



PEOPLE BEHIND THE FOOD

Is it soup season yet? When the weather starts to cool down, we turn to soups and stews. The one-pot meal is quick and easy and makes the whole house smell good. With such a wide array of hearty vegetables and herbs coming out of the fields this time of year, the flavors will never be better. Shortly after we started farming, we discovered just how easy it is to make and preserve our own soup. Just warm it up and lunch is served. If you pack a school or work lunch, you know how challenging it can be to come up with ideas. Everyone in our house has their own small thermos-type container and fall soups put away when the harvest was ripe are often inside.

This week's "people behind your food" feature appropriately has the two workers who are on the farm the most. Cindy Banh joined our team back in April and brought with her loads of experience in greenhouse management as well as years of experience growing on a vegetable farm and in high tunnels. She is on the farm four days a week, which means we spend a lot of time together! Not only is she incredibly organized - bonus! - she has an excellent work ethic and ever-positive attitude. We value her input in making farming decisions. We could not ask for a better person to help us with the incredibly challenging work we chose to do to make a living. We are thankful she is already looking forward to working with us again next season.

And then there's Tom Thielke. Tom has been volunteering at We Grow since 2016. Having just moved from Phillips with a passion for growing and eating quality food, he considered our farm his own garden and tended it as such. Fast-forward five seasons and nothing has changed. He is in the pack shed every Tuesday when we pack your bags and more often than not, he will be at the farm working on something that he sees needs to be done whether we can help him or not. He just does it. The best part is that he finds just as much joy as we do when a new system works out or when we bring in a great harvest. He even spends his off-farm time thinking about vegetable farming and brainstorming new innovations. With a knack for pestering us to get things done, we appreciate having Tom around to keep things rolling.

Rolling into soup season,

eric + rebecca

IN THE BAG

Acorn Winter Squash
Red Radishes
Roma-Type Tomatoes
Cherry Tomatoes
Bell Peppers
Hot Peppers
White Satin Carrots
Kale
Cucumbers
Garlic Bulb
Onions
Thyme or Oregano
Cabbage (*larges*)

MISFIT CARROTS

CSA Members: We are beginning to harvest our "straight" fall carrots but still have a glut of crooked transplanted carrots left-over. Before we feed what's left to our livestock, we are asking any farm members if they would like a 5 lb bag for free. They are largely white carrots, but also some orange. They will not be washed in the root washer. We need to know asap to get them in your share next week. Thanks!

MEAT BUNDLES

Watch your email and social media for our fall meat bundle specials. In an effort to keep our meat as fresh as possible, we need to clear out some inventory. It's a great time to sample our products and get a discount off market pricing.

VEGGIE HUMOR

What do you call an angry pea? Grump-pea

FOLLOW THE FARM:  

WHITE SATIN CARROTS

A large portion of your carrots this week are white satins. If you are a returning CSA member, white carrots are no surprise to you. This variety does grow better on our farm than every other variety we've ever trialed. They mature faster and get large even if they are completely weeded-in and under fertilized. We love the super crisp flavor and how attractive they are in a salad or on a fall veggie tray. White satin carrots really shine as a juicing carrot. That phrase "eat the rainbow" isn't just a fun way to eat. Those colors are indicative of the varying nutrients. Unfortunately, white carrots lack some of the incredible nutrition that orange and purple carrots boast. That said, eating a white carrot is still better for you than scarfing down a marshmallow. Please don't confuse them with parsnips which look incredibly similar to white carrots.

Carrots should be stored in your fridge's high humidity crisper drawer. They last for months in proper storage.



ACORN SQUASH

There are four different types of acorn squash available from our farm this year. This week you are receiving a dark green acorn called Autumn Delight from High Mowing Organic Seeds. We chose this variety because of its disease resistance package,

good flavor and high productivity. It should store for 2-3 months.

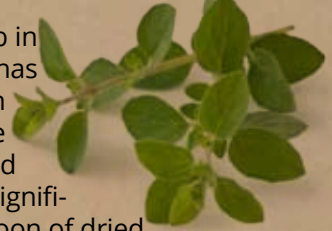
The other varieties of acorns we have are Thelma Sanders Sweet Potato Squash, Jester green and white striped acorn, and Carnival Sweet Dumpling. If you're not a big fan of the old-favorite green acorn, we encourage you to swap for one of these other interesting and flavorful varieties we have on hand this fall.

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.



OREGANO

Oregano is considered a staple herb in many cuisines around the world. It has a strong flavor and brings warmth to dishes, along with a hint of subtle sweetness. It can be used fresh, dried or as an oil, and all are said to have significant health benefits. Just one teaspoon of dried oregano can fulfill about 8% of your daily vitamin K needs. From helping fight bacteria to reducing inflammation, studies have unearthed some of its impressive potential benefits. Our oregano is fresh from the field, so please wash well before using fresh or hanging to dry.

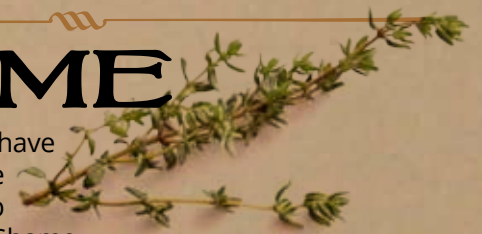


THYME

So it seems that we have never shared thyme with our membership in the past six years. Shame on us! This is a great little herb that packs a lot of punch in a tiny package. It is also incredibly easy to dry for off-season use. We usually just forget about a few branches some where in our kitchen for two weeks and when we find it, it's dried up and crispy - ready for storage.

Honestly though, thyme has an incredible history from the ancient Egyptians embalming rituals to being used as an antiseptic during the black plague. It is typically used in savory dishes like braised or roasted meat, vegetables, or fish, as well as in savory baking. It can be used to add flavor and depth to marinades, soups and stocks, cocktail elements, and teas. One of our favorite recipes featuring thyme is Hoppin' John Soup.

To use thyme, we suggest stripping the tiny leaves from the tough stems though the entire branch is edible.



TOMATOES

The tomatoes in your share this week are some of the sauce varieties that we have growing in the field for folks making salsas, sauces, and soups. They contain less water and seeds than slicing and cherry tomatoes. While the word "roma" is an actual variety of tomato, its name has become synonymous with the long shape and meaty texture desired for making sauce.

We encourage you to add some fresh herbs and garlic and make your own pan of sauce to serve over an Italian dish this evening. It's easier than you might think, just chop all the ingredients and simmer for a half hour without a lid. Basil, oregano, parsley, and thyme are all great herbs to pair with tomatoes.

