



HOMEGROWN WELLNESS

This is a reprint of an old article we feel is worth repeating, particularly for all of our new members. 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 claims, it is no secret that the remedies to 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. 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.

Yours in the field,

eric + rebecca

IN THE BAG

Acorn Winter Squash
 Yellow Potatoes
 Orange Carrots
 Mixed Onions
 Savoy Cabbage
 Green Peppers
 Garlic
 Mixed Tomatoes
 Dill
 Microgreens
 Zucchini (*larges*)
 Choice Item (*larges*)

NEXT SEASON

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. For the 2020 season, we will be offering an early bird discount for anyone who signs up by December 31.

**THE FIRST
 WEALTH IS
 HEALTH.**

- Ralph Waldo Emerson

WINTER SQUASH

Your share will feature a different winter squash each week until the end of the share season.

You do not have to eat one every week to "keep up" as winter squash can be stored several month under the right conditions. Try to find a place in your home that is cool, dry and about 50-55°. Careful not to puncture with fingernails. Check weekly for signs of decay.

ACORN SQUASH

THELMA SANDERS

There are three 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.



JESTER

Superb flavor in an eye-catching fruit. Among the very best in eating quality right up there with Sweet Dumping for sweetness in early to mid fall. Jester is oval, tapered at both ends, with small to average ribs. Fruits have an ivory background with green striping between the ribs, and avg. 1 1/2 lb. Recommended storage time is about 60 days.



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 rot should be moved away from other stored squash and used as soon as possible.

ORANGE CARROTS

You probably don't need an education on what to do with orange carrots, but you should know that we are now digging into our storage carrots. These last two varieties (Dolciva and Bolero) are grown specifically for their ability to be stored for six months or more. They taste better after a light frost and/or some time in storage. In case you are wondering, we store them washed and packed in plastic lined totes with max humidity at near freezing temps.

SAVOY CABBAGE

This is indeed a rerun vegetable and should be somewhat familiar to you. The only difference is that some of you are receiving the purple-tinted version of the beautiful savoy cabbage that you received in week twelve.



The green variety is called Famosa and the purple variety is called Deadon.

Savoy cabbages can be used in nearly any dish you would use regular smooth cabbage. They are great in coleslaws and green salads, but do particularly well as a replacement for napa cabbage or kale.

Cabbages can be stored in a crisper drawer in the fridge and cut from as needed then tightly rewrapped for later.

POTATOES

The potatoes coming from our field are admittedly small. This is due in large part to our hesitation to over-fertilize the potato beds in hopes to prevent some problems we have had in the past with disease and pests. Well, we solved the disease and pest problem but our spuds are undersized. Fortunately, they still taste great. We are continuing to harvest them as fresh as possible to keep the skins nice and fresh so you can eat the whole tuber without the need to peel.

The variety this week is called Superior. It is a Wisconsin bred, yellow-skin, white-fleshed variety known for its creamy texture. Try it out roasted for quite a treat but also don't be surprised at the flavor boiled or sautéed. This variety is commonly grown for potato chips.

MIXED TOMATOES

This is the end of the tomatoes. We know this because we are pulling the plants today with a volunteer school group coming to the farm to help with fall work. The plants are riddled with late blight and fruit is of low quality. The final fruits never taste as great as the first. It is unfortunate that tomato season only lasts three months. We can relate to those of you who refuse to eat store bought tomatoes for lack of flavor. Until next year!

DILL The dill included in your share can be used as a fresh herb in a dish this week or you can harvest the leaves and smaller stems and dry it for use over the off-season. Dill dries very easily simply by hanging upside down in a clean, dry space for 1-2 weeks. It can also put in the dehydrator for a quicker final product.