



## PLANTING NEXT SEASON

The vines are gone! The cucumbers that came up in early May and provided delicious fruit in so many homes for almost four months are gone, but they will eventually serve a new purpose in the compost pile. It was a priority to get new things planted in the high tunnel before we lose the heat needed for seed germination. Lettuce and spinach will overwinter in the high tunnel as small compact plants and be ready to harvest next spring when our growing season begins again. We will use a secondary row cover made of a thin fabric to give the plants added insulation in the dead of winter.

After pulling the old vines, we added well decomposed leaf compost to boost the soil nutrients and began planting our seeds. At this point, we are closing the tunnel's roll-up sides and door every night to maintain about 60°F overnight temperature. During the day, it can get up 100°F or more if the sun comes out and we forget to open it up.

The winter rye we worked so feverishly on back in August is up and growing like weeds. We were so worried the cool weather would slow it down, but we were wrong! It is taking over the areas we planted it in and is already pulling up nitrogen for next season's plants to use.

The Farm-to-Table dinner event is less than two weeks away! We're getting a good idea of exactly what the menu will look like as the final harvests are taking shape in the garden. We've been having fun tasting wine and beer as well. You're welcome. If you know someone who is considering joining our CSA in 2016, they should come to this event. Or if you know someone who loves great tasting, local food, ask them to consider attending. We are not advertising through traditional channels and need help reaching those people who would love to come to an event such as this. Thank you everyone who has committed to attend already! We can't wait.

With seeds in our shoes,

*Eric & Rebecca*

## IN THE CRATE

Russian Fingerling Potatoes  
Lettuce/Arugula Greens  
Summer Squash  
Green Beans  
Choice of Tomatoes  
Kaitlin Cabbage  
Broccoli Shoots  
Walla Walla Onion  
German Extra Hardy Garlic  
Carrots (*family*)

**ANYONE CAN  
COUNT THE SEEDS  
IN AN APPLE,** but no  
one can count the apples in a  
seed. *-Robert H. Schuller*

## YOUR COMPOST

If you have an abundance of leaves in your yard and would like to get rid of them, please consider bringing your waste to our farm to add to our garden soil. We can't possibly gather enough plant matter from our property alone, so we have to bring it in. If you have a lot, we will even come and get it though it won't be until late October. To meet organic standards, we need to make yard waste is not coming off a lawn that has been treated with ANY synthetic fertilizers, weed herbicides, pesticides, etc. Treated grass clippings could cause more harm than good in our garden.

**words from our  
youngest farmers**

***"We can't go pick beans in  
the dark."***

*- Gus, 6:00 am on Saturday figuring out  
that the days are getting shorter*

## RUSSIAN FINGERLINGS

Fingerling potatoes are small, irregularly shaped, oblong nuggets of goodness with a luscious buttery taste and smooth, slightly waxy and firm flesh. These tender, delicious gourmet spuds are excellent with just a dab of warm butter and a light sprinkling of sea salt, crushed black pepper and finely minced chives. Due to their thin skin, they should not be peeled before cooking. As with all potatoes, most of the nutrition lies within the skin rather than the flesh.

Fingerlings are great roasted, steamed, grilled, fried, boiled or sautéed. They hold up well and look great on the plate. Leaving the skin on helps keep their great flavor intact. But if you must, skins come off much easier after potatoes have been cooked. Their flavor is typically described as more nutty or earthy than regular potatoes.

## CABBAGE

This variety of cabbage is called Kaitlin from High Mowing Organic Seed Co. This seed is a little more difficult to obtain, but it is worth the trouble if you want dense, crispy cabbage for kraut or slaw recipes. The seed pack description reads, "Large, late season. Produces high yields of very white, dense cabbages high in dry-matter, making it especially suited for sauerkraut. The white coloring indicates high levels of Vitamin C."

These cabbages will store in the fridge for several months if necessary. We suggest you use sooner for maximum flavor. While we wish everyone would make a small batch of sauerkraut with their cabbage this week, we understand that it isn't something everyone wants or has the equipment to do. However, if you need some advice on making kraut, don't be afraid to call us. We've been making kraut for years with great success.

The recipe below is for basic slaw. There are far more exciting recipes out there that include all sorts of flavors like lime juice, garlic, chili powder, and cilantro, but we like to keep it simple and let you make it your own.

As a sidenote, being perfect for kraut or slaw, this variety is not well suited to a recipe in which you desire tender cabbage when cooked such as frying or cabbage rolls. We made cabbage rolls with Kaitlin cabbage last year and we had to cut the cabbage with a sharp knife even after hours and hours in the slow cooker.

## RECIPE: Cabbage Slaw

### Ingredients

- 1 medium head cabbage (about 2-1/2 pounds)
- 1 carrot
- 1 cup mayonnaise
- 2 tablespoons milk

- 2 tablespoons vinegar
- 3 tablespoons sugar
- 1 teaspoon salt
- 1/2 to 1 teaspoon pepper
- 1/2 to 1 teaspoon celery seed (optional)

### Directions

In a food processor or by hand, finely chop the cabbage and carrot. In a small bowl, combine the mayonnaise, milk, vinegar, sugar, salt, pepper and celery seed. Stir into the cabbage mixture. Chill until serving. The flavor will shine if you allow this recipe to rest overnight in the fridge before serving.

## RECIPE: Cream Cheese and Arugula Toast Bites

### Ingredients

- Petite toasts or bruschetta
- Spreadable cream cheese
- Arugula and chives, finely chopped
- Sea salt and freshly ground black pepper
- Olive oil

### Directions

Spread the toasts or crackers with cream cheese. Sprinkle with chopped arugula and chives, then with salt and pepper. Finish with a thin drizzle of olive oil. Serve and enjoy!

## RECIPE: Arugula Salad

### Ingredients

- Caramelized Onions
- Candied Walnuts
- Croutons
- 2 1/2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons balsamic vinegar
- 5-ounce package arugula
- 5-ounce package soft goat cheese, broken into 1/2-inch pieces, chilled

### Directions

Whisk oil and vinegar in small bowl. Season dressing with salt and pepper.

Place arugula in large bowl. Drop in onions, tossing to distribute evenly. Add nuts, croutons, and goat cheese. Toss with enough dressing to coat lightly.

We have included the recipe details on how to make the caramelized onions, candied walnuts and croutons on our website [wegrowfoods.com](http://wegrowfoods.com). Just look under "RECIPES" in the right sidebar.

**PHONE: 715-427-1002 or 715-905-0431**