrees F.

Shave the brussels sprouts horizontally into 1/8" slices with a sharp knife or mandoline. Add to a bowl. Add the Cheddar, flour, thyme, garlic and some salt and pepper to the bowl. Toss to combine. Pack the mixture to an 8x8" baking dish. Pour over the heavy cream.

In a small bowl, combine the panko, Parmesan and oil and pour over the brussels sprouts mixture.

Bake uncovered until the brussels sprouts are tender, the sauce is bubbling and the top is golden, 25 to 30 minutes. Garnish with the parsley and serve.

Make it your own by adding bacon, shreds of celeriac, or cubes of butternut squash.

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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