



BOUNTY OF GENEROSITY

This week went by way too fast! What a busy time on the farm to keep up with seeding fall greens, getting end of season goods harvested, and prepping all the fields for next spring. Sounds simple, but that last one is a lot of work. To prep a field, we have to remove plastic mulch and trellising from this season, rip the ground to try and get the grass roots out, plow and disc, scoop manure and spread it over the ground to add fertility, and finally plant winter cover crop. All with the full cooperation of the weather.

Wednesday was an exciting day as our entire family went to Stoney Acres to dig through a bed of carrots and harvest what we need for our members to finish out the season. Kat and Tony have also had some root rot, but they let us sort through and find the good ones in exchange for working with them during their CSA pack. Our worker Susan came along to assist and our parents, Ron and Holly even got roped into the washing action. They also had to drive our "load" back to farm as it was too much for the old minivan to handle. We always learn new things from other farms and seeing their root washer in action was a real eye-opener. We'll be putting together one of those, maybe this winter. What would have taken us an entire day with a sprayer took about twenty minutes with their washer. And it was fun to use! We owe a huge thank you to these folks. And if you happen to go to Stoney Acres pizza on the farm on a Friday night, tell them "thanks" from We Grow.

Looking ahead, we have are already making plans for next season. As we start field prep, we need to decide where to plant the garlic this fall and how much we need to put in. What the best layout will be in the new fields to better mechanize planting and weeding, and how to best get organic matter into our soil this fall. This week, we also reserved our spot at the MOSES organic growers' conference in LaCrosse this winter. This is always an inspirational trip where we get overloaded with valuable information, meet lots of other growers, eat great food and come home ready to grow, motivated to make a difference in our food system.

Grateful for the generosity of others,

Eric & Rebecca

IN THE CRATE

Cherry Tomatoes

Acorn Squash

Green Beans

Yukon Gold Potatoes

Carrots

Romaine Lettuce

Choice of Herb

Yellow Onions

Garlic Bulb

Broccoli (*family shares*)

Asian Greens (*family shares*)

*It is easier to
change a man's
religion than to
change his diet.*

- Margaret Mead

FARM TO TABLE

We are in the process of planning our farm to table event for early October. There may be a change to the date yet, but we will decide this week so we can begin selling tickets. This year's dinner will feature We Grow pasture-raised chickens as part of a four course meal including appetizers and wine pairings. This year, we are planning to raffle a few items from our farm and from our friends. In the past folks asked us if we would take donations. This is a chance for you to have a little fun while supporting our farm. If you have any suggestions, please give us a holler on how to make this a fun evening.

THANK YOU

for remembering to pick up your shares and for bringing a container for veggies. You're getting good!

ACORN SQUASH

Of course, this is not just an acorn squash. Your first clue is the tan color versus the standard dark green you are used to. You are receiving a **Thelma Sanders Sweet Potato Squash**. This is one of the varieties where I fell victim to social media advertising and just had to try. The seeds came from Baker's Creek Heirlooms and the reviews described the squash as one of the best tasting and easiest growing varieties available. We won't argue either of those points - they did superb in our field and taste excellent!

We picked them about two weeks ago and let them season during this time. Winter squash develop hard skins which makes them last several months in cool storage. Acorn have the shortest shelf-life of all winter squash, but they can still be stored for 5-8 weeks (and often longer) without losing quality.

We baked our Thelma Sanders squash for dinner and found the skin to be incredibly tender, so we ate the whole thing and left only the stem! We tried some of it with just a hint of salt and it has a very good flavor. Then we did the ol' brown sugar and butter treatment to another portion and it was really tasty. We also roasted it as cubes (skin on) with fresh herbs and the squash flavor really shines.

Winter squash is good for cleansing the colon. Our ancestors ate with the seasons better than we do and had fewer digestive problems. Consuming winter squash with have a beneficial detox effect on your digestive tract.

If you plan to store your squash for a long period of time, choose a well-ventilated location to keep mold and bacteria from getting into your squash at 50-55°.

ROMAINE LETTUCE

The romaine has been in the field longer than we'd have liked, but it has survived all the rain better than anything else we planted this fall. There are two varieties, a green called towers and a red called rhazes. Both are on the verge of not being any good because the weather has not cooled down quite enough yet. I'm not complaining! Just be warned the red romaine is starting to bolt and will need to be trimmed from the bitter center stem.

ASIAN GREENS *(family only)*

The bag of greens includes baby pac choy and tatsoi that are very small and tender. You may decide to cook 'em up as they are technically considered "braising" greens, but we prefer to chop and eat them fresh with salad greens.

RECIPE: CARMELIZED WINTER SQUASH

Ingredients

- 1 medium butternut or acorn squash
- 3 tablespoons unsalted butter, melted
- 2 Tablespoons light brown sugar, packed
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Directions

Preheat the oven to 400 degrees F.

Remove stem and carefully cut the squash into 1 1/4 to 1 1/2-inch cubes and place them on a baking sheet. Add the melted butter, brown sugar, salt, and pepper. With clean hands, toss all the ingredients together and spread in a single layer on the baking sheet. Roast for 45 to 55 minutes, until the squash is tender and the glaze begins to caramelize. While roasting, turn the squash a few times with a spatula, to be sure it browns evenly. Taste for seasonings and serve hot.

RECIPE: ACORN SQUASH AGRODOLCE

Ingredients

- 1 medium-sized acorn squash
- 1 tablespoons extra-virgin olive oil
- salt and freshly ground black pepper
- 1/4 cup red wine vinegar
- 2 Tablespoons dried currants or raisins
- 2 Tablespoons honey
- Pinch crushed red pepper
- 2 Tablespoons chopped fresh mint
- 1 Tablespoons salted almonds

Directions

Preheat the oven to 400 degrees F. Grease a baking sheet with cooking spray.

Cut the acorn squash in half; scoop out the seeds and discard. Slice the squash into 1- inch slices. Toss with the olive oil and season with salt and pepper. Place on the prepared baking sheet and roast until tender and golden brown, about 30 minutes. Remove the peel and dice the squash.

In the meantime, make the agrodolce. In a small saucepan, combine the red wine vinegar, currants and honey. Bring to a simmer, then reduce the heat to low. Cook until reduced and syrupy, about 15 minutes. Stir in a pinch of crushed red pepper.

In a large bowl, toss the squash with the agrodolce sauce, mint and almonds. Serve hot or at room temperature.

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