



FALL HARVEST

This week fall actually is in the air and it is somewhat enjoyable. The apples are ripening for fall cider, the winter squash are hardening for storage, and the last blossoms on the fireweed have turned into white fluff. Eric's mind is wondering off the farm and into the woods and the pursuit of game. We love fall and all the bounty it brings, but it is also the last chance to get everything from the garden tucked away before old man winter rears his head. And who knows what the weather will bring from one day to the next.

The tomato field is finally ripening and they are flooding in now! The slugs are wreaking havoc all over the place, but there are still a lot of romas. Slim, tapered roma tomatoes have more meat and less seeds than regular tomatoes which makes them great for making pasta sauces, salsas, soup, ketchup, and much more. If you need romas for your recipes, just let us know and we can bring them to you with your share.

We're preparing to take our first pigs into the butcher so we will have fresh pork for the farm to table dinner. They have spent the remainder of the summer happily within their fences rooting and eating and eating and eating. There was no shortage of mud for wallowing with all the rain. A dirty pig is a happy pig.

This week on the farm not a whole lot got done being we were picking tomatoes pretty much every minute we weren't at market. That and Mrs. Farmer took a day off and traveled away from the farm all day on Thursday. If you came to the Rib Lake market, you probably got the scoop from Mr. Farmer. The winter rye has sprouted and is growing like it should. As the crops get harvested and the ground is cleared, we've also started preparing the soil by removing weeds and adding manure fertilizer for the coming season. Out comes the corn, potatoes, beans, cabbage, squash, onions and the list goes on.

With much left to harvest,

Eric & Rebecca

IN THE CRATE

Spaghetti Squash

Carrots (*variety bunch*)

Cortland Onion

Russet Potatoes

Radishes

Arugula Greens

Green Beans

Choice of Tomatoes

Lemon Balm

Kohlrabi (*family*)

IF ORGANIC PRODUCE IS THE NATURAL WAY,

shouldn't organic produce just be called 'produce' and make the pesticide-laden stuff take the burden of an adjective?

-Ymber Delecto

DINNER TICKETS

Tickets are now on sale for our farm-to-table event taking place on October 2 at Marilyn's Firehouse. Each of you should have received your invitation and ticket (one free meal per farm membership) with last week's share. Many of you have let me know if you plan to attend. If you will not be coming, please let us know so we can sell your ticket to someone else please.

words from our youngest farmers

"I think it's finger dippin' time."

- Dene, upon his first glimpse into the five gallon pail FULL of fresh honey

RADISHES

Here we go! Another round on radishes from We Grow. This time you should not find so many insect holes in your radishes. Though the slugs do seem to like them, surprisingly. This variety is a combination of German giant and cherry belle. We have several other varieties growing as well that are "on deck."

We still prefer to use radishes as a fresh snack in moderation or thinly sliced and added to salads, but they can be roasted much like a turnip. Try something new and let us know how it tastes.

ARUGULA

The arugula is developing some spots and red tinging at the margins of the leaves from it being cool at night. Rest assured, it still tastes fantastic.

We read up on this leafy green this week and this is what we found out: Arugula is a rich source of certain phytochemicals that have been shown to combat cancer-causing elements in the body. It's also a great source of folic acid and Vitamins A, C and K. As one of the best vegetable sources of Vitamin K, arugula provides a boost for bone and brain health.

Arugula has an array of minerals and high levels of iron and copper, making it a good substitute for spinach if you are seeking more plant-based iron.

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

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.

SPAGHETTI SQUASH

We don't eat a lot of winter squash as is in our house, but spaghetti is one of the few that makes it straight to the table. The crunchy tendrils instead of mushy mush are much more desirable and versatile. Many people use the tendrils of squash as a substitute for actual spaghetti pasta, hence the name.

The following is a basic recipe about how to prepare spaghetti squash to be used as a side dish alone or as a pasta substitute. Cooked squash can get watery in pasta sauce. If you use a runny tomato based sauce DO NOT add it immediately to the squash; this makes the squash runny, mushy, and less palatable. Instead garnish the dish with a little bit of sauce atop the squash, and then offer more sauce on the side, in a separate dish or add it immediately before eating.

RECIPE: Preparing Spaghetti Squash

Ingredients

- 1 spaghetti squash
- 1 head garlic
- salt & pepper
- olive oil/vegetable oil
- vegetables or meat or cheese

Directions

Preheat oven to 350-375°F.

Halve raw spaghetti squash with a sturdy sharp knife, scoop out, and discard the squash seeds with a spoon.

Place halves onto an oven safe cooking dish face up.

Clean head of garlic and thinly slice garlic. Spread garlic into the bowl like shape of the squash, salt and pepper vigorously, drizzle with a 50/50 mixture of olive oil, and vegetable oil (get the oil everywhere inside the squash).

Place onto the upper middle rack of the oven for about 30-40 minutes. (You will know it is ready when the squash separates with little resistance from the skin).

Remove from oven, and place in coldest location possible for at least 20 minutes, before separating from skin.

Use a fork to scoop and separate squash strands, add any other ingredients you like at this point.

While it is delicious with just salt and pepper, Parmesan, Romano, Pecorino, or Feta, are all excellent additions to this dish, as well as, meat, sausage, veggies, olives, the list is endless.

You can also take any leftovers and add a little bit of flour, and make into patties and fry.

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