



SO STARTS ANOTHER SEASON

The end is near! It seems like no matter when that first frost and winter weather arrives, we are not ready. In the past, it was definitely us procrastinating but as the kids get older we find ourselves taking advantage of those nice fall days and doing things with the like hiking, canoeing, hunting, fishing and cabin time. Then when the weather man warns us that it is all coming to an abrupt end, we start the fall scramble and quickly try to get done as much as we possibly can in those last few sixty degree days. All too often we anticipate one more return of that summer-like weather, but it seems more often than not that it never returns. These last few days of fall is precisely when the garlic must be planted.

That brings us to this point, when we get to ask ourselves if we should continue on growing another year. This is it! We are about to plant to garlic and once we do, we are committed to the next season. We have well over one thousand dollars worth of garlic seed ready to go in the ground. Garlic is a valuable crop, vegetable gold one could argue. This season we saved back two times more seed garlic than we ever have. It grew beautifully and we hope to sell a portion of our 2020 crop as seed for other organic growers next year.

Wednesday, late in the day, the garlic beds were shaped and fertilized and are now ready for the next dry spell when we will use the waterwheel planter to plant it all. Individual cloves will be pushed into holes 6" deep, then top-dressed with composted manure and finally covered with a thick layer of leaves we acquire from the village of Rib Lake. Hardnecked garlic must be fall planted because the cloves need to be vernalized, or cooled to 32°F for several weeks before they will grow. The naked cloves will send out a huge root system yet this fall, still growing down to near freezing temps. Next March when the weather starts to warm, it will be the first sign of spring. Through the snow, tiny green garlic shoots will begin to pop and give us hope that a fresh new crop of farm food is on the way. Even Mother Nature's harshest Wisconsin winter can't defeat the venerable army of garlic cloves.

Respectfully growing for you,

eric + rebecca

IN THE BAG

Winter Squash
 Sweet Potatoes
 Daikon Radishes
 Mixed Onions
 Garlic Bulb
 Fennel
 Peppers
 Ground Cherries
 Lettuce
 Parsley
 Kohlrabi/Turnips (*larges*)
 Broccoli/Cauliflower (*larges*)

FOOD DELIVERY

Details were sent in the two recent email messages in regards to our winter delivery service of local veggies, meats and now the addition of Hick's dairy products. Please follow social media or email for when that is happening in late November and also in late December. Dates will also be posted at wegrowfoods.com.

THERE IS NO POWER
 FOR CHANGE
 GREATER THAN
 A COMMUNITY
 DISCOVERING WHAT
 IT CARES ABOUT.

- Margaret J. Wheatley

REMINDER

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.

MAXIMA WINTER SQUASH

There are several winter squash from the maxima or kabocha family that grew well for us this year you can choose from this week. They are all very similar in flesh color, texture and sweetness. All can be used as a replacement for pumpkin in your favorite pumpkin recipes i.e. pumpkin pie, bars, bread, etc. Maxima varieties are known for being great storage squash that sweeten over time.

Red Kuri: A bright red-orange Japanese winter squash with a teardrop-shaped form from the Hubbard squash group. The golden flesh is smooth, dry, sweet and rich with a large seed cavity within. Some choose to eat the skin, but it can also be removed. Red Kuri is good for pies and purées because specks of skin (being red) will not show.



Blue Ballet Hubbard: A sweet, scaled-down blue Hubbard. A much smaller and more marketable blue Hubbard. Smooth-skinned, blue-gray fruits with sweeter, bright orange, fiberless flesh. Skin is tender compared to other Hubbards, making it easy to cut. Stores well.



Burgess Buttercup: Burgess is a classic heirloom and one of the most recognizable winter squash. The turban-shaped fruits have thick, orange flesh that cooks dry and sweet, with (as the name suggests) buttery rich flavor and dark green skin with silvery stripes and spots.



Blue Winter Sweet Kabocha: Unparalleled eating quality and extra long storage. Winter sweet delivers a combination of sweetness, flaky texture, and depth of flavor that has made it a favorite in our trials. Fruits are light-gray with a charcoal mottle. Flavor improves with storage.



North Georgia Candy Roaster: Early 1900s Appalachian Thanksgiving feasts included "candy roaster pie" instead of pumpkin pie. Rare heirloom variety. Banana-shaped fruits are up to 18 inches long, pink with blue tips. Smooth, delicious orange flesh prized by chefs. Stores well.

eat warm



GROUND CHERRIES



This fruit walks the line between sweet and savory. It can easily go either way. Some describe the flavor as a pineapple crossed with a tomato. Others say there is a hint of strawberry or gooseberry. We would love to hear your thoughts on the flavor description.

Store your ground cherries in an open container or paper bag and **do not refrigerate**. Allow them to ripen at room temperature. The wrapper will become very papery. They change from bright yellow/green to golden tan as they ripen becoming sweeter and more complex tasting. They will keep for several weeks but can get over ripe. Do not eat when the fruit is still green. Can cause upset stomach.

This is a plant that will continue to flower and produce fruit up until a hard frost. It is great for our honey bees and other pollinators. Sidenote, if you toss them in your compost pile, they will self seed and show up next season as volunteers by the thousands. Be careful!

PARSLEY

Generally considered a garnish, parsley does not get enough credit. This week, you are receiving Italian flatleaf parsley which is better for cooking and can withstand higher heat than more delicate curly parsley.

Parsley benefits the body in many ways and has been considered a natural detox remedy, diuretic, antiseptic and anti-inflammatory agent. It will last well over a week in a plastic bag in your fridge or several months dried and stored in a jar.

PEPPERS

With the frost arriving, we are harvesting all of the peppers and there are SO many left - of every variety we have offered to date! Please consider taking extra and storing them as long as you can. They will keep well in refrigeration, but can also be chopped and frozen. Then they are ready to use in soups or casseroles all season long. They will be available again in week twenty. Don't hesitate to ask for extra. When we have too much of something, we need your help putting it to use.

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

ONLINE [facebook.com/wegrowfoods](https://www.facebook.com/wegrowfoods)

