



## FARMING FRIENDS

Our dear friends at Red Door Family Farm are sharing some of their spectacular harvest of beets with you this week. In exchange, they have chosen some of the best We Grow garlic for use on their farm. Since meeting the Botsford family in 2015, they have slowly become our closest friends. Not only are we working in the same industry being CSA farmers, but having started the same year we are living many of the same struggles. Our common ground includes a wide array of topics: crop loss, machinery breaking downs, variety trialing, workers, our children and the list goes on and on. Having another vegetable farmer to lean on and sympathize or celebrate our trials and tribulations and share dreams makes our farming life significantly more enjoyable.

Last fall, we teamed up with Red Door to offer our customers an additional opportunity to continue their local eating with two local food deliveries. Botsfords helped us provide a wider selection of produce that we would not have been able to offer on our own. The orders were collected through our website and put together on their farm. We look forward to doing this again.

In a couple weeks, we are holding a farm-to-table evening at Red Door Farm to celebrate and show our gratitude to our worker shares and employees. Both farms' workers will be our guests and both farms are contributing to the meal. A huge part of being a community supported farm is finding "our people" and cultivating a social atmosphere. Our workers have spent time together for a few hours a week for the past thirteen weeks. Some were here last season, but about half are new to their respective roles. Already, they are meeting for coffee, exchanging babysitter's phone numbers, going on adventures and sharing recipe ideas. This month's appreciation dinner will be another opportunity to make connections and be amongst like-minded people.

Surrounding yourself with a strong, supportive network provides encouragement and focus. Because of this, surrounding yourself with supportive people can play an important role in achieving goals. Even more so when your goals include one another. Success can be a group activity.

Growing for you,

*eric + rebecca*

## IN THE BAG

Watermelon  
White Carrots  
Beets  
Cucumbers  
Onions  
Radishes  
Green Peppers  
Mixed Tomatoes  
Bok Choy  
Red Leaf Lettuce  
Shishito Peppers (*larges*)  
Mixed Beans (*larges*)

## FARMERS MARKET

The question is asked often this time, "Is the farmers market still open?" Many people assume with the cooler weather that the farmers markets are over but this couldn't be farther from fact. Many of us are still at peak abundance with many fall crops just starting to ripen. Winter squash is a great example as it is just about ready to harvest this week and needs to cure in a warm place for two weeks before distributing. Our Medford markets will carry on thru late October. Please share!

**SURROUND YOURSELF WITH PEOPLE WHO HAVE DREAMS, DESIRE AND AMBITION; THEY'LL HELP YOU PUSH FOR, AND REALIZE YOUR OWN.** - Ankush Nagpal

## CHICKENS

We have some additional birds going into slaughter next week. These are the same type that we had available last month. They will be whole unless you request halves in advance. Please call, message or email if you are interested in purchasing some.

## WATERMELON

Surprise! This melon has something you may have forgotten about from a time of old, seeds. The variety we are growing is called Sugar Baby Watermelon. It is supposed to be a smaller “ice box” sized melon introduced in the 1950’s as an alternative to the giant melons that are difficult to fit in the refrigerator.

Watermelons originate in Africa. It was chosen not only for its size, but also for its high brix level or sugar content. All watermelons are heat loving plants with high water demands. This season we laid down large sheets of black landscape fabric to make the ideal growing environment.

Watermelon is packed with water and nutrients, contains very few calories, and is ideal food for hydration. It’s a good dietary source of both citrulline and lycopene, two powerful plant compounds.

The trickiest part of growing ‘Sugar Baby’ watermelon is knowing when fruits are ready to pick. With most watermelons, it usually takes 5 weeks from flower to ripe fruit. The clues to watch for are a brown tendril and yellow ground spot. Specifically, when the tendril nearest the fruit turns brown, that’s the top sign for ripeness. At the same time, the ground spot—the spot where the melon rests on the ground—should be a bright yellow.

## SHISHITO PEPPERS

Shishitos are a Japanese frying pepper. They are generally mild, but one in twenty might be spicy. That’s half the fun! A hot cast iron pan creates the perfect char for this bite-sized blistered pepper appetizer tossed with flavored salts and fresh squeezed lemon.



## BLISTERED SHISHITOS

### Ingredients

- 8 ounces shishito peppers
- Extra virgin olive oil
- Kosher or flavored salts
- 1/2 lemon sliced (optional)

### Directions

Heat a large cast iron skillet over high heat until the pan is hot. Add the peppers to the hot skillet and cook the peppers, turning occasionally then add a few slices of lemon. Cook until the peppers become fragrant and begin to blister, and the nudge the lemons so they don’t stick, about 5 minutes. Transfer to a serving bowl and drizzle with a little olive oil plus a squeeze more lemon then sprinkle with flavored salts. Serve immediately.

## PAC CHOI

This is not your first go-round with the mighty pac choi. You received it back in week three.

Pac choi is a super nutritious, Asian, cruciferous vegetable deserves a spot on your plate. Chinese, Philippine, and Thai recipes often call for chopped Pac Choi (Bok Choy) greens. The flavor is mild with a hint of mustards.

Our preferred cooking method is to rinse and chop the stems and greens and sauté them in vegetable or olive oil along with a generous amount of garlic, fresh ginger with a bit of sesame oil and seeds. The greens cook to perfection with added liquid (broth or water) for a quick stovetop braise. Some recipes add oyster sauce or soy sauce. Choi can be cooked alone or combined with other veggies like peppers, onions, summer squash or thinly sliced carrots. You can also add Asian greens to your stir fries, soups, eggs and noodle dishes.



*fall is in the air*

## WHITE CARROTS

The carrots you received to date have been a mix of colors including the feature variety this week, white satins. Can you taste a slightly different flavor in this variety? We think it tastes better than the other colors and has a super, sweet crunch.

This variety does so much better on our farm than any other carrots we plant. The white satins are ready first and size up even if they are weedy and under fertilized. Not surprising, our market customers often confuse them with parsnips.

The predecessors of the modern carrot were white, purple and yellow. Orange variations were discovered in the 15th century. While white carrots are still loaded with valuable fiber and phytochemicals, being devoid of any pigmentation, white carrots are good for carotene allergy sufferers. Our fresh picked carrots will store for up to two weeks in your crisper drawer.

### HAVE A VEGGIE QUESTION?

Odds are if you’ve got a question, someone else probably has to same one. Don’t hesitate to ask for help identifying new veggies.

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