



FALL HARVEST IS UPON US

One might assume that things get slower and easier on a CSA farm in the fall, but this is when we do a lot of heavy lifting. Our average first frost is the second week in September and while some crops are sweetened and improved by light frost, others are killed and damaged.

All those summer treats are coming to an end and we must get as much as possible to our customers before first frost. Tomatoes, peppers, cucumbers, beans, sweet corn, fragile herbs, and more. Then we can focus on the end of season harvest-all-we-can. The farmers market are busting at the seams!

To start, we must get all the onions out of the ground and cured in the hot sun for a day, then trimmed and put into storage. The potatoes need to be dug before the weather gets cold enough to penetrate the skin and cause brown spots inside the tubers. They will store, but the brown stripes are unpleasant. The rutabagas, turnips and radishes stay in the ground until the last harvest day before deep cold. In theory carrots can actually be left in the ground overwinter, but we will harvest the entire lot that remains. Simply not washing them and putting in bags in the cooler will allow storage carrots last for months. On a small scale, we have also had great success with utilizing wet sand as a storage medium for carrots. The brussel sprouts stay out well into the cool frosty season. Finally, the winter squash. This storage giant must be cured in the greenhouse at 80°F for 10-14 days before going into a cool, humid, well-ventilated space for winter. In storage, winter squash will ripen and sweeten sort of like a banana until it can't get any sweeter. Then it starts to rot. Properly stored winter vegetables will last well into spring, so it is worth knowing proper techniques. We have prepared a complete list sorted by veggie type on our website. Check it out.

This time of year we are weeding our fall greens, radishes, and those salad turnips and baby beets for the final boxes. We have pie pumpkins turning orange and kale turning lovely purples. The monarchs are flying home and our students and teachers are enjoying their final days at We Grow before returning to school. All signs of the rest that comes at the end of the final harvest. Only six share weeks left!

Eric & Rebecca

IN THE CRATE

Sweet Corn
 Gold Nugget Winter Squash
 Tomatilloes
 Red Onions
 Sweet Peppers
 Garlic Bulb
 Cilantro
 French Breakfast Radishes
 Baby Beet Greens
 Green Cabbage
 Kohlrabi *family shares*
 Green Beans *family shares*

"Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns."

-George Eliot

FALL EVENT

We are planning a fall event on our farm in early October free to our CSA members. We are hoping to open our pumpkin patch for family picking, serve fresh apple cider and pumpkin-flavored treats in our new pack-shed and provide a fall hay ride in the National Forest surrounding our farm. Please stay tuned for details. Event based on weather.

2018 SHARES

This time of year, we get questions about signing up for the coming season. We do not plan to increase the number of shares in 2018, so space will be limited for the first time. That said, we give all existing members a chance to reserve their share before opening membership to the public on Nov 1.

SWEET CORN

This is where we give you lots of on ramps to discredit the sweet corn before you even take a single bite. There are a few things to explain about organic sweet corn. First, supersweet hybrids that we get from conventional growers and marketed as “candy corn” is not available to organic growers. These are hybrids for which we can not get certified organic seed. Second, organic corn can not have fungicide applied to the seed like conventional sweet corn does. This is what keeps the seed from rotting in a wet spring. And there is the very real possibility of corn worms when you open the husks as we do not treat with pesticides nor is our corn genetically modified to kill the worm when it eats the kernel. Lastly, our corn had much of the silk munched off by deer so the ears were not able to get pollinated properly which leads to uneven rows of kernels.

All this aside, we are thrilled to have any corn at all after the monsoon spring, deer, weeds, and now colder than average August. We tried our best to pick the perfect ears, but sometimes they are a bit over-ripe and sometimes a bit under ripe. **Please enjoy your sweet corn as quickly as possible before the sugar converts to starch** (which starts to happen immediately after picking) and know that we put a ton of effort, starting last July, into this corn crop.

The easiest way to cook sweet corn is to bring water to a boil in a large pot. Add cobs of corn, with the husks and silk removed, then turn off the water. Allow to cook in the hot water for 10 minutes until tender. Remove from water and allow to drip before adding toppings. Cut the corn from the cobs and use it in creamed corn, black bean salsa, fritters and more.

CARROTS

The orange variety of carrots in this week’s share, Bolero, is actually a storage carrot. It lasts long into the winter under proper conditions and gets even sweeter in time. We ate this variety in our home until June from storage. That said, you might just want to enjoy them fresh and straight away. The crunch of fresh-from-the-soil carrots is like no other.

We are still including the tops as some of you like to utilize them for making broth, flavoring a pot roast and even carrot top pesto. Please let us know if you find another unique way to put them to use. One member reporting drying the tender leaves to use as a seasoning.

SUMMER SQUASH

The summer squash is quickly coming to an end. We find some of you absolutely love this vegetable and others could leave it behind. It is a relatively short season crop in relation to the entire growing season,

so we find lots of ways to use it and use it often. We do get tired of it because we eat so much. About then, the season is over. Then when it comes around again next July, we are ready to binge on it again. Eating seasonally has this effect. Anticipate our winter squash to start showing up in shares next week.

CELERY

Our second succession of celery was planted into the field rather late in the season. It isn’t overly large but it is incredibly tasty. The leaves and stems should be used to flavor your zucchini fritters, fried cabbage, roasted potatoes, and those fall soups and stews. This should last a long time the fridge in a plastic bag. Just take what you need from the outside layer of stems.

Again, locally grown farm-fresh celery tend to be extremely strong and the amount used in certain recipes may need to be reduced to reflect the strong flavor. Just a few dried leaves will flavor an entire pot of chicken dumpling soup in the winter.

MIXED BEANS

The beans are likely coming to an end with this cool weather on the horizon. While we never had a good run on beans as in the past, we are thankful for what we were able to harvest and hopeful for the changes to next season’s planting for better results. We apologize to all the folks who were hoping for extras again this season for putting away for winter.

Some of you have asked about a speckled bean here and there in your mixed beans. These purple streaked beans are called dragon’s tongue beans. This is a French heirloom variety readily available. While we find them best enjoyed raw, the flavor is exceptional, they can be cooked like any other bean. But they do lose their purple speckles when cooked.

COB CORN TOPPING IDEAS

While corn on the cob and butter make a perfect pair, try these recipe from around the world to liven it up!

Mexican-Style: top with chili powder, cotija cheese, cilantro, lime juice, and a touch of mayo or butter

Smoky Lime Butter: lime, butter, and smoked paprika

Basil + Parmesan: brush with a layer of basil pesto, then coat with freshly grated Parmesan cheese

Hoisin + Sesame: think Asian flair with a glaze of hoisin sauce, honey, soy sauce, and lime

Harissa + Butter: a North African twist blending butter with harissa (a spicy red pepper sauce used in Morocco and Tunisia) with fresh lime zest and lime juice.

Get the details on these topping recipes at www.thekitchn.com. Search for “liven up grilled corn.”