



## GROWING ROCKS

You may have heard an apology for complaining about the cold weather in the newsletter two weeks ago. Several of you said it best, "If you don't like the weather just wait five minutes." We actually considered putting the AC unit in the window of our house this week for the first time this year. For the most part, the plants in the garden loved the heat. Things are growing well that we put in for late season harvest and we can't wait to share them with you over the next month.

This week on the farm, we seeded the winter rye in two new areas on our property we plan to put into production in 2016. The fields were plowed and the discing was done, but both areas needed some serious rock picking. With a lack of time, we planted it as is and will worry about the rocks when the rye gets tilled under next spring. Eric finished planting as the boys we tucked in their beds and the sun was setting in the distance. If only we could sell rocks. We'd be rich!

The potato field got hit by the rippers in hopes to get the field prepped for fall cover crop and also get the rock picked that we tried to ignore this spring. We have a few rows left to harvest, but a majority has been dug. Turning the ground over a second time, we found all sorts of spuds we'd missed previously. In hopes to get them to help without whining, we tell the boys it's like a scavenger hunt. It only works for a few minutes.

In your share, you're receiving one of our favorite greens - arugula. The spicy, nutty flavor is one that grows on you. If you've eaten bland greens your whole life, you might find it overwhelming. If it is too strong at first, mix it into your salad or add it to your recipe in small amounts. This particular variety is extremely tender, so you might find it does not last as long as the lettuce in the fridge. It can be eaten raw or slightly cooked. More details on the back of the newsletter.

With dirt in our shoes and rocks in our pockets,

*Eric & Rebecca*

## IN THE CRATE

Sweet Potatoes

Carrots (*variety bunch*)

Cortland Onions

Patty Pan Squash

Choice of Tomatoes

Garlic

Arugula Greens

Kohlrabi

Lemon Balm

Broccoli & Wax Beans (*family*)

**FARMING LOOKS MIGHTY EASY** when your plow is a pencil and you're a thousand miles from the corn field.

- *Dwight D. Eisenhower*

## DINNER EVENT

We're excited to offer our first farm-to-table. Chef Marilyn is assisting with the menu planning and we are working with other local food producers to bring you some real treats. Each CSA member is receiving one free ticket to show our gratitude for your patience as we learn how to be better producers during our first season. Please ask Rebecca if you would like additional tickets. See your invite for details.

**words from our youngest farmers**

**"I've got this Dad."**

- *Dene, first time helping Dad on the tractor while drilling winter rye*

## ARUGULA

Also known as salad or garden rocket, arugula is one of the nutritious green-leafy vegetable of Mediterranean origin. It is high in folates and vitamins A, B6, C and K.

Young tender rocket leaves are a great addition to salads, in sandwiches, and burgers. Fresh greens can be used in soups, stews, juices, and cooked as a vegetable. Or prepare Italian style arugula pasta with goat cheese.

Keep arugula in a plastic bag and refrigerate for up to three days. Longer if wilted leaves are kept cleaned out.

## SWEET POTATOES

This week you are receiving a rather unique item for a northern garden, Beaugard Sweet Potatoes. We obtained the organic slips (rooted stems) from Fillaree Farm in Washington state. This variety is the most commonly grown here at this latitude because of its relatively short growing season.

Beaugard has dark red-orange skin and moist, sweet, orange flesh. Unlike most vegetables, they are not very sweet or moist when first dug. While there is no harm in eating immediately, it actually takes up to six weeks of proper curing and storage before they have the sweet taste and creamy texture desired when baked.

Sweet potatoes can be cured by storing in a warm, humid room for five to 10 days. A temperature of 80 degrees to 85 degrees and a relative humidity of 80 percent to 90 percent are ideal. These exact conditions will be hard to establish around the home, so select a room or building that comes close to these conditions.

After curing, store roots at 55 degrees to 60 degrees for six to eight weeks. This storage further develops the sugars and maltose sugar-creating enzyme. This enzyme will really kick in while baking at 350 degrees to 375 degrees to develop the sweet, syrupy sugars that sweet potatoes are famous for. Stored cured roots may last several months or more. Never refrigerate this vegetable as it will create a hard center.

## LEMON BALM

Lemon balm is a member of the mint family and native to the Mediterranean. We don't have noted references to back these claims. For information only; we are NOT medical professionals.

Many people believe lemon balm has calming effects so they take it for anxiety, sleep problems, and restlessness. Lemon balm is also used for Alzheimer's disease, attention deficit-hyperactivity disorder (ADHD), an autoimmune disease involving the thyroid (Graves' disease), swollen airways, rapid heartbeat due to nervousness, high blood pressure, sores, tumors, and insect bites. Lemon balm is inhaled as aromatherapy for Alzheimer's

disease. Some people apply lemon balm to their skin to treat cold sores (herpes labialis).

In foods and beverages, the extract and oil of lemon balm are used for flavoring. In our kitchen, we chop and steep the leaves in our summer sweet tea. We also add it to some of our favorite chicken and fish dishes for the hint of lemon flavor, but more so for the claimed health benefits. You can always dry it for later use if not able to use it within a few days.

## KOHLRABI

Kohlrabi is that veggie we would usually only eat fresh, but last week we added it to our favorite roasted veggie recipe and it was voted number one out of the six veggies in the roast. Both the bulb and the greens are nutrient rich, filled with fiber and high in both vitamins A and C.

Use a knife to peel off the tough outermost layer of woody bulb and consume the inner flesh. Young kohlrabi greens are very nutritious and can be eaten fresh, but older leaves like those you are receiving might be tough. They are best cooked to tenderize.

## RECIPE: Garlic and Herb Roasted Vegetables

### Ingredients

- 4 -5 cups vegetables (potatoes, eggplant, carrots, kohlrabi, zucchini or patty pan squash, etc.)
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 teaspoon dried rosemary, 1 1/2 Tbs fresh
- 1/2 teaspoon dried oregano, 1 1/2 Tbs fresh
- 1/2 teaspoon dried thyme, 1 1/2 Tbs fresh
- 1/2 teaspoon paprika
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon salt

### Directions

Preheat oven to 425 degrees F.

Cut veggies to appropriate cooking sizes. Those that take less time can be larger (summer squash, eggplant) while those that take longer can be smaller (carrot, potato). Add the vegetables to a large mixing bowl with the rest of the ingredients. Toss meticulously to coat evenly.

Line a sheet pan with foil. Place the veggies on the foil. Be sure to space evenly, so they cook uniformly. Bake for 35 minutes, or until well browned, crusty edged, and tender. Serve immediately, sprinkled with more salt if desired.

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