



## THE END OF SUMMER

To many it feels like summer is just about over. Traditionally, Labor Day marks the end of those relaxing summer days spent staying cool by the lake or taking family trips. You've been working hard to keep up with the yard work or running this way and that with for kids. We crossed the half way point of the share season last week. How can we only be half way?!

We are excited for the summer that remains in the month of September although it claims some of our hardest, longest harvest days. Digging root crops mostly. With the cool fall weather, it truly is our favorite time of year. The crops are at their peak abundance and the weather is enjoyable. Who wouldn't want to work outside? Unless there is a cold rain. We stay inside on those days and cook soup.

That first frost marks the end of another of our seasons, but unlike the end of summer for the kids, it brings relief not despair. The average annual first frost for our area is September 12. Fortunately we farm on a high spot geographically and we usually gain a day or even a week over the folks who live in lower areas around us. Last season, we did not get that frost until well after CSA season was over. While we would love to base our decisions on last season, we have to go off of the averages. There is a lot of farming left to do after that first frost. This is a time when season extension tools like tunnels and row covers show their worth.

Many crops require cooler weather. The fall crops we plant just for this time of year require 50 degree or cooler nights to grow. Lettuce won't germinate if it is any warmer. Neither will spinach. Radishes bolt in the heat, but grow perfectly in the cool days of fall as do rutabaga, turnips and arugula. The longest crops we plant are brussel sprouts and sweet potatoes with 100 and 110 days to maturity. Sprouts taste even better with a light frost sweetening their starchy complex flavors. While we hope to stretch the growing season as long as possible, we appreciate the normalcy of a standard growing season and look forward to the calm at the end.

Ready for the season change,

*eric + rebecca*

## IN THE CRATE

**Kalibos Cabbage**  
**Carrots**  
**Ground Cherries**  
**Fennel**  
**Cherry Tomatoes**  
**Slicing Tomatoes**  
**Sweet Basil**  
**Deer Tongue Lettuce**  
**Zucchini + Summer Squash**  
**Red Onions**  
**Garlic**  
**Rainbow Chard**  
**Cauliflower *large shares***

## CHICKENS

Thank you everyone who ordered and picked up chickens these past two weeks. Now that the dust has settled, we have about 20 halves and 10 small wholes left for purchase. Please let us know if you would like frozen chicken delivered with your share. The price is \$4 per pound. Our chickens are raised free-range on pasture and supplements with locally grown non-GMO grain.

## FARM DINNER

Please join us at Red Door's Farm Dinner on Saturday, August 25. They are slow-roasting pork and serving Mexican themed courses. There will be farm mocktails, local brews, wines and ciders as well as live music. If this event is anything like the last one we attended, you will not go home disappointed. Get details and tickets on their Facebook page or email [reddoor-familyfarm@gmail.com](mailto:reddoor-familyfarm@gmail.com).

*"There is virtue in work and there is virtue in rest. Use both and overlook neither."*

-Alan Cohen

## KALIBOS

The beautiful conical-shaped red (purple) cabbage in your share is a variety called kalibos. The seed was sourced from Baker Creek Heirlooms, a company that sells incredibly unique varieties and crops. This variety has European origin and the heads are on the small side, ideal for a single dish. Flavor is mild and very sweet. You can use this cabbage like you would any other red cabbage. Just like the previous red cabbage, the deep color means 15 times more beta-carotene than its green counterpart which is great for your skin and nails.

## GROUND CHERRIES

This fruit walks the line between sweet and savory. It can easily go either way. Some describe the flavor as a pineapple crossed with a tomato. Others say there is a hint of strawberry or gooseberry. We would love to hear your thoughts on the flavor description.

Store your ground cherries in an open container or paper bag and do not refrigerate. Allow them to ripen at room temperature. The wrapper will become very papery. They change from bright yellow/green to golden tan as they ripen becoming sweeter and more complex tasting. They will keep for about a week and can get over ripe.

This is a plant that will continue to flower and produce fruit up until a hard frost. It is great for our honey bees and other pollinators. Sidenote, if you toss them in your compost pile, they will self seed and show up next season as volunteers.

## CAULIFLOWER

The large shares are receiving the first harvest of cauliflower this week. As it ripens, the rest of the membership will get this popular vegetables as well. Cauliflower is tricky to grown being the developing head has to be kept out of the sun or it will turn yellow and rot early. They are coming in a varying times instead of all at once.

While we generally preach, "eat the rainbow" cauliflower is a notable exception. It is a great source of vitamin C and folate and a good source of fiber and vitamin K. It is also rich in phytochemicals and antioxidants, two naturally occurring compounds thought to play a role in preventing chronic diseases.

Cauliflower can give off a strong smell while cooking. This is caused by high levels of sulfur-containing compounds called glucosinolates. If you are fortunate enough to receive one of our purple or green cauliflower heads, please treat it as you would an ordinary white head. It is just as tasty!

## FENNEL

This is the first year we've grown enough fennel for our shares, so we are learning with you. You should notice a distinct black licorice flavor crossed with a fruity celery. The actual vegetable consists of a swollen stem (like a kohlrabi) and edible stems (like celery) and frond leaves, which can be eaten as well. Most recipes focus on the bulbous stem.

Everyone in our family likes to pull off branches just to nibble on them. Fennel is a great digestive aid and known for calming an upset stomach. Hence the popularity of fennel tea after a filling meal.

At our farm dinner in 2017, we finely chopped the fennel for a coleslaw-type salad that tasted amazing with roasted pork. After all, fennel is pork's best friend. This week, we tested a roasted fennel recipe with honey and olive oil. It was delicious! The high heat completely changed the flavor. If you did not pick up a copy of these recipes at market, you can find them on the We Grow Collective group on Facebook, a page created just for sharing cooking ideas with your vegetables.

## DEER TONGUE

The lettuce you are receiving this week not only has a strange name, but an interesting texture. We found it to be thicker, a lot like spinach with a lot of flavor. Our planting of deer tongue of growing fast and we have way too much ready at once. Share it with a friend if it is too much. You are getting nearly a pound of lettuce!

## CARROTS

It is no secret that our carrots have been having a tough time of it this season. The problem is one part weeds, two parts lack of rain. We started harvesting and found they are small, but we sharing them with you anyway. Please do what you can with them and thank you for bearing with us on this shortcoming.

Your carrots are any combination of five varieties: yellowstone, white satin, yaya (orange), cosmic purple and malbec (orangish red). Fresh dug carrots do not need to be peeled. Just do your best to remove the soil from the seams. Save the tops for seasoning broth, a roast, topping a salad, or drying for winter soups and stews.

### HAVE A VEGGIE QUESTION?

Odds are if you've got a question, someone else probably has to same one. Don't be afraid to ask!

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