



Great-grandfather's barn at Spring Brook Farm, circa 1901

What's in the box and where do I keep it?

Crop	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Beets	Yes	Plastic	Green top red
Broccoli	Yes	Plastic	Maybe
Cilantro	Yes	Plastic	
Garlic	No	No	German Extra Hardy
Kale	Yes	Plastic	Lacinato
Peppers	Yes	Plastic	Red bell and green serranos
Potatoes	No	Paper	Red norland
Salad Mix	Yes	Plastic	
Spinach	Yes	Plastic	
Tomatoes	No	No	
Winter Squash	No	No	Heart of gold

## Beets

The fall beets are finally ready and they're looking good. The tops on these have grown in the cooler weather and they are delicious. Use the tops of the beets in any recipe that calls for swiss chard. The beet roots can be scrubbed, boiled and peeled or simply roasted. My favorite is a beet salad made up of beets, blue cheese and pecans.

The fall broccoli and kale are also starting to show up this week. The end of the hot weather helps the flavor and vigor of these crops. They grow well in hot weather but they really don't thrive in it like they do when the weather turns cool. Lacinato kale is a hearty kale that is wonderful sauteed or in soups and sauces, you cannot eat it raw. Also you must remove the ribs before using, either trim them out with a knife, or rip the leaves downward leaving the stem behind. You may or may not get broccoli, it's just starting to mature.

## Farm Report

Rainfall . . . . . 3.1"  
 High Temperature . . . . . 88°  
 Low Temperature . . . . . 45°  
 Coming next week . . . . . Carrots  
 Farmer Complaint Indicators™ :



There's a little more cilantro and arugula in the box this week. It doesn't look like we'll have arugula for next week since some of last week's heavy rains did a number on it.

Heart of gold is the squash in your box this week. It's really become a favorite of ours over the past couple of years. It's a cross between an acorn squash and a sweet dumpling, and is really an improvement on the two. It has a very nice flavor and texture. Not too sweet and nice pale yellow flesh. It's also a nice squash to grow, it's fairly productive and doesn't take up too much space. Some squashes, like the delicata, grow out twelve feet in every direction.

The tomatoes are winding down now but there should still be enough to get everyone a few. They are still good fresh tomatoes but with the cooler weather I always think they don't taste quite as good. But it's always nice to still have a few fresh tomatoes from the summer when you finally break down and turn on the furnace. If you get a tomato or two that aren't completely ripe just leave them on the counter and they should ripen up in a few days.

The spinach has had a rough time this month, you've probably noticed that it's looked a little rough. It has been a wet month and when spinach grows it's whole life in somewhat waterlogged conditions it is very brittle. Brittle enough so that some of the strong rains will actually put holes in the leaves.

Potatoes, salad and peppers round out the box this week. This may be the last of the red sweet peppers since the cool weather slows down their ripening a lot. We'll probably switch back to some green peppers for next week's shares.

## Farm News

That sure was some crazy weather we had last week, 88° on Wednesday and then 45° by Thursday night. In between we had another pounding rain. Thankfully the hail that was reported in so many places didn't pay us a visit. This was followed by an 18-hour soaking rain on Saturday night. The weather this year has been somewhat disturbing, we seem to be in a trend of having fewer, but more violent, weather events. We had very few gentle rains this whole year. This week is the typical week when we see our first frost. There's nothing too worrisome on the forecast, but it can change fast over the course of the week. Right now they're talking about a low of 38° Wednesday or Thursday so we'll have to keep an eye on that.

The wet weather gave me a chance to focus on a couple of projects that don't seem to get done when it's dry. I spent most of the day on Thursday fencing the rest of the late season crops since the deer were starting to sample them. And most of Wednesday was spent putting two new 4"x10"x14' white oak beams on the hay wagon. Last year we got about 2 tons of winter squash on the hay wagon and it decided that that was enough. We barely got it out of the field. The beams on it were old and rotten so I had a local sawmill cut me a couple of new ones and managed to have a fairly easy time of getting the old ones out and putting the new ones in, which was a relief since the new beams weighed at least 300 pounds each. If your kids ever wonder why they have to learn physics send them out to the farm for a day.

The forecast for the pumpkin day on Sunday is for sunny and 69°, which would be great if it actually happened. My mom and dad have their own pumpkin day at their farm and it was last Sunday in the rain, so we'll hope that we don't get rained out too. Big kids and little ones can pick a pumpkin from the field from noon until 3pm. There's plenty for all so come on out. Feel free to bring other folks as well. I counted 46 pumpkins so that should be plenty. Directions to the farm are on the website.

The pumpkin day is also a great time to see the beginning of the fall colors. The sumacs are going to be at their peak by this weekend, with little splashes of color starting to show up elsewhere. We're still about 2-3 weeks from peak fall color down at the farm.

More end of the season reminders:

NEXT WEEK IS THE LAST REGULAR SHARE DELIVERY OF THE SEASON. Please return any yellow boxes you have at that time. Also, if you are not getting a winter share, please bring bags with you to the pickup site. I need to have all the yellow boxes back at the end of the season, if they're sitting in your garage all winter then I don't know how many I have. It's also a good idea to bring your own bags because the pickup sites are all short on bags. If you have a surplus of handled paper grocery bags and want to get rid of them please bring them to your pickup site and we'll be happy to take them. Also if you rotate share pickups with other members please make sure they know that next week is the last week.

The week after next is the beginning of the winter shares. Tuesday, October 11 is the first delivery. WINTER SHARES ARE DELIVERED ONLY ON TUESDAYS, and are delivered to the Saint Paul, Humboldt Ave and Saint Louis Park pickup sites. Pickup times remain from 5-7pm. Those of you who pick up your regular shares on Fridays will pickup your last regular season share on Friday, October 7 and your first winter share on Tuesday, October 11. I know this may cause a bit of a backup in some refrigerators, but most of the winter share items store very well. Email me with any questions.

Lastly, as some of you may know, we're expecting an addition to the farm family in February, and no, it's not another tractor. How this is going to effect next season is not yet clear. We may end up doing fewer shares, or maybe more so I can get out of washing diapers, I haven't had time to give it much thought yet. If you were signed up for a share this year I will reserve a share for you next year and will give you a month or so in the spring to decide whether or not you want it. After that I will send out a mailing to other people who are interested to give them a chance to fill open spots. If you are certain that you won't be getting a share next year you can let me know that anytime. I really appreciate the dedicated membership we have, 3 out of 4 members return the following year which is great!

There's not enough room for a recipe after all my blathering on. Thanks and have a great week.