



SEASONS CHANGE

Do you feel it in the air? The seasons are starting to change. Very subtly Mother Nature changes course and then all of the sudden, summer is over. We're so infatuated with fall that we completely lose track of time and suddenly winter is thrown down on us. If you're like us, you wait and wait for that one last warm up late in the season to get the last few preparations done before full-on winter. If it never comes, we're forced to leave tasks unfinished as the ground freezes solid and snow doesn't melt away.

Before all of that, we have some major fall harvests to get done. This week we starting pushing through the onion harvest to see the light at the end of the tunnel. We planted well over ten thousand and there are only a couple thousand left. Each one has to dried in a warm space and the skin cured for winter storage. Then we will start chipping away at the potatoes and the winter squash. We are thrilled to have all these winter crops well this season to offer our customers. Thankfully we have some great help to get it all done.

You may recognize Jessica Haenel in the photo above. She has been volunteering at our farm since 2018 and was a member before that. As a health and wellness teacher, Jessica brings a passion for wholesome food. Her good vibes attitude and ability to always wear her "go with the flow" pants makes for a fun work environment. And she shows up even though she keeps her own garden. We always look forward to having her help.

Joining us this season is Kristin Vogt. She comes to us from Florida by way of North Twin Lake, where she is working on building her Wisconsin home. Having seen the health effects first hand of the average American diet, she has passion for clean, organic eating and healing from the inside out. Even with painted nails, she never passes at the opportunity to dig spuds or lug around heavy crates. We are so thankful to have the extra hands on our heaviest harvest days. Once again we truly appreciate our volunteers' hard work and showing up when we need them.

Until next week,

eric + rebecca

IN THE BAG

Pac Choi
Bell Peppers
Cherry Tomatoes
Scallions
Kohlrabi
Magic Molly Potatoes
Zucchini
Cucumbers
Garlic Bulb
Parsley or Basil
Celery (*larges*)

WASTE NOT

If you find you have produce that you just can't get it eaten before it goes to waste, consider sorting your share right away to determine what can be frozen, pickled, canned or dried for use in the off-season. We are here to help if you have questions about blanching times, canning pressure, etc.

GROCERY BAGS

If you've been saving clean plastic grocery bags for us to reuse, please bring them to the farmers market. We are out - finally - after an entire winter of stock piling them from everyone we know. Please make sure they are clean. No pet hair please. Again, we can't reuse those small clear produce bags that we use for lettuce. We encourage you to recycle those.

VEGGIE HUMOR

What do you get if you divide the circumference of a pumpkin by its diameter?
Pumpkin-pi " π "

FOLLOW THE FARM:



MAGIC MOLLY POTATOES

The potatoes in your share this week are very special! Magic Molly - the name says it all. We trialed this potato along with several other "blues" two seasons ago and this variety has withstood the regiment of potential failures we have put it through.

This seed stock came from Vermont Valley Community Farm in southern Wisconsin and was certified organic. While considered a fingerling, it gets quite large when left to completely mature. With purple skin and unique dark purple flesh, this one is a head turner. Magic Molly's tubers have an excellent earthy flavor and their creamy texture shines when roasted. The solid dark purple flesh retains its color even when boiled, but the purple does make soups a quite strangely colored.

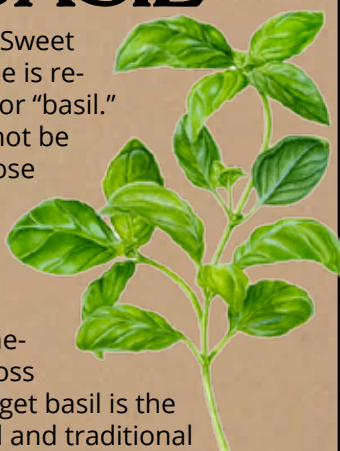
These will store well if kept out of the light and at cool temperatures. The storage location should also have decent airflow to avoid mold and algae from growing.

SWEET BASIL

There are many types of basil. Sweet basil is the type that your recipe is referring to when it simply calls for "basil." The aroma of basil simply cannot be ignored. It is reminiscent of those amazing Italian dishes we are so familiar with. Studies have shown that the aroma actually improves one's mood.

Add fresh sweet basil to a homemade pizza or tomato sauce, toss extra in your lasagna, don't forget basil is the key ingredient in caprese salad and traditional pesto. Beverages featuring basil are also fun to explore. We recently made cucumber basil infused lemonade and it was quite refreshing.

Store basil in an herb box or bag with absorbent material in the warmest part of your fridge or the leaves will turn black or black spotted from being too cold.



LEMON CUKES

Along with previously shared varieties, you might find a small, round, yellowish cream colored cucumber in your share in the coming weeks. This variety is called lemon cucumber. The name refers to their appearance, not their flavor. These cukes are lovely when sliced because they have four or five lobes instead of three like other varieties. This makes them look like flowers when sliced. No need to peel, just scrub the spines off, rinse and enjoy!



GARLIC ROASTED PURPLE POTATOES

- 1 1/2 pounds purple potatoes, quartered
- 1/2 Tbs olive oil
- 1/4 teaspoon paprika
- 1/2 bulb garlic
- 1 Tbs fresh roasting herbs (*i.e.* rosemary, parsley, basil)
- salt and pepper, to taste

Directions

Preheat the oven to 400°F.

Scrub and rinse the purple potatoes then pat them dry. Cut them into quarters (or evenly sized pieces) and put them in a bowl.

Mince or use a garlic press to prep the garlic. Coarsely chop fresh herbs. In a large bowl, mix the garlic, paprika, olive oil, salt and pepper. Add potatoes and fresh herbs and stir until evenly coated. If the garlic clumps, just keep stirring until it breaks apart.

Transfer to a baking sheet and cook for 25 minutes, or until the outside is browned.

BAKED ZUCCHINI FRIES

- 1 cup Italian seasoned bread crumbs
- 1/2 cup freshly grated Parmesan cheese
- salt and freshly ground black pepper, to taste
- 2 medium or 4 small zucchini, cut into fries
- 2 large eggs, beaten
- 2 Tbs chopped fresh parsley leaves

Directions

Preheat oven to 425°F. In a large bowl, combine bread crumbs and cheese; season with salt and pepper, to taste. Set aside.

Working in batches, dip zucchini into eggs, then dredge in breadcrumb mixture, pressing to coat.

Place zucchini onto prepared baking sheet. Place into oven and bake for 20-22 minutes, or until golden brown and crisp. Serve immediately, garnished with parsley, if desired.

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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