



Volunteer Roxanne in the cucumber patch

WINDING DOWN

The season of sharing vegetables is winding down quickly. Only one more week and you will be on your own to source produce. Hopefully these last few shares will last you several weeks. We do plan to attend the Saturday Medford markets until the end of the month just in case. We will also take online orders until we are out of our storage crops. We will be offering potatoes, squash, greens, radishes, turnips, carrots, beets and much more well into the winter. Depending on the weather, we may also have continued broccoli, brussels, cabbage and cauliflower. Please don't hesitate to reach out to us to place an order. We can deliver to Medford and Phillips. We truly appreciate how much food you all have put on your tables from our farm this year. It has been our most productive year to date.

As we wrap up our season, we need to finish up our shout out to the people who help us farm. Roxanne has been volunteering at the farm for several years when she has a free minute in her schedule. Having been an active gardener with her family for most of her life, she brings first hand experience and willingness to tackle any job. We have a great deal of respect for her passion for eating real, whole food and the great lengths she goes through to put as much away as possible for winter eating for her family.

Linda came to us as a volunteer before we even knew we needed her. We will never forget her first interactions as a customer when she wanted all of our "ugly" produce that we were afraid to sell. With a background in nutrition and wellness coaching, she is passionate about understanding the role that food plays in every function within the body and the body's own ability to heal itself in part through what you eat. It has been incredibly interesting to learn from her over the years as we work alongside one another. Both of these women are some of our greatest consumers.

Next week, we will be planting upwards of 100 lbs of garlic cloves for harvest next season. Both Linda and Roxanne have done this task in nasty weather. We appreciate their hard work, sometimes under less than ideal conditions.

Planting for next season,

eric + rebecca

IN THE BAG

Thelma Sanders Acorn Squash
Green Cabbage
Brussel Sprouts
Broccoli
Cauliflower
Lettuce
Choice of Kale
Daikon Radishes
German Butterball Potatoes
Bell Peppers
Onion

EARLY BIRDS

Receive a discount on your 2022 CSA share if you sign-up before the end of the year, whether that be in-person or postmarked by Dec 31. We appreciate those early sign-ups as we will be buying most of our seeds and supplies extra early again this year with expected shortages. We are already making our lists!

Save \$20 on your large share

Save \$10 on your small share

LAST SHARE

You made it to the home stretch! Congratulations!! Next week is the FINAL SHARE. There are no planned changes to the pick-up.

Friday, October 15

Saturday, October 16

Tuesday, October 19

VEGGIE HUMOR

What does a vegetable do when it can't get to the toilet? Pee in a pod.

FOLLOW THE FARM:



THELMA SANDERS SWEET POTATO ACORN SQUASH

Rarely do we call this squash by its full name. This one is a mouth full! Thelma Sanders Sweet Potato Squash was introduced to the Seed Savers Exchange in 1981 by Tom Knoche who had received some seeds from Evert Pettit who in turn had received seeds from Mrs. Thelma Sanders of Adair County, Missouri. All of these seed stewards were among SSE's earliest members. It is believed that Thelma Sanders preserved this variety from total extinction and therefore bears her name.



Wonderful cream-colored acorn squash. Sweet chestnut flavor, enormously productive and long term storage. Thelma described this good keeper as 'better than sweet potatoes.' We tried it for the first time four years ago and found it grows incredibly well in terrible conditions when all others have failed. And it has delicious flavor to boot! Over the years Thelma Sanders squash has developed its own following at our farmers markets.

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.

GREEN PEPPERS

Everyone should receive at least one long green pepper in their share this week. Rest assured, they are not spicy. These bullhorn-shaped peppers are a farm favorite called Carmen. They are mild and can be used just like a green bell pepper. The seedy portion is quite small in these peppers.



Bullhorn peppers are often referred to as "corno di toros" which is Italian for horn of bull. They will turn red and sweet if left on the plant long enough like any pepper. We have trouble with mice and slugs when our peppers start to turn to their "ripe" coloring, so we have very few ripe red "green" peppers.

DAIKON RADISH

The daikons are a little different this season. We added a beautiful purple variety called KN Bravo. Bravo's internal color ranges from pale purple to white with purple streaks. It lends beautiful color to kimchi, relish trays or fresh salads. The white variety is called Alpine, which has done well for us in the past.



Daikon radishes are popular in Asian cuisine. In the past, we grew the long type that gets up to 18" long but found they split and were misshaped in our heavy soil and compaction.

Daikons are often fermented in a form of kimchi, but they can also be cooked with brown rice, egg, a few other in-season veggies and soy sauce. You can also eat them raw like a traditional red radish or in a salad. **We highly suggest partially peeling them with a veggie peeler to remove some of the sharp, pungent skin and enjoy the sweet radish inside.** While there is far less insect damage in our daikons than years past, there is still some bad spots so please trim out any insect damage.

GERMAN BUTTERBALL POTATOES

In an act of haste, not everyone received this variety back in week 17, so we are sharing them again because of all the positive feedback on the flavor of this variety. Everyone needs to try it!

The German Butterball is an heirloom variety known as a "butterless" potato because the flavor is so buttery, you don't need butter. The variety was introduced by David Ronniger of Moyie Springs, Idaho in 1988. It's no relation to the Butterball family of poultry products.

This is the first season that we are growing the German Butterball variety and we couldn't be more pleased with this spud! The only problem we are having is that the vines are still alive and well as it is a 110-130 days to maturity crop. This means that the skins are not set and we need to dig this crop by hand until the plants die back.

Foremost, we love this potato for its amazing texture and wonderful flavor unlike any other potato. With a soft buttery taste, the German Butterball brings delight to any plate. Great for roasting, pan frying, steaming, soups, or mashed potatoes. These work well in any waxy potato recipe. Just a great all around potato. Skin is netted similar to a russet. Even better, it is excellent for winter storage.