



GIVING UP ON SUMMER

Fall carries on at the farm. We are thrilled to have a summer-like weekend in the forecast. It truly feels like borrowed time. The average first date of frost for our farm is September 12th. We know it's coming, but we are never ready. The frost kills all the tender summer plants like tomatoes, cucumbers, peppers, zucchini, and if it's cold enough all the broccoli, cabbage, radishes, lettuce and celery die too. With a little planning, we will still have plenty for CSA shares in storage and inside the high tunnels. While we've come to expect the frost wiping the life out of our plants, we're just not ready to give them up after all the work it took to get here.

This week's "people behind your food" features two newbies. Debbie and Jay both started the first week of June when it was hot. Really hot!! We had to transplant over two hundred zucchini plants without killing them or getting heat stroke ourselves. With lots of water, we managed to get the job done and done well. Thank these two if you've had your fill of zucchini this year.

Debbie Jennerjohn was a CSA member last season and decided to up her game and come work on the farm this year to keep busy and help her stay active during retirement. She does a great job staying active! Debbie is never shy to jump right into a task hands-first and get the job done. She always asks "what's next" as standing idle is not in her play book. We love having her on the farm on Monday mornings because of her getter-done attitude while some of us are still working on our cup of coffee.

Jay Klemm recently moved back to the area as part of his retirement as well. Being a neighbor of Tom's, he was always hearing about our farm and decided to join the team and work in exchange for fresh, local veggies. Jay has his work cut out for him in the Monday pack shed filled with head strong women. He does exactly what he is told to do, of course! A lot of that being the heavy lifting, root washing, cutting tops, and most recently assisting with the rebuilding of our oldest high tunnel. And never so much as whispering a complaint. So far we haven't found anything Jay can't do. It has been great having them both on the farm this season.

Until next time,

eric + rebecca

IN THE BAG

Delicata Winter Squash

Brusselini

Dark Red Beets

Mixed Potatoes

Red Butterhead Lettuce

Kohlrabi

Cucumbers

Zucchini

Garlic Bulb

Scallions

Basil

NEW WHOLESALE

We Grow produce can now be purchased at Wild Berry Market on highway 70 Minoqua! Of all the wholesale opportunities, grocery stores can be the most difficult to grow for, so we are thrilled to add Wild Berry to our Wednesday delivery. They offer a wide variety of organic and all-natural local foods including our potatoes, winter squash, pumpkins, collard greens and more. Check it out if you're in their area and tell them you're with We Grow!

FINAL SHARES

Shares will continue until the third week of October when we reach WEEK 20. For Saturday pick-up, that date will be October 16. For Tuesday pick-ups that date will be October 19.

VEGGIE HUMOR

Why did the tomato go out with a prune? Because he couldn't find a date!

FOLLOW THE FARM:



BRUSSELINI

AKA BRUSSEL TOPS. Yes, these are the tops of the brussels sprout plants. And they taste a lot like the actual brussel sprouts coming in your share very soon! After much encouragement from our CSA farming friends, we are sharing what we assume is a new vegetable to most of you. It was to us! We were surprised at how delicious and versatile it is.

Brusselini shines in fresh slaws with that distinctive “nutty” brussel flavor. Simply roll a few of the leaves together tightly and shave off the end of the roll until you have what looks like a pile of shredded cabbage. Then toss with your favorite vinaigrette. Part of the center stem should be removed as it can be tough. Brusselini can also be treated just like any other hearty green. Steamed, sautéed, or fried until tender. Stores well in the crisper drawer just like broccoli, kale or other thick greens.



WINTER SQUASH STUFFED WITH HEARTY GREENS

- 1 delicata squash
- 2 tablespoons extra virgin olive oil, divided
- 1 small bunch collards, kale, or brusselini
- 2 cloves of garlic, minced
- pinch of red pepper flakes
- 2 tablespoons Parmesan cheese
- salt and pepper to taste

Directions

Preheat the oven to 425°F. Halve the squash lengthwise and remove the seeds and pulp. Drizzle the squash with 1 tablespoon of the olive oil, and sprinkle with salt and pepper. Place on a baking sheet, and bake for 20-25 minutes or until the flesh of the squash is tender.

NOTE: Skip blanching step if using kale. Meanwhile, bring a large pot of salted water to boil. Wash the greens and cut out thick stems. Slice into strips. Blanch in the boiling water for 10 minutes. Drain and squeeze out excess water.

Heat a frying pan over medium heat. Add the remaining olive oil and minced garlic and cook for 1 minute. Add the greens and pepper flakes and cook, stirring frequently for 3 minutes more. Remove from heat.

Fill the cavity of the squash with greens. Top each with 1 tablespoon of cheese. Season with salt and pepper to taste. Bake for 10-15 minutes, or until the cheese begins to turn golden brown. Serve immediately.

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 again 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 a higher brix level (a measure of sugar content) 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. No rush to eat. Under proper conditions, these squash store well into winter and get sweeter over time.

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.

fall is in the air

HAVE A VEGGIE QUESTION?

Don't hesitate to call for help identifying new veggies or asking for tips on how to use. Our farm collective on Facebook is a great place to get prep ideas. Odds are if you've got a question, someone else probably has the same one.

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