



IN THE OFF-SEASON

We made it! The last week of fresh vegetables from our farm is heading out to our members kitchens today. We are sighing a bit of relief in making it to the end with a few items left to share with you despite how quickly summer moved out and winter moved in. Unfortunately there are some things we planned for fall that won't make it. The past several weeks not much has grown with the cold temps and lack of sunlight, a complete one-eighty from one year ago. Our lettuce, radishes, cabbages, beets, rutabagas and more have all come up short. We will be considering some adjustments to be better able to deal with irregular weather patterns next season.

We are always asked what we will be doing for the winter. The new furnace project is about halfway complete. With this upgrade, we will be capable of heating several buildings including a 20x24' building soon to be a greenhouse that we are repurposing from another part of the farm. This new heated space will allow us to expand our spring transplants to not only meet our growing needs, but also allow us to offer organic plants for our gardening customers. We have found organic transplants to be difficult to find locally, not to mention this addition will provide income in the early season when we have the most input costs. We are also considering growing salad and microgreens inside this new space during the winter.

So what do we do? Our boys get more one-on-one time with us as the days grow shorter. We slow down and spend more time in the kitchen. We go for walks in the woods. We spend evenings visiting with friends. We spend days pouring over seed choices, creating planting calendars and drawing field maps. We spend time recruiting CSA members. We attend educational courses to learn to be better farmers and stewards of our land. We both work jobs off the farm. Our chaotic house gets organized and cleaned.

In our parting words, please know that we are grateful for each and every one of you for being part of our farm in 2018. We can not do this without you. Your kinds words and support have been our driving force to carry on when it wasn't easy to do. Please consider rejoining for the coming season and have a wonderful off-season as well!

Ready for a rest,

eric + rebecca

IN THE CRATE

Carola Potatoes

Carrots

Choice of Winter Squash

Pie Pumpkin

Kohlrabis

Savoy Cabbage

Leeks

Bok Choy

Cayenne Peppers

Brussel Sprouts *large shares*

WINTER SHARES

Reminder that those members who purchased the extended season shares will be receiving their items in the week following your final regular season delivery. Phillips delivery will take place on Tuesday, October 23 at the Normal Building and Medford delivery will take place on Saturday, October 20 at the Medford Farmers Market.

Thank you

Thank you for sharing this wonderful season with We Grow. Please consider rejoining our farm program and take advantage of our early bird renewal discount before December 1. This offer is only for existing members.

SHARE BAGS

Please keep one We Grow bag for yourself. This is our gift to you! If you have any extra bags, please return them to us at your convenience. Additional bag can be purchased at \$4 each.

"If you get tired learn to rest, not to quit." - Banksy

SAVOY CABBAGE



RAW SALAD + COOKED

Savoy is an area in southeastern France where this subset of hardy cabbages with densely wrinkled leaves originates. This variety of cabbage was available in limited supply last season and received rave reviews! We love them because they have a waxy coating that means they resist insect pressure and stand up wonderfully in recipes. The fact that they taste amazing is an added bonus.

This cabbage shines in recipes calling to sauté, but it also performs well in raw salads as a replacement for lettuce or where you would normally use napa cabbage. Our savoy cabbage offering is a bit undersized this season, but still tastes amazing. If all else fails, simply use as a replacement for kale.

DRIED CAYENNE PEPPERS

Nearly three weeks ago when the first major frost was pending, we harvested the entire lot of rainbow cayenne peppers from our field. They have been dried and are ready for dry storage in your kitchen. These peppers can be crushed up and used as a replacement for crushed red peppers flakes in your spice cabinet. They can also be finely ground for cayenne powder. We like to crush them up into hot soups and chilis over the winter months. This lot comes in a rainbow of colors. Store in a dry place.

WINTER SQUASH SELECTION

We have an assortment of winter squash remaining including some that you have not yet tried from our farm. For those who do not pick up at market and get to choose, you will be receiving buttercup or blue winter sweet kubocho. Both are a longer storage hubbard-type squash with dense orange flesh becoming very sweet after a month or more in storage. Excellent roasting varieties!



CAROLA POTATOES

We got most of the potatoes out of the field on Friday last week. With Susan and Tom's help we started digging them by hand. With the heavy mud clinging to our boots and knees, we were hesitant to try driving the tractor and digger through the field. After much debate and a "stuck in the mud evacuation plan" in place, we gave it a whirl. Alas, it worked. Not well, but it was better than breaking our backs! We were successful in getting 5 of the 7 remaining rows out, washed and drying in the pack shed. Most of the crop does have scab but the tubers are still edible. The damage is largely cosmetic.

We are sharing a oversized 2 lb bag (3 lb for larges) in this share. That variety is carola, one of our favorites for flavor. This variety features pale yellow skin and freckles with firm, creamy yellow flesh that is dense, waxy, and moist with relatively low starch. When cooked, Carola potatoes have a buttery, earthy, and nutty sweetness with a smooth, fluffy, and fine-grained texture. Carola potatoes are best suited for grilling, roasting, baking, mashing, boiling, steaming, and chipping. Their firm texture also makes them an ideal salad potato. They are not a storage potato, but will last a month or more in a cool dry place.

LEEKS

The largest of the vertical onions, leeks are a fine-flavored addition to soups, scrambles and more.

Many recipes call for just the whites and light green portions of leeks and the leaves are often tossed. With extra cooking time, we have found the tough leaves can be used in a variety of delicious ways mainly as onion flavor addition.

To prep for eating, leeks need to be washed carefully to remove any grit trapped in their layers. Trim off the roots and the coarse dark green part of the leaf. Cut the leeks in half lengthways. Wash under a running tap, fanning the layers and rinsing away any grit or soil trapped between them. Drain thoroughly and slice as required.

Leeks can be roasted with your veggies or pot roasts, used to season cooked dishes, added to a salad raw, served cold like in traditional French potato leek soup, in a quiche with eggs or as a beautiful garnish.

