



SOGGY HARVEST

As this letter is being put together, we are in a flood watch until mid-week. Luckily, yesterday for our Pumpkin Pick Event, we had a much needed dry day. We had families come out to the farm all day long to pick their pumpkins, visit with the animals on pasture, enjoy the fall colors, and have conversations with their farmers and other CSA supporters. Thank you to everyone who took time to make the trip to We Grow. We appreciate it.

Unfortunately, the wet weather we are getting now is arguably the worst time to get rain in excess in regards to farming. We deal with wet spells throughout the growing season by making adjustments like raising the beds size, increasing organic matter, ceasing irrigation, etc. But this fall, there are not enough heat or daylight hours to dry out between rains and the soil has become increasingly waterlogged making it impossible to get in and harvest. Many farms in our circle are dealing with the inability to drive a tractor into a field to begin a harvest. This impacts more than vegetable operations. Those with corn and soybeans or small grains need to be able to drive into their fields without sinking into the mud and getting stuck just as importantly as us. The looming factor is hard frost. If we don't get those crops out before Thursdays overnight low near 20, those potatoes still in the ground will be damaged and probably left in the field. It will be a tricky balance to figure out what we can get harvested and what we chalk up as a loss.

On Thursday last week, we had a nice weather day. It gave us an opportunity to visit our friends at Red Door Family Farm. Much like us, they had some weed issues growing carrots in seasons past so this season they tried some new cultural techniques and hit a home run. With more carrots than they can possibly ever use or harvest alone, they invited us over for a work day. With Susan joining our crew, we spent the day working in Red Door's beautiful carrot field. In exchange we have a bounty of orange roots in our cooler for our members and customers to enjoy the rest of the season. This cooperative effort has us appreciating our farm connections more than ever.

Seeing orange spots,

eric + rebecca

IN THE CRATE

Small Wonder Spaghetti

Winter Squash

Brussel Sprouts

Kohlrabi

Carrots

Napa Cabbage

Yellow Onions

Apples

Green Tomatoes

Sage or Parsley

Mixed Kale *large shares*

Salad Turnips *large shares*

REMINDER

Your final share will be coming 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. Phillips shares will go north on this day as usual. Unless the weather suddenly turns tropical, the following Saturday, October 21 will be our final market appearance until May 2019.

CSA SIGN-UP

We are including a 2019 CSA form with this week's share. This year we are offering an early bird discount to our existing members only. This will be the only discount we offer for the 2019 season. Please consider signing up early to help us plan and provide much needed working capital in the off-season. We are already making our seed and soil purchases for the coming season. Your membership keeps us going.

"Don't confuse your path with your destination. Just because it's stormy now doesn't mean that you aren't headed for sunshine." - author unknown

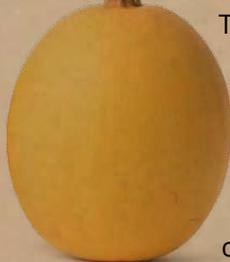
APPLES

The old apple tree on our farm produces wonderful baking apples late in the season. The apples are a bit smaller than in years past, but appear to have less insect damage. We do not have a cultivar name on this variety. It is quite old and has been through many land owners in its time. It acts like a Wolf River with generally very large fruit and not ripening until after frost, but has the crunch, texture and tart of a McIntosh.

While our boys are content eating these apples raw, they are less choosy than most in terms of flavor, particularly tartness. They are the perfect apples for a pie, which Gus made for dessert just last night. Please put these apples to use in your favorite dessert, salad, sauce or juice.



SMALL WONDER SPAGHETTI WINTER SQUASH



The small spaghetti are making their first appearance in We Grow shares this season. After the abundance of massive spaghetti last year and the struggles many of you experienced in the kitchen after receiving such a large squash, we opted to try a smaller version. Each half can be considered a single serving.

As we stated in week 15, cook until tender and use a fork to pull the "noodles" from the halves. Spaghetti squash is excellent served with tomato sauce, but also delicious with butter and parmesan cheese or basil pesto. Store at 45-50°F well into the winter, check often.

NAPA CABBAGE

We like to share napa cabbage with our membership several times in the spring, but May came on way too hot and they went to flower very quickly. We seeded them again in July and then transplanted into the field in August and hoped they would work into our late season shares. Even with light row covers, the deer managed to break through and eat much of this crop. Dirty deer!

Napas are versatile. They can be quickly chopped up and eaten like salad with your favorite dressing or cooked in an Asian-inspired meal. We love the ramen noodle salad we shared this spring, but our second favorite way to use napa is lightly cooked in a ginger stir-fry or pork low mein.

GREEN TOMATOES

Up until this week, when we included a green tomato in your share, it was ripe and ready to eat. This week, your green tomatoes are in fact not ripe. They are hard, tart and delicious with a little prep work. Many ask if these tomatoes will ripen. These tomatoes are most likely too immature to turn red over time. We advise you to try to come up with a recipe using them green. An internet search and you will come up with a list of fun ideas. The most popular, and our favorite, being fried green tomatoes. Our 2017 farm dinner featured this as an appetizer with a delicious remoulade sauce and it was the most requested recipe from that event.

FRIED GREEN TOMATOES

Ingredients

- 1 large egg, lightly beaten
- 1/2 cup buttermilk
- 1/2 cup all-purpose flour, divided
- 1/2 cup cornmeal
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 medium-size green tomatoes, cut into 1/3-inch slices
- Lard or frying oil of choice
- Salt to taste

Directions

Combine egg and buttermilk; set aside.

Combine 1/4 cup all-purpose flour, cornmeal, 1 teaspoon salt, and pepper in a shallow bowl or pan.

Dredge tomato slices in remaining 1/4 cup flour; dip in egg mixture, and dredge in cornmeal mixture.

Pour oil to a depth of 1/4 to 1/2 inch in a large cast-iron skillet; heat to 375°. Drop tomatoes, in batches, into hot oil, and cook 2 minutes on each side or until golden.

Drain on paper towels or a rack.

Sprinkle hot tomatoes with salt.



southern delight

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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