



## LESSONS IN THE HARVEST

On Friday last week, the Medford Middle School agriculture class, along with their teacher Lisa Kopp, came to We Grow to assist with the winter squash harvest. We knew in August that there was going to be a glut of fruit in this particular crop and Kopp has been asking for an opportunity to get her students involved in We Grow since we connected in her classroom last spring.

The students arrived first thing in the morning and we were fortunate to have a very light dew and sunny skies. Armed with branch cutters and crates, the kids began searching through the sprawling, tangled mess of squash vines to find the famed fruits. Students shuttled crates full back to the landing where we had large bins waiting, one for each variety. Several students cleaned the dirt and sorted them while the others continued to harvest. The fun is in finding the squash and not knowing how big and small or what color and shape you would find next. Hoots and hollars were heard when someone found their excitement.

With only one hour in the schedule for actual harvesting, things were happening as rapidly as possible. But lessons were learned in covering a harvest area, taking fewer steps, lifting with the knees, handling produce in general and most importantly working together. Students also got a peak at what we do here. As usual, the animals were the greatest attraction.

The lessons will continue back at school. The class took a box of squash back to the classroom where they will learn how to cook it. And with such a bountiful harvest, we have agreed to donate enough spaghetti squash to the school for the cafeteria to serve it at lunch.

We set a goal two years ago to grow enough of something to be able to donate it to the schools. We hope this is only the beginning. The nutrition of our youth needs to be top notch, free from harmful chemicals and made of whole ingredients, not processed, if we expect them to learn and grow and address childhood illness and obesity. Getting kids involved in the farm might not be the fastest route to healthy eating, but it will have long term effects when these kids learn how to grow their own food.

Happily harvesting,

*Eric & Rebecca*

## IN THE CRATE

Thelma Sanders Squash  
 Celeste Radishes  
 Bolero Carrots  
 Choice of Kale  
 Mustard Greens  
 Mixed Tomatoes  
 Tomatillos  
 Cilantro  
 Yellow/Red Onions  
 Garlic Bulb  
 Choice Item (1)  
 Potatoes *family shares*  
 Mixed Beans *family shares*

**"We come from the land, give our love and labor to her, and she nurtures us in return."**

*-Susan Abulhawa*

## MEMBER EVENT

**Sunday, October 8  
 10:00 am to 1:00 pm**

- Enjoy Pumpkin-Themed Treats and Fresh-Pressed Apple Cider
- See Our Farm and Get to Know Your Farmers
- Wagon Rides to Pumpkin Patch for Pick-Your-Own Pumpkin

*Please let us know if you plan to attend when you get your weekly share. Email or text message.*

**QUICK FACT:** Wisconsin ranks first in the number of organic farms per capita in the United States as of the most recent studies. Top ranking industries include beef, pork, laying chickens, turkeys, dairy, and cheese. Wisconsin ranks near the top in organic vegetables, fruits and nuts.



## THELMA SANDERS

Thelma Sanders Sweet Potato Squash is a white version of your standard acorn winter squash that tastes amazing! Tender, sweet and delicious, it cooks up to a buttery-soft texture and unmatched flavor often considered comparable to sweet potato. An heirloom originating from Missouri, this truly exceptional squash also has one of the longest shelf lives we've seen.

In our kitchen, Thelma Sanders squash are cut in half and roasted with butter and salt. If you like it even sweeter, add a half tablespoon of brown sugar to each half before or after roasting. When it is tender and a fork can push easily through, about 30 to 45 minutes at 375°, remove from heat and let cool to the touch before scraping out the inside from the rind and mixing the salty edges with the sweet inside. What a treat! This is truly one of our favorite winter squash!!

## CELESTE RADISHES

This is the third variety of radishes we are sharing with you this season though they look very similar to the variety called Sora that we planted back in May. Celeste is a beautiful round radish on the low to medium end of the radish-heat scale.

## MUSTARD GREENS

Mustard greens come in a variety of shapes and sizes which means there are also varying levels of pepperyness. We love to use it for a little spice in a fresh salad or wrap. Mustard greens pair perfectly with roast beef in a sandwich or salad for its similarity to horseradish. You could also braise this mixture as cooking will knock down the heat. With a quick search online, you can find many more interesting ways to use mustard greens than we have listed here.

## CILANTRO

Our cilantro is finally ready for harvest! We had planted it with intentions of sharing it with your peppers and tomatillos two weeks ago and it did not grow in that cold spell. So now that it is ready, we are giving you the pair along with onion and garlic for one more taste of the summer season. Whether it be Latin inspired tangy pork roast or Texas caviar, we will leave that to you.

## ACORN SQUASH WITH KALE AND SAUSAGE

*A recipe we adapted from Epicurious.com.*

### Ingredients

- 2 medium acorn squash, halved, seeds removed
- 1/2 teaspoon kosher salt

- 1/4 teaspoon freshly ground black pepper
- olive oil cooking spray
- 3 teaspoons olive oil, divided
- 8 ounces hot Italian turkey sausage, casings removed
- 1 medium onion
- 2 cloves garlic, finely chopped
- 4 cups tightly packed torn kale
- 1/3 cup reduced-sodium chicken broth
- 1/4 cup chopped walnuts
- 2 tablespoons grated fresh Parmesan
- 2 tablespoons panko breadcrumbs

### Directions

Preheat oven to 375°. Cut a thin slice off round side of each squash half to create a stable base. Sprinkle with salt and pepper; coat with cooking spray. Place squash flesh side down on a baking sheet lined with aluminum foil; bake until golden and tender, 30 minutes. Remove from oven; flip squash and set aside. Heat broiler.

In a large nonstick skillet over medium heat, heat 1 teaspoon oil. Add sausage; cook, breaking into coarse pieces, until brown, 6 minutes; transfer to a bowl. To same skillet, add remaining 2 teaspoons oil and onion; cook until onion is soft, 3 minutes. Add garlic; cook, 30 seconds. Add kale and toss; add broth. Cover and cook until kale is tender, 5 minutes; stir in sausage. Divide kale-sausage filling among squash.

In a bowl, combine walnuts, Parmesan and panko; sprinkle evenly over squash bowls and coat with cooking spray. Broil until panko is golden, 2 minutes.

## WILTED MUSTARD

### Ingredients

- 2 lbs mustard greens, stems and coarse ribs removed
- 1 large garlic cloves, minced
- 2 tablespoons unsalted butter
- 1/4 teaspoon salt, or to taste
- 1/8 teaspoon black pepper, or to taste

### Directions

Cook mustard greens in boiling salted water, stirring to submerge, until wilted and tender, about 5 minutes. Transfer with tongs to a large bowl of cold water to stop cooking. Drain greens in a colander, pressing to squeeze out excess moisture, then coarsely chop.

Cook garlic in butter in a skillet over moderately low heat, stirring, until softened, about 2 minutes. Add boiled chopped greens, salt, and pepper and cook, covered, stirring occasionally, until heated through, about 5 minutes. Serve immediately.

**PHONE: 715-427-1002 or 715-905-0431**

**EMAIL: [farmer@wegrowfoods.com](mailto:farmer@wegrowfoods.com)**