



LOOKING AHEAD

The end of our growing season is here. Despite the hot, beautiful weather Mother Nature is giving us this weekend, the garden is officially done! We have started removing all the plastic mulch, irrigation lines and weeds in preparation for next spring. While we get the groundwork done, we are also setting some goals for next year: improve efficiency to get more done in less time, improve soil fertility, increase variety in products offered, and grow much more of everything.

While we are excited to get a break from planting, picking and packing, we aren't looking forward to the long winter of eating out of canning jars and freezer bags. This time off from the garden goods makes that fresh food taste that much better next spring. All those broccoli shoots, the patty pan squash and all that arugula... we might be sick of it now, but we will be excited to see it again after almost a year away.

On the farm this week, we started the ground work for our packing shed. This building will be a modest beginning to a facility that will eventually be enlarged to include cool storage and perhaps even a greenhouse on the sunny end. The beauty of the CSA system is that we receive some income in advance to allow things like farm improvements to take place before the season. Everything will run more efficiently in 2016 because we will have a place to wash and pack vegetables, store tools and seed, and keep records. We are looking forward to better organization. We will not be able to expand without this facility.

As our members seek other means of obtaining vegetables in the coming months, we will be making a plan to provide more to our members in 2016 including extending the season with better fall and winter crops which may mean a winter storage "root cellar." Time will tell.

Still working hard for you,

Eric & Rebecca

IN THE CRATE

Romaine & Rhazes Lettuce
Lakota Winter Squash
Cortland/Walla Walla Onions
Choice of Tomatoes
Pea Shoots/Herb
Honey
Choice Items:
*Green Beans, Broccoli Shoots,
Pie Apples, Tomatillos, Dry
Beans, Radishes*

**THE MORE YOU
RECOGNIZE AND
EXPRESS GRATI-
TUDE** for the things you
have, the more things you will
have to express gratitude for.
-Zig Ziglar

FEEDBACK SURVEY

It is extremely important for us to incorporate your suggestions into planning the upcoming season. Please take five minutes to either fill out the paper survey included in this week's share or got to wegrowfoods.com/survey to complete our brief questionnaire online and save a stamp. If you go to our website, **the secret password is "apple."** Your input will help us improve our program. Thank you!

**words from our
youngest farmers**
**"How will they get their veg-
gies?"**

*- Dene, concerned as we discussed the
pending last share*

LAKOTA SQUASH

We realize that this squash is a bit large, but you will get many meals from it if you aren't afraid to tackle it one cool fall day. This is another beauty that our dear friend Nancy Grote insisted we all try. She and her husband Bill practice organic gardening and also buy organic, non-GMO seed.

With a squash this size, we usually cut it in half very carefully so as not to cut your hand off. Then we will put the whole thing in the oven (if it will fit) on cookie sheet with the skin side up at 350°F until tender when poked with a fork. Then let it cool and remove the skin and eat some fresh for supper and freeze the remainder in pre-measured amounts for use all winter long.

Our favorite thing to do with a low-moisture squash such as lakota is to make pumpkin scones. You can substitute pureed squash in any recipe that calls for pumpkin. The following is our recipe for Squash Scones.

RECIPE: Squash Scones

Batter Ingredients

- 2 cups all purpose flour
- 1/4 cup plus 3 tablespoons granulated sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 1/2 tsp pumpkin pie spice **OR**
 - 1/2 teaspoon ground cinnamon
 - 1/2 teaspoon ground nutmeg
 - 1/4 teaspoon ground cloves
 - 1/4 teaspoon ground ginger
- 6 tablespoons cold butter, cut into cubes
- 1/2 cup squash puree
- 3 tablespoons half-and-half
- 1 large egg

Spiced Glaze Ingredients

- 1 cup plus 3 tablespoons powdered sugar
- 2 tablespoons milk
- 1/2 tsp pumpkin pie spice (*or see alternative above*)

Directions

Preheat your oven to 425°F and line a baking sheet with parchment paper.

Whisk together the pumpkin, half-and-half, and egg. Reserve.

Sift together into a large mixing bowl the flour, sugar, baking powder, salt, pumpkin pie spices. Add the cubed butter on top.

Either using a pastry blender or the paddle attachment of your stand mixer on medium speed, mix the butter

and dry ingredients until you reach the consistency of coarse cornmeal. Pieces of butter should be no larger than a small pea.

Fold the wet ingredients into the dry ingredients. You may have to use our hands to get that last bit of flour to incorporate into a well formed dough ball. The dough is not very uniform and that is acceptable. The important thing is to make sure all the dry ingredients have been moistened well or the finished scone will be very crumbly.

On a lightly-floured surface, flatten and form the dough into a 1" thick rectangle. Then using a sharp knife or pizza cutter, divide the rectangle into equal triangular pieces. I like to cut my rectangle in half, then thirds, then X each of the six pieces to make 12 scones. Feel free to make them smaller if you prefer, just shorten cooking time one or two minutes.

Use a spatula to carefully place the triangles of dough on the parchment-lined baking sheet. Bake for 15 minutes, or until light brown. Remove to a cooling rack and let cool before icing.

Make the powdered sugar glaze by blending sugar and spices, then add the milk until smooth. Drizzle glaze over the tops of the scones. You could also dip the scones in the glaze if it works for you.

Please be aware that you can use pumpkin puree, but not pumpkin pie filling. Pie filling already has the spices included.

HONEY

We are hoping that a few of our five new honeybee colonies will survive the winter because people love the sweet stuff. We gathered enough from the hives back in September to have about 65 lbs of surplus to sell and it was all gone within three weeks of extracting!

People are just starting to relearn the health benefits of eating local honey and the closer it was produced to where you live, the better it potentially is for you.

We may not include honey every year in our CSA shares, but we wanted to give something special to you, our first farm members, for taking stake in our farm during our inaugural season and being so supportive as we learn as we go. We realize we fell short in several things and appreciate the opportunity to improve.

DRY BEANS

Beans are great for winter soups and chili, just soak in water overnight then rinse before adding to your recipe. Dry beans will keep indefinitely at room temp as long as they are thoroughly dried before putting into storage.

Please don't forget to provide feedback through our YEAR-END CSA SURVEY. Thank you again!