



EXTENDED SEASON

As the market season winds down, we have been doing a lot of reflecting on what we improved on this season and what we need to do better next year. We seem to be reliving last season with a lack of late season goods that might have allowed us to extend our season into winter sales. We have successfully grown just enough to take care of our CSA membership, but that is it. Looking ahead, we are setting our goals higher with better planning to make sure we don't run out of planting space and grow better to deliver the products we have planned as the season draws into October.

The first step toward improvement is getting the ground prepared farther in advance coupled with planting in better soil. This we have told you about in previous editions. This week we were busy hauling more manure to get our fertility to where it needs to be. The second step, better execution of succession plantings, we are still trying to figure out the best solution. Right now we are considering either putting the job of seeding into Eric's hands or perhaps cutting one market from the three we currently take part in to free up some time. Third, we will rely more on our volunteers. We're happy with how much our volunteers are able to get done. Harvesting is a breeze as these people have learned exactly how it needs to be done. Nearly every one plans to return and their experience will be invaluable. We hope to sign on two or three more. Before you know it, we will be able to have our volunteers harvest while we keep up with cultivating and succession plantings.

Our greatest improvement will be the installation of a second high tunnel. The produce that comes from tunnels is cleaner and easier to harvest, comes in earlier and grows later, not to mention it grows better due to the added warmth. Tunnels are by far the most important tools on our farm being we push the limits of our short season.

It's worth stating that we are pleased with how this season is turning out. More variety, less stressing about what is coming next and much needed help when we really need it. We were able to grow and distribute thirteen "new" vegetables that never even made it to the crates last year. Not to mention we grew our own rye and straw. So there is some improvement!

Eagerly looking ahead,

Eric & Rebecca

IN THE CRATE

Arugula Greens

Butternut Winter Squash

Swiss Chard

Broccoli Shoots

Radish or Salad Turnip

Tomatoes

Garlic Bulbs

Mixed Herbs

Choice Item

Carrots (*family shares*)

Choice Item (*family shares*)

When you truly understand that your food choices are powerful and life affirming, you can exercise control and restraint without deprivation. - Marlene Adelmann

FARM-TO-TABLE

The date is drawing near. We have sold more plates than last year, so we have our work cut out for us! Thank you everyone for spreading the word and offering to spend the evening supporting our farm. It is very humbling and should prove to be a wonderful evening.

Friday, October 14

Doors open 5:30, dinner 6:30

Marilyn's Fire Station in downtown Medford

QUICK FACT: Wisconsin has 1,180 organic farms, which is second only to California. Wisconsin continues to rank first in the nation for the number of organic dairy and beef farms, and falls in the top five states for organic vegetables, melons, grain and oilseeds.

ARUGULA GREENS

We have included arugula in the past, so you might already have a plan for this easy to grow fall green. Arugula is a brassica with delightfully pungent leaves that has been cultivated in the Mediterranean since time was recorded. As such, arugula is a perennial favorite in Italian cooking.

Arugula is often added to salad mixes, where it adds a delicious zest. While the young, paler leaves have a mild flavor - good for fresh dishes like salad and pesto - the older, darker leaves have a bit of pepper to them, making them stand out in soups and pizza toppings.

Aside from being very nutritious (it is particularly high in antioxidants) arugula has amazing cleansing properties with the ability to eradicate chemicals and heavy metals.

BROCCOLI SHOOTS

This is also an item we have distributed a while back. Broccoli is one of the vegetables that improves as the weather cools. Stems grow even sweeter! Don't waste the leaves either. Once cleaned, it can all be eaten fresh, chopped and cooked in your favorite soup, casserole or stir fry.

We have been blanching broccoli shoots and stashing in our freezer whenever possible. Broccoli freezes very well and a little goes a long way in winter meals.

RADISH OR TURNIP

Depending on what you choose, you will either end up receiving french breakfast radishes or salad turnips. These aren't your average spicy root vegetables.

Radish: With rose-pink roots and mild flavor, this variety is called D'avignon. Long cylindrical pink roots with bright white tips are deliciously mild. Originally from the South of France where they are traditionally eaten fresh with butter. In our house, they are enjoyed fresh often with a dash of salt. We also like to do a quick pickling for a zesty salad topping.

Salad turnip: The real name of this white jewel is Hakurei turnip. With pure white skin and flesh, this Japanese variety is exceptionally crisp and fresh, with delicate mild sweet-radish x kohlrabi flavor in the creamy textured center. Young roots that can be chopped into fresh salads along with the delicious green tops. Alternatively, these turnips can be roasted as you would other root veggies. We will be growing more of these in the future as we were very impressed!

TOMATOES

As you know, we pulled all the tomatoes from the field

some time ago. Following some mid-August flooding the plants succumb to blight and were completely dead far sooner than we would have liked. However, the hundred plants in the high tunnel are still growing and producing fruit. It is not ripening as quick with the cool temps, but we have enough for everyone to have one last round of tomatoes to enjoy.

If you plant your own tomatoes, don't be afraid to save the seeds for next season from your favorite variety. We grow open pollinated, largely heirloom varieties that throw true seed. Seed saving can be as simple as spreading the seeds on a paper towel and putting them in a dry place until next spring. You can also take the time to ferment the protective coating from the seeds if you have time. Don't hesitate to ask questions.

One valuable lesson we learned from the tomatoes this season is with our extremely important crops like tomatoes, it pays to not have all our eggs in one basket. When something happens, you have a fall back.

RECIPE: AUTUMN GREENS SALAD WITH SUNFLOWER SEEDS

Ingredients

- 1/3 cup raw sunflower seeds
- 1 tablespoon whole-grain mustard
- 3 tablespoons lemon juice (1 large lemon)
- 3/4 teaspoon coarse salt
- 1 tablespoon plus 1 teaspoon pure maple syrup
- 2 tablespoons sunflower oil, preferably cold-pressed
- 1/2 pound brussels sprouts (or substitute broccoli), very thinly sliced (3 cups)
- 4 to 6 leaves of leafy greens such as Swiss chard and kale, stemmed and thinly sliced (3 cups)

Directions

Preheat oven to 375°F. Toast sunflower seeds on a rimmed baking sheet in a single layer until golden, stirring occasionally, about 10 minutes. Set aside to cool. Meanwhile, stir mustard, lemon juice, salt, and maple syrup together in a small bowl; whisk in oil until emulsified.

Toss brussels sprouts and greens together. Stir in sunflower seeds and pour in dressing; toss to coat. Serve immediately.

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