



NOTHIN' BUT SUNSHINE

The garlic is out of the ground! Our two high school gals worked with us half the day Wednesday to get all the remaining garlic out of the ground and hanging in the high tunnel to dry. It feels like fall when you start putting things away for winter. But the reality is, we aren't even half way through We Grow's first CSA season. Many good things to come!

Speaking of putting things away for the winter, we put up our first nine quarts of dill pickles on Thursday night. Only about 50 more to go! The pickling cukes are JUST starting to come in, but could really use some rain or the vines are going to dry up quickly. Those of you who asked about buying cucumbers for pickling, please let me know when you would like them.

We had a bit of excitement this week when Dene and Gus discovered a broody hen with the cutest little chicks come out of her hiding spot in the brush. She's been missing for three weeks and we had assumed she was a coyote dinner. We were wrong, she had been sitting on a clutch of eggs and was able to add some new faces to our growing flock.

That bean patch featured in the newsletter photo last week isn't quite as exciting to be in this week. Everything else we've planted this season, we didn't plant quite as much as we probably should have. Well, that's not the case with beans. We've got plenty. Thankfully people have been picking them up in 10 lb increments for canning and freezing. So far I've only had to put away about 3 lbs myself. The problem is picking them. It takes SO long! If you need beans and want to come pick them yourself, we'll give you a great deal on them. And eating them in the field is another problem. You just can't help it, they are so good. We probably eat a pound each while we're picking.

With bloated bean bellies,

Eric & Rebecca

IN THE CRATE

Zucchini/Patty Pan Squash

Red Velvet Lettuce

Golden Wax Beans

Tomatoes

Yellow Onion

Garlic Bulb

Bell Pepper

Slicing Cucumbers

Dill Weed

Rainbow Chard (*family*)

You don't have to eat less,

**YOU JUST HAVE
TO EAT RIGHT.**

MAKING PICKLES

If anyone is interested in learning how to make pickles or just looking to share the work, I am offering to split a batch of pickled spicy beans or cucumber pickles if you come to my kitchen and bring your canner and your jars and share the workload. I'll have the produce. There will be another opportunity to take me up on this offer when tomato canning starts. We usually make enchilada sauce, pizza sauce, stewed tomatoes, soup and juice. Talk to Rebecca if this interests you.

**words from our
youngest farmers**

**"No Mom! The momma
chicken laid babies, NOT
eggs."**

- Dene, trying to explain in all his excitement that we had to come see the clutch of baby chicks he had discovered

WAX BEANS

This week you are receiving Gold Rush Yellow Wax Bush Beans. The package says, "Lemon-yellow pods with green tips are round, straight, and tender. Fine flavor and crisp texture ideal for pickling or lacto-fermenting." If you do any lacto-fermenting of beans, please let me know how it turns out. We like these because they are easy to locate on the plant, but they are also a much more tender beans. They break easily during harvest as a result.

Don't wash until preparing to eat, because extra water in the bag will cause molding (slime) as the sit in the fridge. Blanch for 3 minutes and put in the freezer for this winter if you won't have time to eat your beans this week.

RAINBOW SWISS CHARD

We are giving families the chard to try this week and will probably give it to the couples next week. This is a hit or miss veggie. For us, it's a miss. We aren't huge fans of chard but should probably try it again. Chard is extremely healthy for you and if you like beets, you may like chard. This is the advice on the seed package, "Delicious stir fried or as steamed greens. Good spinach substitute. Swiss Chard stalks can be eaten like celery." Have fun giving it a try!

PURPLE BEAUTY PEPPER

This purple bell was the recommendation of our CSA friends from Hermit Creek Farm. They're growing very nicely and these first little ones are quite a treat!

If you are receiving one of only a few green bell peppers, it is a variety called King of the North. Enjoy the flavor of locally grown bell peppers. They pack a lot more punch than store bought.

DILL WEED

Dill is a unique plant in that both its leaves and seeds are used as a seasoning. Dill's green leaves are wispy and fernlike and have a soft, sweet taste. Dill's name comes from the old Norse word dilla which means "to lull." This name reflects dill's traditional uses as both a carminative stomach soother and an insomnia reliever.

Fresh dill should always be stored in the refrigerator either wrapped in a damp paper towel or with its stems placed in a container of water. Since it is very fragile, even if stored properly, dill will only keep fresh for a few days. Dill can be frozen, either whole or chopped. Dill can also be dried and stored in airtight containers.

ZUCCHINI/PATTY PAN

We're putting these two in the same section for two rea-

sons. 1) They are interchangeable in recipes. and 2) You are getting one or the other, probably not both just yet. I'm guessing you've all seen a green zucchini before and know it can be a wonderful vegetable if properly prepared. We use zucchini so many ways! Grilled, battered, roasted, turmeric pickles, fritters/pancakes or simply in a sauté or stir fry.

The patty pan looks much different but tastes very similar. The kids think it looks like a little spaceship. Some say the scalloped patty pans have way more flavor than regular zucchini, so I'd like to hear our opinion.

The two varieties that are ready this week are Bennings Green Tint Patty and Scallop Yellow Bush Patty. These are very good lightly steamed and seasoned. Stuff them if you feel like getting creative. You should eat the skin. It is said to be very high in betacarotene.

RECIPE: Zucchini Fritters

Ingredients

- 1 pound zucchini (about 2 medium), trimmed
- 1 teaspoon salt
- 2 large eggs
- 2 scallions, minced (we substituted onion)
- 2 tablespoons minced fresh dill
- 1/2 cup crumbled feta cheese (we had mozzarella)
- 1 medium garlic clove, minced or pressed through a garlic press
- 1/4 teaspoon black pepper
- 1/4 cup corn starch or all purpose flour
- 1/2 teaspoon baking powder
- 6 tablespoons olive oil
- Lemon wedges, for serving

Directions

Shred the zucchini on the large holes of a box grater or in a food processor. Transfer the zucchini to a fine mesh strainer and set over a bowl. Toss the zucchini with the salt and let it sit for 10 minutes. Wring all of the excess liquid out of the zucchini and set aside.

Beat the eggs in a large bowl. Mix in the dried zucchini, scallions, dill, cheese, garlic and black pepper. Sprinkle the corn starch (or flour) and baking powder over mixture and stir until uniformly incorporated.

Heat 3 tablespoons olive oil in a large non-stick skillet over medium heat. Drop about 2 Tbs of the mixture into oil and flatten slightly with spoon. Pan-fry until golden brown on both sides, 2-3 minutes per side.

Transfer the fritters to a paper towel-lined plate. Wipe the skillet clean with paper towels. Return the skillet to medium heat, add the remaining 3 tablespoons olive oil, and repeat with remaining batter. Serve warm or room temperature with lemon wedges.

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