



WHEN FALL COMES

This has to be the best time of year! Though as a gardening family, spring does rank pretty high. The amazing weather the past two weeks has only made everything that comes along with fall more enjoyable. With the full moon on Sunday night and still no frost, we are starting to wonder if this growing season will ever end. This is by far the latest frost-free fall we have ever experienced at our Westboro property. Not only does it feel awkward to be pulling out plants that are still green and alive, we are still putting in more greens just in case the weather holds out another two weeks.

You are receiving another variety of winter squash in your share this week. We call them winter squash because once the skins are hardened, they can be stored for months and months into the winter if kept at the right temp and humidity. We were both raised on acorn squash baked with brown sugar and butter. Little did we know just how many varieties of winter squash exist and the different flavors and textures they all hold inside. Today, we like to incorporate squash into soups, salads and roasted veggies. We also freeze it in small packages to use it as our "pumpkin" in pumpkin scones. Don't be afraid to step away from the brown sugar and get out of your comfort zone when it comes to winter squash.

We started clearing space for a packing shed. All summer we washed and prepped your vegetables outside, rain or shine. Having a place to keep ourselves and the produce out of the elements is important as we move forward and improve our CSA. Eric's father helped excavate some material and outline the area where we will begin construction this fall.

This week on the farm we started with the fall clean-up. Getting everything tucked away and picked up before this beautiful weather turns into piles of white snow. Yes, it's coming. Don't deny it.

In denial that winter could be here tomorrow,

Eric & Rebecca

IN THE CRATE

Delicata Winter Squash

Oakleaf & Bibb Lettuce

Arugula Greens

Green Beans

Choice of Tomatoes

Bell Pepper

Walla Walla Onion

Radishes

Dinosaur Kale

Kohlrabi (*family*)

I'D RATHER BE ON MY FARM, than emperor of the world.

-George Washington

DINNER EVENT

The We Grow Farm-to-Table dinner is coming up quickly and we couldn't be more excited! Don't forget it will happen Friday, October 2. Doors will open around 4:30pm, hors d'ouvres begin at 5 pm and we will be seated for dinner at 6 pm. Several of you have asked about the "formality" of the event. We have been calling it "farm formal." In other words, we don't care what you wear. Just join us as you are! Don't forget there will be a cash bar available following dinner if you want to stick around and socialize with the other guests and try more wines and Bull Falls brews.

words from our youngest farmers

Silence fell over the farmhouse in week seventeen...

DELICATA SQUASH

Delicata are smaller than most winter squash making them substantially easy to clean, cut and cook, any winter squash lover's dream. Delicata flavor is very rich and the texture is creamier than acorn and butternut as well. Perhaps the most desirable trait is that they do not have to be peeled and you can even eat the skin. In year's past, we would cut the squash into one-inch thick rings, scrape out the seeds and roast with only salt and pepper. It is that good!

Roasting intensifies delicata squash's flavor. If you roast delicata squash in a metal pan, the outer edges will brown and caramelize better than compared to glass or ceramic. The caramelization that occurs in roasting creates an almost sweet potato like flavor.

Here is a simple variation on plain roasting. Seasoned with rosemary and maple, this recipe's great with pork or turkey.

RECIPE: Roasted Delicata Squash & Onions

Ingredients

- 2 pounds delicata squash
- 1 medium onion, sliced
- 2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon salt
- 1 teaspoon chopped fresh rosemary
- 1 tablespoon maple syrup
- 1 tablespoon Dijon mustard

Directions

Preheat oven to 425°F.

Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into 1/2-inch-thick wedges. Toss with onion, 1 tablespoon oil and salt in a large bowl. Spread in an even layer on a baking sheet.

Roast, stirring once or twice, until tender and beginning to brown, about 30 minutes.

Combine the remaining 1 tablespoon oil, rosemary, syrup and mustard in a small bowl. Toss the vegetables with the dressing.

ARUGULA

As the arugula gets larger, you may need to adjust how you prepare it. If the stems become too tough for fresh salads and sandwiches, it is time to consider braising. Braised arugula is a simple process. Pairing it with a lemon or orange sauce (or anything with Vitamin C) will help your body absorb more of the iron arugula is famous for.

Serve braised arugula under grilled tuna or lemon chicken. Or use your food processor and turn the braised arugula into a sauce to smother broiled shrimp. Get creative! We even heard a member mention arugula pesto last week.

RECIPE: Braised Arugula

Ingredients

- 1 garlic clove, sliced
- 1 tablespoon olive oil
- 10 ounces arugula
- 2 teaspoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions

Sauté garlic in olive oil. Add arugula, lemon juice, and salt and pepper; let wilt.

RADISH

There are two short season radishes we have dabbled in this fall. The first was the small round "cherry belle" and this week, the second one is "french breakfast" with scarlet up top in color with a bright white tip. Sweet, tender and mild. Perfect for salads. We think it is considered breakfast food because it isn't usually as spicy as other radishes and won't give you stinky breath the whole day long.

If you are looking for something new, consider pairing radish with avocado. The mild, sweet will counteract the spicy radish and balance the flavor. Also pairs well with cool cucumber and mango. Our personal favorite is sliced radish on a roast beef sandwich.

RECIPE: Pickled Radish

Ingredients

- 2/3 cup red-wine vinegar
- 1/2 cup sugar
- Coarse salt
- approx. 6 ounces red radishes ends trimmed, very thinly sliced

Directions

In a medium bowl, stir together vinegar, sugar, and 2 teaspoons coarse salt. Add radishes, and stir to combine. Let stand 30 minutes before serving. Pickled radishes are best used within a few hours but can be kept refrigerated for up to 1 day.

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