



THE DOWNHILL SLIDE

The late season crops that we planted just for our late season CSA shares are about to start. It feels like there is a little transition period here, but soon the late planting of broccoli, cabbage, kohlrabi, beets, brussel sprouts, greens, radishes, turnips and more will be heading your way. As home gardeners, we were quick to put the garden to bed by this time pulling out all of the expired plants and giving up trying to keep up with the weeds. It seems like everything was done by now and we were done as well.

The challenge as a CSA farm offering weekly shares is to keep it going as long as possible. There always seems to be a few frosty night in mid-September and then we get a return of our mild weather just long enough to get our membership through mid-October. The late season lettuce and radishes begin to slow their growth. They just sit there and sweeten, waiting to be harvested or waiting for snow to fall, whichever comes first.

In some ways we simply wing it, but in other ways we plan out exactly what we will have and figure out how to fill in as needed. Calculating which weeks we will need to grow a crop of microgreens or sprouts for the gaps. We have the winter squash sorted and counted to make sure we have enough squirreled away for one for each member for the last seven weeks with a few extra in case of loss in storage. Onions and garlic too. It is a great feeling to have these items ready and waiting for you. Almost like a rainy day savings account that is there when you really need it.

Most of our husband and wife, farmer to farmer discussions this time of year take place out in the field over a harvest bin. We go over again and again what we need to do better next season and how we are going to do it. What we can afford for equipment and facility expansion and how we are going to prioritize certain things differently. We go over the whatifs of returning employees and volunteers. Potential farmers market or wholesale accounts we can add to our schedule to both make money and not add another harvest day to our weekly routine. The excitement and anticipation of the coming season is already present and we still have five weeks of growing left to complete.

Coasting into fall,

eric + rebecca

IN THE CRATE

Spaghetti Winter Squash
 Arugula OR Tatsoi
 Green Deer Tongue Lettuce
 Celery
 Radishes
 Carrots
 Garlic
 Yellow Onions
 Sweet Basil
 Tomatillos
 Jalapeno Peppers
 Beans OR Cherry Tomatoes
 Bok Choy *large shares*
 Slicing Tomatoes *large shares*

OH HONEY

Some of you have been asking about purchasing We Grow honey again this season. We plan to extract this Sunday. With all new hives after a harsh winter with total loss, we are not expecting a large amount of honey for sale. If you would like honey please let us know right away. We charge \$15/ quart. One quart limit please. First come, first serve limited supply.

COMPOSTING

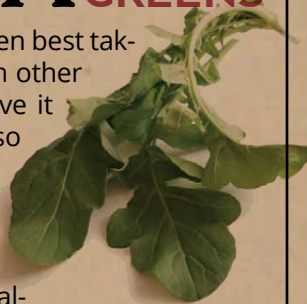
With fall comes yard cleanup. If you have leaves you can contribute to our farm's soil fertility please consider bringing it out when you come for a farm visit this fall. We will either use the leaves as a mulch on fall garlic beds or pile them to compost for next season. The next event is the Pumpkin Pick on October 7th. Every little bit helps!

"Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all."

-Stanley Horowitz

ARUGULA PEPPERY GREENS

Arugula is a very peppery, nutty green best taken in small quantities or mixed with other greens if eating fresh. While we love it on salads and sandwiches, it can also be used braised or massaged with your favorite oil to take away some of the radish-like spice. Pairs well with mild, white cheese like goat cheese or feta along with toasted walnuts. Store in fridge in a bag or salad spinner. Wash immediately before eating. We will have arugula available again for those who did not receive it this week.



TATSOI

Tatsoi is a small Asian green in the cabbage family with small spoon shaped leaves. Tatsoi is a good source of vitamins A, C and K, carotenoids, folate, calcium and potassium.



In our kitchen, we use it as you would spinach. The leaves are included in salads raw, stems are cooked with eggs in an omelet, and both can be sauteed in stir fry. Its tangy notes pair well with citrus, crisp cool ingredients such as apple, fennel and mint, warm flavors that are abundantly found in chiles, garlic and allspice. Pair tatsoi with ingredients rich in umami such as scallops, mushrooms, seaweed, sesame and braised meats. Fermented ingredients such as fish sauce, soy sauce and vinegars are also complimentary.

WHITE STEMMED BOK CHOY

Bok choy is a deep green leafy vegetable loaded with nutrition. It resembles lettuce on top and celery on the bottom. Bok choy is a crucifer closely related to cabbage. The entire vegetable can be used, and is often added raw to salads for a satisfying crunch. In cooked dishes, the leaves and stalks should be added separately, since the stalks take longer to cook. Bok choy can also be steamed or boiled, but the stir fry method of cooking seems to release the best flavors. They are a great raw dipping veggie too.

There are actually hundreds of variety of bok choy and pac choi, but we are content on growing only two. White stemmed is the taller of our two varieties and also our favorite for our family favorite stir-fry.

Kimchee is the Korean name for pickled bok choy. When shredded, it makes great coleslaw. An alternate take: try bok choy sautéed with ginger and garlic.

FRENCH BREAKFAST RADISHES

With the return of cooler weather, comes the return of the radishes. This week, we are featuring a french breakfast variety characterized by red with white tips in an oblong shape rather than round. This variety is supposed to be more mild than our round varieties, but we found it depends more on the soil they are grown in and how much rain falls in their short growing season.



A quick search reveals that the French probably don't eat many radishes for breakfast. The origin of the name is not known. What we do know is that radishes can eliminate wastes and toxins for better liver and gallbladder function. If you aren't a fan of radishes just for snacking, consider lightly cooking the sliced root and chopped greens in butter for something different. You could also add slices atop a pesto covered baguette, toss them in cider vinegar to quick pickle and mellow their heat, or add them finely chopped to your veggie dip for a great crunch.

LETTUCE

Today's lettuce is green deer tongue. It is a more like a little head than anything we have shared with you lately. We used this variety on Saturday when we had taco salads and the tender, fragile, delicious lettuce took center stage. Everyone was raving over the texture and crisp. It really is tasty. Sorry it is so dirty having been grown in the field with all the rain last week hammering dirt into every nook and cranny.

SPAGHETTI WINTER SQUASH

Baked until tender, this is one of the best replacements for pasta. Just consider the added nutrition and fiber versus traditional wheat flour noodles.

Just cook until tender and then use a fork to pull the "noodles" from the halves. Spaghetti squash is excellent served with tomato sauce, but also delicious with just butter and parmesan cheese or basil pesto. Store at 45-50°F well into the winter, hence the name! Check often.

HAVE A VEGGIE QUESTION?

Oftentimes if you've got a question, someone else has the same one too. Don't be afraid to ask!

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