



Lettuce, radishes, spinach and more growing inside the high tunnel.

WARMING UP TO VEGGIES

As we were working together with our ten-year old son in the pack shed on Friday bagging greens, he explained that he is the only kid in his class who even knows what taso looks like. While we didn't argue his point, we were quick to consider the diet of the other kids in our community. What are their parents doing to break down their picky eaters and get their kids to fill their plates half full of fruits and veggies. If you struggle with your children or grandchildren, we have some tips that can help.

First, get the kids involved in the meal planning process. Take them to the farmers market, store, your freezer or fridge and have them choose the vegetables that will go with your meal. Try not to leave the choices open ended. Give them two or three items to choose from to make it easier.

Second, make them help with prep. They can wash or peel or maybe even chop depending on their age. Some will be able to stir the pot or mix together seasonings. Not only are they invested in the meal, they are more likely to eat it having helped create the dish.

Third, keep it simple. There are several veggies that our eight-year old will eat raw but turns his nose up when cooked. Rutabaga, kohlrabi and turnips to name a few. And really, what is it going to hurt to set aside some carrots or broccoli from the steamer and letting them eat it raw? We often make casseroles and this displeases our picky eater. He likes his veggies separate from the other ingredients. Keep it simple and turn to blended dishes that already contain veggies that you know they like. And don't underestimate the power of butter to mask the bitterness of vegetables!

Fourth, avoid eating snacks before mealtime. Our kids are good at ransacking the cupboards before we come in the house to make supper. They are "starving!" but come supper time they don't eat. Make sure they are hungry or don't plan on eating a big meal. And don't forget to set a good example yourself. Embracing veggies will become second nature and lead to a life of healthy eating if you push your kids to love veggies today.

Playing every trick in our book,

eric + rebecca

IN THE CRATE

Acorn Winter Squash

Tomatillos

Red Onions

Bullhorn Peppers

Jalapenos

Broccoli

Caraflex Cabbage

Tatsoi

Daikon Radishes

Oregano

Garlic

Beets *large shares*

Celery *large shares*

EVENT REMINDER

Don't forget, our member Pumpkin Pick Event is taking place on Sunday, October 7 from 9:00 to 1:00. Pick out pumpkins for carving, eating or decorating. Enjoy the fall colors and fresh pressed warm apple cider, butternut squash soup, pumpkin cookies and muffins and more in our pack shed. There is no charge, so please plan to attend. One pumpkin per attendee please.

FINAL SHARES

We are planning on completing a 20-week season with our final distribution on Tuesday, October 16. At this point, we plan to set up at the farmers market for members to pick-up and this date will be the last downtown Medford Market we attend. The following Saturday, October 21 will be our final midtown market. In years past it gets quite cold and sometimes even snowy by this time.

"Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."
- Vivian Greene

ACORN SQUASH

THELMA SANDERS

There are two types of acorn squash coming in shares this week. The cream/peach colored variety is better known as Thelma Sanders. It is named after the seed saver from Missouri who preserved this variety from near extinction in the 1970's. We tried it for the first time four years ago and found it grows well in terrible conditions when all others failed. And it has delicious flavor to boot!



SWEET REBA

REBA stands for Resistant Early Bush Acorn. They have a classic acorn squash flavor and texture but are noticeably sweeter. This is in part attributed to the fact that their disease resistance allows them mature longer thus allowing for the sugars to develop. A good storage variety.



Winter Squash Storage: Store in a cool, dry place; 50° to 55° F with relative humidity of 50 to 70 percent. Store cured squash on a shelf or rack not on the floor. Keep the skins dry to prevent the growth of fungi and bacteria. Do not store near apples, pears, or other ripening fruit. Ethylene gas released from ripening fruit can cause squash to yellow and eventually rot. Inspect stored winter squash weekly. Squash that starts to spot should be moved away from other stored squash and used as soon as possible. Skin spotting can be a sign or rot setting in.

ENJOY THE FINAL

Tastes of summer

TOMATOES

We are sharing the last of our tomatoes. We did experience hard frost on Friday night which killed most of the tomato vines in our high tunnel. Many of the fruits you are receiving is **under ripe** and should be allowed to ripened. The best way to do this is inside the paper bag on a warm counter top. Mixing with a ripe banana or an apple will speed up the process. Many of you are receiving some black tomatoes called indigo cherries. Just watch for the green part to turn bright red and always use the squeeze test. When the tomato starts to soften, it is ripe.

CARAFLEX

Caraflex is a pointed mini cabbage. The small, cone-shaped heads have strong wrapper leaves for insect and sun protection. Inner leaves are tender, crunchy, and have an excellent, sweet and mild cabbage flavor. Perfect for grilling, salads, or slaws. Or try one of our favorites, galobki casserole. Tastes like pigs-in-a-blanket but simpler and faster to make.

DAIKON RADISH

These long white radishes are popular in Asian cuisine. In the past, we grew the long type that gets up to 18" long but found they split and were misshaped in our heavy soil and compaction. This season, we are trying a shorter variety called Alpine and so far we are quite impressed with their shaped.

Daikons are often fermented in a form of kimchi, but they are also cooked with brown rice, egg, a few other in-season veggies and soy sauce. You can also eat them raw like a traditional red radish or in a salad. We highly suggest peeling them with a veggie peeler to remove the sharp, pungent skin and enjoy the sweet radish inside. While there is far less insect damage in our daikons than years past, it isn't 100% so please trim out any damage.

CAN YOU EAT THE RADISH TOPS?

Yes, they are edible and taste much like the radish root but milder. Radish tops don't stay fresh for long, and it's best separate them from the roots as soon as possible. Wash and store the leaves like other salad greens and eat them within a day or two.



OREGANO

Oregano is considered a staple herb in many cuisines around the world. It has a strong flavor and brings warmth to dishes, along with a hint of subtle sweetness. It can be used fresh, dried or as an oil, and all are said to have significant health benefits.

Though typically used in small amounts, oregano packs in some important nutrients. Just one teaspoon of dried oregano can fulfill about 8% of your daily vitamin K needs. From helping fight bacteria to reducing inflammation, studies have unearthed some of its impressive potential benefits. Our oregano is fresh from the wet field, so please wash well before using fresh or hanging to dry.