



*Pollinators spend a cold night on a sunflower wearing a pollen blanket.*

## SETTLING IN

Fall is finally settling in and surely winter is just around the corner with the long fall we have been enjoying. It's hard to believe we had similar cool temps in late August, but then saw some of the highest temps of the year in mid-September when we are typically experiencing our first frost in "regular" years. The unpredictability makes farming ever more challenging. We like to wait for first frost to share certain fall crops with you, but alas this is not an option this season. Rutabaga is the first example and this week, you are receiving brussel sprouts even though they have not been sweetened by frost. Rest assured that they still taste great!

On the farm, we try to keep the produce growing as long as possible, but there comes a point that we just need to get the field ready for winter and prepped for next season before the soil freezes. Maps are being drawn for where next season's crop rotations will be. We will cultivate and shape several beds in preparation for spring planting. Covering the shaped bed with black landscape fabric will prevent erosion, nutrient loss and preheat the soil next spring. While it is not ideal to shape beds this far in advance, spring rains can put us severely behind schedule when we have to wait for perfect soil conditions to support the heavy tractor. Having a portion of the field ready allows earlier crops, even if it must be planted by hand.

The only annual overwintered crop we grow is garlic. Individual cloves are planted in late October, left six inches deep in the field all winter and bulbs are harvested in July and August. Any garlic we grow can be used for seed garlic, but the best and biggest is intentionally sorted from the crop each season to be used as the next year's parent crop.

Removing old plants to prevent the spread of disease, adding organic matter and incorporating manure are all a huge undertaking in the fall. This must be done after crops are out but before the ground freezes, so time is of the essence. If anyone is interested in coming to the farm to work their muscles and help with fall field clean out, please let us know. Making plans for the coming season is the best part of fall work on the farm.

Look ahead,

*Eric & Rebecca*

## IN THE CRATE

Red Kuri Winter Squash

Rainbow Carrots

Potatoes (Variety)

Brussel Sprouts

Baking Apples

Daikon Radish

Kohlrabi

Green Cabbage

Tatsoi or Arugula

Cilantro

Onions *family shares*

Choice Item *family shares*

**"It is health that is real wealth and not pieces of gold and silver."**

*-Mahatma Gandhi*

## FINAL PICK-UP

**Tuesday, October 17**

We are excited to be providing you with your twentieth share next week. This is the first season we have reached this milestone! Those who have wooden crates, please return them when you get your share. We will provide a reusable grocery bag to take your goods home. **Each membership should retain one reusable We Grow bag** as a token. Thank you!

## QUICK FACT:

The number of certified organic farms in the country now totals 14,217, according to results of the USDA-NASS 2016 Certified Organic Survey; an 11% increase over 2015. The survey showed a 15% increase in the number of acres, with a total of 5 million.

## RED KURI SQUASH

A red-orange Japanese winter squash with a teardrop-shaped from the hubbard squash group. The golden flesh is smooth, dry, sweet and rich with a large seed cavity within. Some choose to eat the skin, but it can also be removed. Red Kuri is good for pies and purées because specks of skin (being red) will not show.

Winter squash will store for several months under proper conditions. Ideally, storage for squash would be 50° in total darkness. Check and cull them often to make sure the squash are not developing soft spots. Turning them can keep them from developing rotten spots. Remove damaged fruit and use them up soon.

## BRUSSEL SPROUTS

Sprouts are a treat fresh from the field. Remember, the sooner you eat these, the better they'll taste. Last year, we had many members tell us they didn't know brussel sprouts were supposed to taste like this having only ever had them from the frozen food section.

A quick search online, and we found several recipes we are hoping to try out: Pan Roasted Brussels Sprouts with Bacon, Fried Brussels Sprout Salad, Balsamic-Roasted Brussels Sprouts and Kale and Brussels Sprout Salad. We also have brussel sprouts au gratin recipe card on the market table. It is very good!

If you're in a hurry, consider a high heat roasting approach. Cut the sprouts in half (or quarter if they're big), toss in some diced uncooked bacon (no need to add oil if you have delicious bacon fat), salt and pepper and roast at 450° on a baking sheet tossing every ten minutes until done. Finish with some toasty pine nuts.

Also worth noting, sprouts can be blanched for a 2-3 minutes and frozen for enjoying in the off-season.

## DAIKON RADISH

These long white radishes are popular in Asian cuisine. While they are often fermented in a form of kimchi, they are also cooked with brown rice, egg, a few other in-season veggies and soy sauce. You can also eat them raw like a traditional red radish or in a salad. We found several recipes that suggest roasting or slow cooking daikons as you would carrots or potatoes. Of course, you can also pickle daikons for a tasty treat.

Please trim around any insect damage. This has been a serious problem in the new field this season. One which we are seeking information on managing in the coming season.

## GREEN CABBAGE

The variety of cabbage we have remaining in the field and are sharing with you is a hardy, storage variety called kaitlin. This means it is not as tender and

delicate as the previous cabbages you've received. However, it will hold up very well in slaws and roasts and last a very long time in the fridge under proper storage. You will find they are extremely dense and heavy for their size. Ideal for fermenting!

## BAKING APPLES

The old apple tree on our farm produces wonderful baking apples late in the season and it seems to be a bumper crop this season. We do not have a cultivar name on this variety as it is quite old and has been through many land owners in its time.

While our boys are content eating these apples raw, they are less choosy than most in terms of flavor, particularly tartness. Please put these apples to use in your favorite dessert, salad, sauce or juice.

## TATSOI

For those receiving tatsoi, it is an Asian green similar to bok choy in the cabbage family, but with small spoon shaped leaves. Tatsoi is a good source of vitamins A, C and K, carotenoids, folate, calcium and potassium.

In our kitchen, we use it as you would spinach. The leaves are included in salads raw, stems are cooked with eggs in an omelet, and both can be sauteed in stir fry. Its tangy and peppery notes pair well with citrus, crisp cool ingredients such as apple, fennel and mint, warm flavors that are abundantly found in chiles, garlic and allspice. Pair tatsoi with ingredients rich in umami such as scallops, mushrooms, seaweed, sesame and braised meats. Fermented ingredients such as fish sauce, soy sauce and vinegars are also complimentary.

## ARUGULA PENNE SALAD

### Ingredients

- 5 1/2 ounces feta or goat cheese
- 2 cups coarsely chopped arugula, stems included
- 1 cup coarsely chopped tomatoes
- 1/4 cup olive oil
- 2 teaspoons minced garlic
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 8 ounces penne pasta

### Directions

Cook pasta in a large pot of boiling salted water until al dente. Crumble goat cheese into a large serving bowl. Add arugula, cherry tomatoes, olive oil, garlic, and salt and pepper. Drain pasta, and toss with goat cheese mixture. Serve cold or at room temperature and enjoy!

*Recipe adapted from <http://allrecipes.com>.*

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