



WINTER WELLSPRING

This is our final newsletter of the season, so we want to first say “thank you” for an excellent season. We would not be doing this if it weren’t for each one of you! Please don’t stop eating healthy, organic food because we stop bringing it to you. Carry this on through the winter. Seek out and purchase better food and you will be making a statement with your money that will help shape the industry into something better. Visit the Wausau winter market if you are heading that way - or any winter market for that matter. Consider buying local food when you can.

This weekend brings the first chance of frost we have seen this fall. Many crops that are still growing are usually killed by frost back in mid-September on any other year - peppers, tomatoes, tomatilloes, ground cherries, summer squash. While this has been an incredible fall from a weather standpoint, there are some things you have missed out on. Brassicas such as broccoli, brussel sprouts and kale become sweeter when the weather gets below freezing at night. They also change colors from bright green to purple tinted.

While most of us dread the pending cold weather, the winter season is actually something we look forward to and savor. We are so busy running spring, summer and into the fall that the down time winter brings is much needed respite. Poet Edith Sitwell summarizes it perfectly: “Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.” We get a chance to sit down with the boys and build legos, we get to spend a Saturday walking in the woods looking for animal tracks, we can linger all day over a pot of stew. We might even catch up on housework! Winter brings wood fires, wool socks, and hot cocoa. Winter means sleeping in until sunrise. It is also an important time for rest in the soil, breaking the pest cycle. While we do have some things planned to work on over the winter, it will be low key. Winter is our wellspring that recharges us, gets us excited about bringing food to the tables of our customers.

Thank you again and have a wonderful off-season.

Sincerely,

Eric & Rebecca

IN THE CRATE

Mesclun Lettuce Mix

Asian Salad Greens

Mixed Kale

Brussel Sprouts

Sweet Potatoes

Daikon Radish

Tomatillos

Garlic Bulbs

Choice Item (*couple 1 family 3*)

What good is the warmth of summer, without the cold of winter to give it sweetness. - John Steinbeck

FULL HOUSE

We are humbled at how well the plates have sold for our upcoming farm-to-table dinner. The fire station will be brimming with great food and friends! Thank you for helping spread the word and filling the seats. And those who gave us some goodies for the silent auction. All money earned from this event will help us work on the pack shed over the winter.

NEXT SEASON

We would love to have you back as a member in 2017. We will give our current members the month of October to let us know if they would like to return. On November 1, we allow new members to sign-up. If you choose not to join again, please pass the word to others about our farm share program. Again, thank you for your support this season!

SWEET POTATOES

Surprisingly, sweet potatoes do well for us even this far north. We plant the leafy green "slips" in mid to late June in a raised mound of soil covered in black plastic mulch with no irrigation. They like being hot and dry.

We didn't have a lot of slips survive the planting process - farmer error - but there was still a small chance that there would still be enough sweet potatoes to share them with you. It isn't a huge amount, but we divided up all of the roots and came up with 1.25# for each couple share, double for families.

To properly cure sweet potatoes, you have to have warm temps about 80°. The best place would probably be a heated greenhouse. We don't have a good place to season them properly, so they are not going to survive long term storage. Rather, try to eat them within the next few weeks. Store in a cool, dry, dark location.

Sweet potatoes have unsurpassed levels of beta-carotene along with lots of vitamin A. A single serving can get you nearly an entire daily requirement of these key nutrients. Include a bit of healthy fat, such as olive oil, to fully absorb the nutrition in sweet potatoes.

DAIKON RADISH

There are several varieties of daikon radishes, some of which are used strictly as a cover crop for growing deep and breaking through heavy soils. These daikons are simply referred to as tillage radishes and they can grow up to 18" long and 6 lbs! The variety you are receiving is offered by High Mowing Organic Seeds and is called Miyashige Daikon.

Miyashige is a popular Japanese radish that can grow very large while remaining crisp and tender. Pure white roots with pale green shoulders when exposed to sun. Excellent for pickling, fermenting or storage.

We found daikons to be extremely spicy. Especially compared to last week's mild breakfast radishes and salad turnips. We are trying a pickling techniques to calm the bite a bit. See recipe at right.

TOMATILLOS

The tomatillos are still flourishing in the field. We literally have hundreds of pounds out there that will go to waste if we do not share them with you one last time. With the drastic cool down, it is the perfect time for green chili - see recipe at right. We made this recipe last weekend and it tasted even better the second day as it thickened and the flavors melded.

Tomatillos are a good source of iron, magnesium, phosphorus and copper, and a very good source of dietary fiber, vitamin C, vitamin K, niacin, potassium and

manganese. Pack more nutrition in every bite.

RECIPE: GREEN CHILI

- 2-3 pounds tomatillos (husks removed), washed
- 1 tablespoon cooking oil
- 2 pounds boneless pork shoulder, cut into 1/2-inch pieces
- 1 large white onion, diced small
- 2 sweet peppers or mild chilis, diced small
- 3 jalapenos, diced small (optional)
- 3 garlic cloves, minced
- 1 teaspoon cumin
- Coarse salt and ground white pepper
- 10 ounce can navy beans or black-eyes peas
- Cilantro, sour cream, crumbled tortilla chips as garnish (optional)

In a food processor, puree tomatillos until smooth. In a large Dutch oven or other heavy pot, heat oil over high. Add pork and cook until browned, 9 minutes. With a slotted spoon, transfer pork to a plate. Add onion and peppers to pot and cook until onion is translucent, 4 minutes. Season with salt and pepper. Add garlic and cook until fragrant, 30 seconds. Return pork to pot and add tomatillo puree and 2 cups water. Bring to a boil over high heat. Add navy beans. Partially cover, reduce heat, and simmer until pork is tender, 1 1/2 to 2 hours. Season to taste with salt and pepper.

Make it your own: Top with chopped fresh cilantro, sour cream, chopped white onion, and/or crumbled tortilla chips. Substitute chicken breast for pork if desired. Use less water for thicker final dish.

QUICK PICKLED RADISHES

Ingredients

- 2 cups sliced radishes (8 oz.)
- 1 small onion, cut into thin wedges and separated
- 1/2 cup seasoned rice vinegar
- 1/2 cup sugar
- 1 1/2 teaspoons salt

Directions

Slice radishes by hand or use the slicing blade of a food processor. Place radish slices and onions in a large bowl or crock. In another bowl stir together vinegar, sugar, and salt until sugar is dissolved. Pour over radish mixture.

Cover and refrigerate at least 8 hours or overnight before serving. Tastes best after at least 5 days in the brine. Radish mixture will have a very pungent aroma.)

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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