



LEARNING FARM

We Grow hosted another group of students on Thursday this week. This time, the kindergarteners from Rib Lake spent their time learning about the wide variety of vegetables and how each one tastes and how some don't look like what they see in the cafeteria. They listened to a story and helped harvest pumpkins. Everyone got fresh pressed apple cider warm off the press, helped feed the animals, and ate lunch on the farm. It was a wonderful day of sharing our farm with our community.

The teachers from this class have become regulars on our farm, bringing students year after year. They know how important and influential it can be to show kids how food is grown and how great local food tastes. Some are shocked that broccoli doesn't grow on trees! And some didn't know potatoes come from under the ground. Others know every single crop, even brussel sprouts, because they help in their own gardens. The greatest satisfaction for us is when the students get to dig their own carrots, wash and eat it right in the field. They are generally shocked at how different a fresh carrot tastes versus store bought or the school provided "baby carrots."

While planning this farm visit, the school asked about our tour fees. We kindly replied, "no fee at this time." It important that our CSA members and market customers understand that our time spent as a learning farm is included in the cost of our products. We give many of our days back to our community as our contribution to the area, largely by educating our youth, but also hosting civic groups, making presentations at schools and clubs, donating transplants and seeds, helping plant community gardens, donating to food pantries and more. These are the things that make our farm a "community farm." Thank you for enabling us to do this for our living.

Not only is it extremely important for our youth to understand where food comes from and feel a connection, but it is also incredibly rewarding for us to share our passion with others.

Grateful to be teaching in the field,

eric + rebecca

IN THE BAG

Baby Blue Hubbard Squash
Purple Cauliflower
Brussel Sprouts
Arugula
Lettuce
French Breakfast Radishes
Carrots
Sauce Tomatoes
Onion
Garlic
Cucumbers (larges)

MARKETS

The Medford Farmers Markets will continue into late fall. Tuesday downtown market will continue unil October 19th. The Saturday Fairground market will move inside the community center when the weather gets cold until the final market on October 30th. Please help spread the word. We rely on the continued patronage. Thank you!!

MEAT SALE

One more week to take advantage of our online meat sale including several new products including Mexican chorizo and hunter's sausage. For a limited time:

Take 5% OFF \$100 or more

Take 10% OFF \$200 or more

Go to wegrowfoods.com/store

VEGGIE HUMOR

What did the salad say
when it was locked out?
Lettuce in !

FOLLOW THE FARM:



BABY BLUE HUBBARD WINTER SQUASH

At one time, we grew blue hubbard squash in our home garden. At 35 lbs each, one squash was enough for an entire winter. In the spirit of the original, delicious, hubbard-style winter squash, we planted baby blue hubbard for our CSA members this season. Baby blues, a cross between buttercup and hubbard, are considerably smaller and more manageable.

Baby blue is a great choice for a sweet tasting winter squash to serve on a cold, late autumn evening. The flesh is deep orange. It is dense and starchy and has the nutty, sweet taste of a sweet potato.

You can bake the baby blue hubbard whole. Just poke it with a knife in a few places so that it doesn't explode in the oven. Like other winter squashes, the baby blue hubbard can also be roasted: cut the squash in half, scoop out the seeds, and place the squash cut side up in a shallow pan of water. Roast at 400° F for 1 hour.



CAULIFLOWER

The purple cauliflower is a variety called either Graffiti or Purple Moon. Back in late July, Gus helped plant the final round of brassicas and now there are over 500 cauliflower plants growing strong in this hot fall weather. We are hoping the white heads will finish out before the end of shares, because we planted a lot!

Purple cauliflower gets its beautiful hue from the presence of the antioxidant anthocyanin, which is also found in red cabbage as well as red wine. Colored cauliflower has the same firmness, crumbly florets, and texture as its white counterpart, with subtle differences in taste. It retains its color well unless being used in soups where it is simmered for a long period of time and turns blue-gray.

Sidenote: We choose to grow all of our crops following organic standards set forth by the USDA. Purple cauliflower, actually any color other than white, is one vegetable that is not available as certified organic seeds, one we have to make an exception in order to grow.



BRUSSEL SPROUTS

Sprouts are a treat fresh from the field. Remember, the sooner you eat these, the better they'll taste. In years past, we've had members tell us they didn't know how fresh brussel sprouts were supposed to taste having only had them from the frozen food section.



Sprouts are one of the longest days to maturity crops that we grow. We have had some major issues preventing us from having a good crop in previous seasons. Namely, relentless fall rains, insect damage and poor fertility. This season, our sprouts are doing fantastic. The weather has been just about perfect other than that early fall frost that helps convert the starch to sugar for a sweeter flavor. We will keep this crop in the field until the temps dip into the teens then pack it in ice in the cooler for longer off-season storage.

A quick search online and recipes abound: Pan Roasted Brussels Sprouts with Bacon, Fried Brussels Sprout Salad, Balsamic-Roasted Brussels Sprouts and Kale and the list goes on. If you're in a hurry, consider a high heat roasting approach. Cut the sprouts in half (or quarter if they're big), toss in some diced uncooked bacon (no need to add oil if you have bacon fat), salt and pepper and roast at 450° on a baking sheet or cast iron tossing every ten minutes until done. Finish with some toasty pine nuts or almonds. Also worth noting, sprouts can be blanched for a 2-3 minutes and frozen for enjoying in the off-season.

ARUGULA PENNE SALAD

Ingredients

- 5 1/2 ounces feta or goat cheese
- 2 cups coarsely chopped arugula, stems included
- 1 cup coarsely chopped tomatoes
- 1/4 cup olive oil
- 2 teaspoons minced garlic
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 8 ounces penne pasta

Directions

Cook pasta in a large pot of boiling salted water until al dente. Crumble goat cheese into a large serving bowl. Add arugula, cherry tomatoes, olive oil, garlic, and salt and pepper. Drain pasta, and toss with goat cheese mixture. Serve cold or at room temperature and enjoy!

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