



## MOTHER NATURE

Is there any profession greater impacted by weather than produce farming? We don't think so. Our entire season rests in the hands of Mother Nature. We're not talking about having to work in the rain a day or two, that we can handle. Rather the uncertainty of what the weather will bring averaged across the whole season. High temps and drought? Cold nights and rain? Wind, hail, flash-floods... it really is a miracle any produce is grown at all!

This past week of cool weather really put us into "fall" mode and is creating a bit of anxiety about the rest of the season. The new plantings are only starting to grow and cool weather is slowing their progress. If we would have predicted how quickly summer was coming to an end we would have done things a little differently. Perhaps more row covers or a second high tunnel. Alas, maybe summer will return this week and everything will work out in the end. Because we have got a field FULL of tomatoes that need some more time to ripen. It better warm up a bit! Please?

The upside to all the rain this past week is that the ground was soft enough to plow the old hay field on the back of our property. This area will be replanted next spring after we till under the cover crop with something different, something of more value. We aren't 100% exactly what it will be yet. Our first round of grass hay sold well, but there appears to be a flood in the hay market in this area this fall that will likely carryover into next season.

In this week's shares, we are distributing the last of our beans. There won't be enough of one variety for everyone, so you will get whatever we have left. We really need a little heat for our corn to ripen nicely. We're going to attempt to include it this week but we may not have enough ripen at once. Carrots! Probably our family's favorite vegetable. Thank goodness the second planting came up strong and is doing fantastic. Expect these for a few weeks. And thanks for bearing with the whining of a bad weather spell!

With cold, wet feet,

*Eric & Rebecca*

## IN THE CRATE

Carrots (*variety bunch*)

Broccoli/Cabbage

Slicing Tomatoes

Walla Walla Onion

Slicing Cucumbers

Zucchini/Patty Pan Squash

Yukon Gold Potatoes

Sweet Corn

Beans (*last of the season*)

Mustard Greens (*family*)

**DON'T JUDGE  
EACH DAY BY  
THE HARVEST  
YOU REAP, BUT  
BY THE SEEDS  
THAT YOU  
PLANT.**

*- Robert Louis Stevenson*

## CRATES

We've got a few extra crates out there that we would like to start getting back. We stopped keeping track of who forgot theirs and has an extra after week two or three. So please take a moment to make sure you only have one. We need a few extra this time of year for market and are coming up short.

**words from our  
youngest farmers**

**"Ever heard of metalworms?  
If you see one, le'me know."**

*- Dene, quizzing Keesha on her knowledge of wireworms as he helps dig potatoes and assess damage on each tuber*

## CARROTS

We planted several varieties. The golf ball shaped roots are called Parisian, the short, fat variety is a nantes, the purple colored one are cosmic purple and we have just a few whites called satin. There are also a few yellow that came in a variety pack and we're not sure what they're called. Each has a different flavor and we will try to mix it up for each of you the next few weeks.

## YUKON GOLDS

We're going back to what is doing well. The Yukon Golds are a sure thing in our garden with very little wireworm damage. If anything is damaging these, it is the looming quackgrass roots that have an amazing ability to penetrate the potato and grow right thru it. And the occasional fork stabbing by Mr. farmer.

Our favorite way to eat Yukons is cut into small pieces and fried in our cast iron skillet. Turn the heat up right at the end to scorch one side crispy. They also worked very well for the homemade tater tots we took to the hunting shack last fall. If you have time, they are worth the effort.

This is a basic homemade tater tot recipe that is crispy on the outside, light and fluffy on the inside. Add 2 Tbs bacon, cheese, chives, or jalapenos to make it your own. Makes 8 servings, 5 tots each.

## RECIPE: Tater Tots

### Ingredients

- 2 pounds potatoes
- ½ tablespoon flour
- ½ teaspoon salt
- Pinch of pepper
- 2 tablespoons finely chopped onions
- Oil for frying (turn out best with peanut oil)

### Directions

Cut the potatoes in fourths and parboil them in a generous amount of water to cover until just barely tender. Allow to cool to the point you can handle them.

Grate potatoes on the big holes of your grater. Gently place them in a bowl. Add the flour, salt, pepper, and onion and mix gently. Let stand for about 5 minutes.

Heat the oil to 355-360°F. Use 1½ teaspoons potato mixture for each tot. Shape the potato mixture gently until it is in the shape of a tater tot. Fry, a few at a time, in the hot oil just until they are golden brown. Drain on absorbent paper. Serve immediately or freeze for later. Reheat frozen tots in 400°F oven.

## PATTY PAN/ZUCCHINI

Our patty pan squash have been a new vegetable for a majority of our members, but we are receiving posi-

tive feedback with comments like "excellent flavor" and "very versatile." In our house, we love the flavor and texture of this summer squash. We've been using it in stir-fries, sautéed veggies, lasagna, and simply on the grill.

## MUSTARD GREENS

Mustard greens that add a pungent, peppery flavor to the recipes in which they are featured. We often say, like radish in a leaf.

The cholesterol-lowering ability of steamed mustard greens is second only to steamed collard greens and steamed kale. Not to mention, mustard is an excellent source of vitamin K providing us with great amounts of the hallmark anti-inflammatory nutrient.

Young mustard greens make great additions to fresh lettuce salads. Adding raw chopped mustard greens to a pasta salad gives it a little kick. A great flavor combination is chopped tomatoes, pine nuts, goat cheese, pasta, and mustard greens tossed with a little olive oil. Or we also suggest serving sautéed mustard greens with walnuts.

## SLICING CUCUMBERS

We have been including these for several weeks now. It might be time to get creative. In our kitchen, we have discovered they taste very good with savory sauces. Or consider including cukes on your kabobs, as a slaw type salad, in your glass of water, a small batch of refrigerator pickles and more.

## RECIPE: Sautéed Cucumber

### Ingredients

- 1 pound cucumbers
- 1 garlic clove
- 1 teaspoon fresh grated ginger
- 1/2 teaspoon toasted sesame seeds
- 1 tablespoon soy sauce
- 1/2 teaspoon toasted sesame oil

### Directions

Peel the cucumbers and cut them in half lengthwise. Scrape seeds if desired. Slice cukes into semi-circle slices about 1/8" thick.

In oil, sauté minced garlic and fresh ginger for 30 seconds. Add the cucumber slices and stir fry them for one minute. Add toasted sesame seeds, stir, and cover the pan. Turn off the heat and allow the cucumbers to sit for one minute.

Season lightly with light soy sauce, stir, and transfer to a serving dish. Drizzle a bit of toasted sesame oil over the cucumber.

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