



Dene and Gus checking out the pumpkin selection ahead of the Oct 7 pumpkin event.

REDISCOVERING REMEDIES

Did you know that sweet potatoes, spinach and cashews all help fight depression? Have you heard that dark leafy greens and grass-fed meat can reduce your migraine symptoms? And apples, cranberries, celery and onions can heal the inflammation in your stomach caused by acid reflux? Before foods were fortified with nutrients, we ate spinach, black beans and asparagus for folate to ensure a healthy pregnancy. Although it probably wasn't a conscious effort. The required nutrients were already in our diet, we didn't have to make an extended effort to find 100% of our daily requirements.

While we do need to be careful of the health affects we make claims to, it is no secret that the remedies to many of our most common maladies can be found in nutrition. It also shouldn't be a surprise that our ancestors didn't suffer from many of the same illnesses that modern society experiences either. The top four causes of death at the turn of the century were infancy death, death from childbirth, death from infections, and death from accidents. Today, the leading causes of death are heart disease and cancer. Clearly, something has changed.

If you think people didn't live as long 150 years ago as they do today, that is not exactly correct either. The average life expectancy figure is greatly skewed due to infant mortality rates. In the year 1907, the rate was nearly 10%. Today it is closer to 0.07%. Back then, many people lived long into their 80's and 90's despite their diet loaded in fats.

We focus so much on the quick cure for our ailments, that we forget all about the cause. At the root of our modern health crisis is our modern diet and desire for a quick fix. All of this fueled by million dollar marketing campaigns. The numbers are staggering! Unfortunately, family farms can't compete. Mainstream America has come trust infomercials instead of trusting their instincts to feel better by eating better. Eating real food, simple food and overpowering illness with nutrition and living a long healthy life.

Crunching on kale,

eric + rebecca

IN THE CRATE

Delicata Winter Squash

Pie Pumpkin

Radishes

Purple Kohlrabi

Red Wing Onions

Zucchini/Summer Squash

Potatoes

Green/Sweet Peppers

Red Leaf Lettuce

Baby Beets with Greens

Parsley

Beans *large shares*

Red Cabbage *large shares*

2019 SHARES

This time of year, we get questions about signing up for the coming season. It thrills us to know you are ready to support our farm going into the planning phase of our operation. Existing members get the first chance to reserve their space before opening membership to the public on Nov 1. Just let us know to save your place and you will have until Dec 31 to make a deposit.

GIFT BAGS

Do you know someone interested in trying out our CSA program for one or two weeks this season? We Grow offers gift bags which are just a large weekly share pre-paid delivered one time. The cost is \$32 and includes a reusable bag. Details and a paypal link to make a purchase are available on our website at wegrowfoods.com.

"And on the 8th day, God looked down on his planned paradise and said, 'I need a caretaker.' So God made a farmer..."

- Paul Harvey 1978

DELICATA WINTER SQUASH

If you've never had a delicata winter squash, you are in for a treat! Not only are delicata one of the longest storing squash, they are super easy to clean, cut, cook and eat. The flavor is very rich and needs no amending to taste great.

There are two varieties of delicata at We Grow this season. The white/cream colored background with green stripes is the original delicata and the tan/brown colored background with green stripes is the new hybrid form High Growing Organic Seeds that claims to have the highest brix level (a measure of sugar) than the original. We have not tried these yet and would love to hear your opinion.

We prefer to cut the squash into 1/2-inch rings, spread on a baking sheet with a little olive oil and roast at 375° for 40 minutes or until tender flipping once. Salt is the only seasoning needed as they are so sweet and tasty. No need to peel, the edible skin gets tender during roasting.

Delicata is also great for stuffing with a generally uniform shape and consistent thickness lengthwise. Try to cut the squash in uniform halves for consistent cooking time.



Savor the season

BEET GREENS

Mmmm! We were shocked at how good the baby beet greens are. They do not taste as beet-y as we expected, but more like strong spinach. We trimmed the leaves from their stems and dressed with a basic dressing of balsamic vinegar, stone ground mustard, garlic, olive oil, honey and soy sauce. Use in your fresh salad, stir fry or saute, frittata, juicing, etc. The stems can be put to use after blanching much like chard.

Baby beet greens are a by-product of growing beets. Our fall planting needed to be heavily thinned in order for the remaining roots to get to a usable size. Beet greens are at the top of the list of healthy dark greens, so try to put them to use.



KOHLRABI

This is not your first dance with kohlrabi, so here are a few reminders. Kohlrabi is one of those vegetables that you don't really need to do much with to enjoy it. The enlarged stem and leaves are both edible. Raw straight from the garden is our favorite way to consume kohlrabi. Just pull out a pocket knife and start peeling! It's great to snack on with your favorite dip or salad dressing. Sprinkle slices with a little salt and/or a squeeze of lemon.

Combining with other vegetables in your roasting pan is when kohlrabi really shines! You can also lightly sauté it or stir-fry it with a little butter or a simple sauce, and don't forget to add the greens too. They can be used like collards or broccoli leaves.

To prep kohlrabi, carefully peel off the tough, outermost layer of woody skin. More should be removed from the root end and less as you work your way to the top. Then snack on the inner flesh. Store in your crisper drawer in the fridge.

PIE PUMPKIN

It is a bit early in our opinion, but we are hoping the cool down in the forecast will have you thinking pumpkin. The variety we grow for you is called Winter Luxury. Use it as a decoration or turn it into pumpkin puree, which can be used in a wide variety of fall recipes, either fresh or frozen.



To make pumpkin puree, poke steam holes in the flesh of your pumpkin and with a fork then bake whole at 350° on a baking sheet for one hour. Remove stem if necessary to fit into your oven. When cooked tender thru, allow to cool so you can handle and then separate the flesh from the seeds and skin. Puree the flesh in a blender, adding liquid if needed, to get a consistent creamy puree. This is unseasoned raw pumpkin puree. Double check your recipe to figure out if spices are implied or not. At the grocery store, pumpkin pie filling usually comes pre-spiced with cinnamon, ginger, nutmeg and cloves, the ingredients in "pumpkin pie spice."

This variety does not store as long into the winter like smooth skinned pie pumpkins. Last year, we had winter luxury pumpkins last at 45°F into late December.

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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