



Tom, Linda and Sally washing apples in the brush washer to make homemade cider.

## IN THE BAG

Butternut Squash  
Green Cabbage  
Broccoli  
Mixed Onions  
Apples  
Green Tomatoes  
Shishito Peppers  
Swiss Chard  
Lettuce  
Basil  
Celery (*larges*)  
Radishes (*larges*)

## LAST SHARES

The final shares of the season are approaching as we draw closer to week twenty. **The last Saturday pick-up will be October 19 and the last Tuesday pick-up will be October 22.** Please try to bring any extra reusable share bags with you to your last pick-up. Please keep the last share bag for your own to use during the off-season.

## FOOD IS THY MEDICINE

Selling our produce direct to consumer, we have the pleasure of speaking face-to-face with just about every one of our customers. Some folks only give us a bit of small talk and others dive into their entire health history. It happens suddenly when a patron finds out that we grow using organic methods. Suddenly the farmer behind the table is much more than just a farmer, we are health conscious farmers. Perhaps farmers with some knowledge of nutrition and its effects on human health and quality of life. Clearly we care about our own health and yours enough to offer a clean product.

This is the point at which our deep-diving customers decide to open up and tell us why they are choosing to buy our food. We have learned about illnesses of every sort over the past five years. Some we had never heard of like diverticulosis, which makes it painful to eat anything with tiny seeds. We've learned about dangerous drug interactions like vitamin K in the cabbage family when someone is taking blood thinners. Who knew?! Apparently one of our customers has been fighting cancer for decades with garlic infusions, baking soda and trips to Mexico for traditional medical treatment not available in the United States. It is all incredibly interesting to us both and we enjoy hearing and learning from each person's experience as they rethink health care.

It has become clear over the past few seasons our customers have taken the phrase "know your farmer, know your food" to a whole new level. When we first printed this phrase on our brochure, we thought people were going to get to know us, better understand our farming methods and trust our food and us. Little did we know it would be the other way around, the farmers getting to know the customers. We are beginning to feel like a part of their health team as they share their stories and search to alleviate the symptoms of their ailments. People are starting to recognize the power of healthy eating. They acknowledge that the first step toward lowering health costs is to rethink their diet as preventative health care.

Yours in the field,

*eric + rebecca*

**THE DOCTOR OF THE FUTURE WILL NO LONGER TREAT THE HUMAN FRAME WITH DRUGS, BUT RATHER WILL CURE AND PREVENT DISEASE WITH NUTRITION.**

- Thomas Edison

Americans spend nearly 20% of their income on health-care costs, while on average spending 10% of their income on food.

**20**  
**10**

## BUTTERNUT OR BUTTERKIN SQUASH

Butternut is one of our favorite winter squash for one reason, butternut squash soup. When UW Madison Horticulture Dept asked us to trial four organic disease-resistant butternut varieties, we were thrilled! Disease is always a concern and the trials we ran this season have shown us that resistant seed, though more costly, can really pay off when the entire crop is free from defect.

There are two options again this season. The traditional butternut with a pear shape and a variety we first trialed last year that is a pumpkin shaped butternut called butterkin. They are very similar inside. Same great taste, new look!



butternut

From a culinary standpoint, butternut are generally drier than acorn and delicata. They are often used in baking, soups, roasting, and salads. They hold together well when skinned and cubed. When not making soup, in which we leave the skin on, we peel the squash with a veggie peeler, then cube and steam or roast. It is delicious with pecans and maple syrup, or cranberries and almonds. All winter squash can be stored in a cool, dark non-refrigerated place for months.



butterkin

## APPLES

There is a mix of apples available to our membership this week. A We Grow volunteer has gifted us some really great tasting apples from a chemical-free tree and wants everyone to have some. The remainder are from our old apple tree on our farm. Please put these apples to use in your favorite dessert, salad, sauce or juice.

## SHISHITO PEPPERS

Shishitos are a Japanese frying pepper. They are generally mild, but one in twenty might be spicy. That said, we've eaten our share and never had a spicy one. That's half the fun! A hot cast iron pan creates the perfect char for this bite-sized blistered pepper. Just brown with a little sesame oil and top with course salt. Snack away or serve as a side with your favorite Mexican meal. Home-made aioli makes a great blistered shishito dipping sauce.



## GREEN TOMATOES

Up until this week, if 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 thanks to chef Jay's southern roots, and it was the most requested recipe following 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?

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

HOME 715-427-1002 CELL/TEXT 715-905-0431

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