

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

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

	Fridge?	Bag?	Notes & Varieties
Beets	Yes	Plastic	Red with tops
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	
Cilantro	Yes	Plastic	
Garlic	No	No	
Green Beans	Yes	Plastic	Last of the year
Herbs	Yes	Plastic	Sage
Peppers	Yes	Plastic	Sweet red and hot serranos
Potatoes	No	Paper	Russets
Salad Mix	Yes	Plastic	
Tomatoes	No	No	Red slicers
Winter Squash	No	No	Acorn

Squash

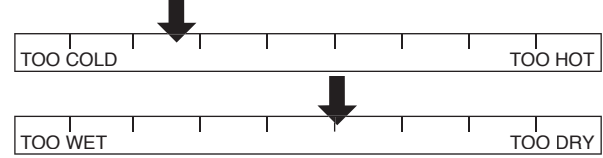
The cooler weather has come in earnest this week and here comes the fall crops. Squash is a major fall crop. We grow about a quarter acre of squash for the summer and winter shares which yields a few thousand pounds. The squash looks very nice this year. Lots of warm weather and light pest pressure combined to make for a nice crop. It seems like there's about the same quantity of squash as we normally have but the individual squashes seem 25% larger this year.

First up in the squash department this week is Acorn. Acorn is the earliest to mature of the squashes. It's known for it's moistness and mild flavor. I'll admit that it's not my favorite squash, but some people prefer it since it's not so 'squashy' tasting. It's easier to cook than some of the drier squashes since it has so much moisture. While I generally protest the addition of maple syrup or brown sugar to squash, with acorn I am willing to look the other way.

Farm Report

Rainfall 1.10"
 High Temperature 83°
 Low Temperature 38°

Farmer Complaint Indicators™ :



A nice bunch of gorgeous fall beets is in the box this week. The tops are particularly lovely, now that they've grown out of the damage caused by the storms. A simple beet recipe follows.

The broccoli is doing nicely with the cooler weather. The hot weather last week really sped it up but now it's coming in at a more reasonable pace. This is the time of year broccoli is the best.

The carrots continue to size up nicely, although I think all that rain diluted their flavor somewhat.

Late season cilantro is a nice addition to the box this week. Make a little fresh salsa with the tomatoes.

The last round of green beans is a good one. These beans are flavorful and tender from the cooler weather.

The potatoes this week are russets, the classic baker or masher. They're also an excellent choice for a gratin, with lots of cheese and sage.

Yes, your eyes do not deceive you, there is a large bag of salad mix in the box. Do not be alarmed. Do enjoy a salad with every meal this week, topped by some fresh tomatoes. Some of the fall salad mix survived the rains just fine but we won't have it often, maybe once more in a couple of weeks.

Another nice pile of red tomatoes is in the box again this week. I thought they were going downhill but they are holding their own. With frost on the horizon enjoy them while they last.

Garlic, sweet peppers, serranos and sage round out a busy box.

Farm News

This is the time of year when we have to keep a close eye on the weather. There was a little concern Tuesday night when they were forecasting patchy frost.

We stayed well above freezing. It looks like we could get colder Friday night which could put an end to the tomatoes among other things. It would also mean that I'd need to get the rest of the squash out of the field. Frost can come anytime now, although this is a bit early, lately we've been seeing later first frosts, typically the last week of September.

Last Thursday was a hectic one with all of the chickens to deliver. It seemed to go pretty smoothly. The next chicken delivery day is October 4th, which is also the last summer share delivery. I got the bill from the processor for the second batch of chickens, which went in last week, and you'll be happy to know that they averaged somewhat smaller in size at about 4.3 pounds.

Looking at the calendar I see we're only a couple of weeks from the Harvest Party on Saturday, Sept. 29. Stop by the farm, bring a dish to pass for supper, pick a pumpkin with the kids, take pictures of your kids on our tractors, sit by the bonfire and see how many stars we have out here in the hinterland. Let us know if you're coming so we know how many marshmallows to buy.

A big thanks to member Amy for coming out and helping on Tuesday. It was a little blustery but the sun was shining brightly. Don't be shy if you want to come out and get your hands dirty for a day, now is the time.

We'll start to transition to full-on harvest mode this week. The storage crops are sizing up and need to be brought in from the field before the weather gets too cold. Squash is the first major one and we may try and tackle it on Friday if it looks like it's going to get cold. There's lots of potatoes to dig and then all the carrots, beets and such to harvest. I enjoy this time of year but it does get to be a back breaker. It's not just the harvesting, it's all the washing. But much better to wash it now than when it's 20° out.

Coming next week: Cabbage, cilantro, broccoli, delicata squash, onions, garlic, shallots, tomatoes, carrots.

Roasted Acorn Squash with Chile Vinaigrette

- 2 (1 1/2 - to 1 3/4-lb) acorn squash
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 6 tablespoons olive oil
- 1 garlic clove
- 1 1/2 tablespoons fresh lime juice, or to taste
- 1 to 2 teaspoons finely chopped fresh hot red chile, with seeds
- 2 tablespoons chopped fresh cilantro

Put oven racks in upper and lower thirds of oven and preheat oven to 450°F. Halve squash lengthwise, then cut off and discard stem ends. Scoop out seeds and cut squash lengthwise into 3/4-inch-wide wedges. Toss squash with black pepper, 3/4 teaspoon salt, and 2 tablespoons oil in a bowl, then arrange, cut sides down, in 2 large shallow baking pans. Roast squash, switching position of pans halfway through roasting, until squash is tender and undersides of wedges are golden brown, 25 to 35 minutes.

While squash roasts, mince garlic and mash to a paste with remaining 1/4 teaspoon salt. Transfer paste to a small bowl and whisk in lime juice, chile (to taste), cilantro, and remaining 1/4 cup oil until combined. Transfer squash, browned sides up, to a platter and drizzle with vinaigrette.

Roasted Beets

- 1 bunch beets, about 2 pounds, greens removed and reserved for another use, leaving a 1-inch beet top; beets washed thoroughly
- 1 tablespoon olive oil (if roasting without foil)

Heat oven to 350 degrees. Wrap beets in foil or brush with olive oil and place in small roasting pan. Roast until beets can easily be pierced with thin knife or trussing needle, about 1 hour for small to medium beets. Cool slightly and remove skins; serve.

Our favorite way of eating the roasted beets is sliced and still warm, sprinkled with blue cheese or gorgonzola and a hand full of toasted pecans or walnuts.

Broccoli with Asian-Style Dressing

- 1 medium head broccoli
- 1/2 cup rice wine vinegar
- 3 tablespoons peanut oil
- 2 tablespoons soy sauce
- 1 teaspoon grated fresh ginger
- 1/2 teaspoon minced garlic
- 1/2 teaspoon toasted sesame oil
- 1/2 teaspoon hot chili oil (optional)

Separate the florets from the stalk; break into smaller florets. Cut the stalk into 1-inch lengths and then into matchstick-size strips. Place the broccoli in a steamer basket set over 1 1/2 inches boiling water and cover. Steam for 5 minutes. Transfer the broccoli to a bowl. Combine the remaining ingredients in a small bowl; stir until well combined. Pour the dressing over the broccoli and mix well.