



END OF OUR CSA SEASON

Another season officially in the books! What an incredible year it was for us. It is interesting to read the final newsletter from every year we have been farming and everything that we learned from that season. The early years started out pretty rough! It feels like we have come a very long way.

The biggest change this season was bringing a nearly full-time employee on the farm stepping into more of a manager position. Having Cindy to keep people working and allowing her to dig into some of our most difficult tasks without us has proven to be the key to venturing into new markets and increasing our gross sales while still maintaining some sanity. We expanded our spring greenhouse operation and offered transplants sales in the month of May. This turned out to be a good decision and we will be expanding transplant offerings next spring.

As far as the season's successes and failures go, we still have problems with certain pests, varieties bolting in the heat, blight in tomatoes, low fertility in spots, and weeds, but these issues are definitely more manageable than years past. With all the work on our soil over the past six years, we are not surprised to see the health of the plants improved and production higher. We spent more time on succession planning this season and it showed in the consistency of products that we only had for a few weeks other years.

There are some new ideas floating around in our heads for next year to make growing better but we would love to hear your feedback on how to make your CSA shares better. Less or more? Specific crops desired or detested? Timing and amount offered? Packaging? Please help us better serve future members by taking the member survey on our website.

As always, we are very appreciative of you allowing us to provide the food that you feed yourself and your family. It is an honor to be your farmer! We do not take this responsibility lightly. Please consider joining our farm share program again in 2022. We would love to have your return.

With gratitude,

eric + rebecca

IN THE BAG

Choice of Winter Squash
Long Pie Pumpkin
Brussel Sprouts
Rainbow Carrots
Potatoes
Crispleaf Lettuce
White Salad Turnips
Tomatillos
Shishito Peppers
Anaheim Chili Pepper
Mixed Onions
Garlic Bulb
Icicle Radishes

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

MEMBER SURVEY

Please take a moment to let us know how to serve you better in 2022. Visit our website and there is a link in the top paragraph on our home page. wegrowfoods.com

VEGGIE HUMOR

What do you call a vegetable heist?
A farmed robbery.

FOLLOW THE FARM:  

ICICLE RADISHES



White icicle radishes are snow white inside and out. Their shape is more like a carrot than a typical radish: slim and tapered. Much like miniature daikon radishes in appearance, icicle radishes are slimmer and slowly taper off, marking them easily distinguishable from daikons. Like other radish varieties, the icicle radish is a cool-weather crop, but it is more tolerant of warmer temperatures than other varieties. Cut off the green, leafy tops of the radishes before storage to ensure longer shelf life.

LONG PIE PUMPKIN

A tried and true heirloom for the most luscious pies from a long-storage fruit. The long pie pumpkin is in the *Cucurbita pepo* family of squash which also includes acorn, delicata and spaghetti squash. It actually looks more like an overgrown, orange zucchini than a "normal" pumpkin. It is said to have come to Nantucket from São Jorge Island in the Azores on a whaling ship in the early 1830s. In the early days, it was known simply as the Nantucket pumpkin. Their cylindrical shape makes long pie pumpkins easy to stack, and Mainers used to stack them on the porch like cordwood.

The long pie pumpkin has smooth skin and faint ribbing. In the field, it is dark green with an orange spot at the point where it rests on the ground. As it ripens, the whole fruit turns orange. Once harvested, the pumpkins should be stored in cool conditions to allow their texture and flavor to develop fully. The flesh of this variety is meaty and fine textured, with virtually no strings. This, along with its deep, sweet flavor, is what makes it such a good pie pumpkin.

By the 1980s, this variety had fallen into obscurity, along with other sweet pumpkins, being replaced by jack-o'-lantern varieties that were not intended for eating. In the early 2000s, work began in Maine to revive the long pie pumpkin. Today, several seed companies in the Northeast supply this variety. It is a great reminder of a time when pumpkins were grown for their flavor rather than just for decoration, and when farmers and gardeners relied on pumpkins as an important and versatile food source during the winter.

MAKE YOUR OWN PUMPKIN PUREE:

Use a fork to poke steam holes in the flesh. Bake your pumpkin whole on a large baking sheet at 350° for about one hour or until tender. Then separate the flesh from the seeds and skin. Puree the flesh in a blender, adding liquid if needed, to get a consistent, creamy puree. Freeze in measured portions for winter recipes.

SALAD TURNIPS

With a creamy, juicy texture, these things do not deserve to be called turnips. They are so much better than turnips! We always tell first-time buyers they are like a radish with hardly any heat. These salad turnips taste amazing raw, fresh from the ground and they're not something you can get in the store. In the organic farming world, they are actually called **hakurei turnips**, but few would recognize the Japanese word unless they've been in a CSA.



Trim away any insect damage to the root. We do not peel them, but you certainly could if you want to cut the radish-like spice off entirely and just enjoy the sweet center. The tops are very tender unlike purple top turnips and we always chop them up and add them into our salad, but we've heard they are great braised as well.

RAINBOW CARROTS: This week's carrots are coming from both our farm and Red Door Family Farm (certified organic) in Athens. This week, we traded our potatoes for their carrots. We are proud to collaborate with fellow CSA farmers to offer our customers a better selection.

SHISHITO PEPPERS

Shishitos are a Japanese frying pepper. They are generally mild, but one in twenty might be spicy. That's half the fun! A hot cast iron pan creates the perfect char for this bite-sized blistered pepper appetizer tossed with flavored salts and dipped in homemade aoli sauce.



BLISTERED SHISHITOS

Ingredients

- 8 ounces shishito peppers
- Extra virgin olive oil
- Kosher or flavored salts
- 1/2 lemon sliced (optional)

Directions

Heat a large cast iron skillet over high heat until the pan is hot. Add the peppers to the hot skillet and cook the peppers, turning occasionally then add a few slices of lemon. Cook until the peppers become fragrant and begin to blister, about 5 minutes. Transfer to a serving bowl and drizzle with a little olive oil plus a squeeze more lemon then sprinkle with flavored salts. Serve immediately.