



RAIN, RAIN ANOTHER DAY

It has been a challenge to dry out between days lately. We mucked out the potato and carrot harvest last week and we mucked out the carrots and beets again today. It seems like it has been raining every day this month, but of course, that is not completely true. With the cooler temps, the soil in the field stays wet and each day that it doesn't dry out our fall crops are at risk to rot in the ground. So far, the only crop that we have seen a problem in is the radishes. It could be much worse.

Flashback to the fall of 2015, our first year with a CSA membership. We were farming in a low hay field with heavy clay that is adjacent to where our high tunnels are presently located. The soil had little to no organic matter. We got a foot of rain over the course of a few days and all of our carrots, potatoes and beets quickly rotted. We were devastated to say the least! Since then, we've discovered other fields on our land have significantly better soil structure and drainage. We also purchased a bed shaper that raises the soil into a 36" wide flat ridge on top of which we have planted most of our fall crops just in case of heavy fall rains. The area we are farming has also been prepared for this scenario. Three years of cover crops have slowly increased our organic matter to nearly 4%. That means our soil has four times the water holding capacity than when we started working that area. Acting like tiny passageways into the clay, organic matter lets the water soak in rather than run on top. But even perfect soil has a saturation point. We've definitely reached it at We Grow.

In the fall broccoli, kohlrabi and cabbage plantings, the furrows between our raised beds are nearly filled in with washed soil as the entire area was in standing water last week. Today when we checked on the area, the makeshift ditches were drier but there was still some standing water. The plants can't take much more wet. Hopefully it will change course soon and they can grow into the crops we need to finish the season. With the warmer weather expected this coming week, the rutabaga and broccoli should finish nicely. Without rain, nothing grows. Too much rain, nothings grows just the same.

Growing for you,

eric + rebecca

IN THE BAG

Delicata Winter Squash

Mixed Onions

White Carrots

Kohlrabi

Fennel or Beets

Green Peppers

Jalapeno/Anaheim Peppers

Tomatillos

Lettuce

Celery (*larges*)

Radishes (*larges*)

WEEKLY 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.

**RAISE YOUR WORDS,
NOT VOICE. IT IS RAIN
THAT GROWS FLOWERS,
NOT THUNDER.**

- Jalal ad-Din Rumi

COLLECTIVE

Please don't forget that there is a private group on Facebook for members to share recipe ideas and cooking tips with others in the group. It is easy for folks to come back to this page for ideas when they get their weekly shares. Not knowing what to do with specific items is a common discussion, your tip might help someone struggling to use their share. Just search **We Grow Farm Collective** or use the link on our farm Facebook page.

HOT PEPPERS

We are offering three types of hot peppers this week. There are varying levels of heat to meet everyone's needs. A pepper's heat or spiciness is measured in Scoville heat units (SHU). The Scoville scale starts with the bell pepper at the bottom at 0 SHU and goes up to the hottest peppers in the world at over 2,000,000 SHU. Trimming out the white veins and seeds will reduce the heat level. *Please use caution when handling hot peppers. Always wear rubber gloves when cutting and avoid touching your eyes and nose as well.*

ANAHEIM CHILE: Mild 500 to 2,500 SHU

Also commonly called the California green chile, chile verde, and New Mexican chile. The Anaheim's skin is on the tough side but peels easily if you roast it. This pepper is mild and goes great raw and chopped in salads, grilled, stuffed, and roasted.



JALAPENO: Medium 2,500 to 8,000 SHU

The jalapeño is the most popular chile pepper in the world and is very versatile. Although they tend to carry the reputation of being very spicy, jalapeños rank considerably low on the Scoville scale, with a mild to medium heat level. Most have a perfect kick that doesn't overwhelm a dish. The smoke-dried version is called a chipotle pepper.



HABANERO: Very Hot 100,000 to 350,000 SHU

Don't be fooled by its small, innocent size, a habañero pepper can be 140 times hotter than a jalapeño. Unlike many of the hottest peppers, habañeros also have a fruity, citrus taste, making them a popular choice for making hot sauces.



Savor the season

FENNEL

Fennel has a distinct black licorice flavor crossed with a fruity celery. The actual vegetable consists of a swollen stem (like a kohlrabi) and edible stems (like celery) and frond leaves, which can be eaten as well. Most recipes focus on the bulbous stem which should be cored like a cabbage, but you can use the fronds to enhance the flavor of roasted pork as well. Just layer the greens under your pork and the flavor will infuse the entire dish. It is also delicious roasted with honey and olive oil on its own.

DELICATA WINTER SQUASH

If you've never had a delicata winter squash, you are in for a treat! They are super easy to clean, cut, cook and eat. The flavor is very rich and needs no amending to taste great.

There are two varieties of delicata at We Grow this season. The white/cream colored background with green stripes is the original delicata and the tan/brown colored background with green stripes is a hybrid from High Mowing Organic Seeds that claims to have the highest brix level (a measure of sugar) than the original. If you get a honeyboat delicata, we would love to hear your opinion.



We prefer to cut the squash into 1/2-inch rings, spread on a baking sheet with a little olive oil and roast at 375° for 40 minutes or until tender flipping once. Salt is the only seasoning needed as they are so sweet and tasty. No need to peel, the edible skin gets tender during roasting.

Delicata is also great for stuffing with a generally uniform shape and consistent thickness lengthwise. Try to cut the squash in uniform halves for consistent cooking time.

TOMATILLOS

This is a repeat vegetable that is worth a refresher course on how to put to use. While we know that roasted tomatillos take center stage in the green salsa recipe that was on the newsletter in week 12, in the cool fall weather we encourage you to simmer, tenderize and flavor a cut of meat over low heat instead. It can be especially delicious with chicken and pork. One step further and you can turn that simmering meat into a very tasty, low sodium green chili that works well with any type of meat and beans.



You can keep tomatillos at room temp for a week and a month or more in the refrigerator in a paper bag. Last season, we unintentionally kept some at room temperature until January. Apparently they are in the perfect little storage packages. Leave the husks on until just before preparation. Then remove the husks and wash the green fruits. They are very waxy, this is normal. Tomatillos are a versatile veg if you think outside the book.

HAVE A VEGGIE QUESTION?

Please just ask us - or the community - for help.

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

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

