

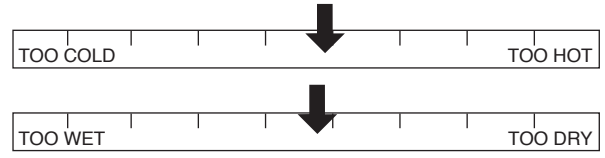


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Beets	Yes	Plastic	Red w/tops
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	
Garlic	No	No	
Onions	No	No	Red, white and yellow
Peppers	Yes	Plastic	Green bell, carmen and hot cherry
Salad Mix	Yes	Plastic	
Spinach	Yes	Plastic	
Tomatoes	No	No	Reds and heirlooms

### Farm Report 9/18/08

Rainfall . . . . . 1.7"  
 High Temperature . . . . . 76°  
 Low Temperature . . . . . 49°  
 Farmer Complaint Indicators™:



tomato numbers. Looking at my records we've had 41 tomatoes per share so far this year, a very respectable number for such a cool year.

A nice bag each of salad mix and spinach are probably the highlight of the box this week for most people. We seem to have ironed out some difficulties that we used to have with getting adequate germination of these crops. Picking, washing and bagging of these crops is very time consuming so we have less time to get other things done when they're on the docket. In fact next week, as the fall harvesting begins in earnest, I don't think we'll have the time so we'll probably bunch the spinach, and not do salad mix because the next planting won't be ready for two weeks. The salad mix is a nice addition to the box and along with the spinach makes for quick and easy salads. We do wash the salad and spinach, but you should always wash it again at home, especially since we've had some rain which always makes splashed up dirt cling to the spinach.

The small bunch of arugula could easily be added to the salad or enjoyed on it's own if so desired.

More beets and broccoli this week. Next week is looking like a big one for broccoli as the warmer weather kicks it into gear.

Onions, garlic and carrots round out a bountiful mid-September box. This is really the best time of the season.

### Farm News

The big news this week is the wonderful change in the weather. We had a good shower on Thursday and then light showers all weekend. The showers gave way to warmer sun-filled days this week. It's so nice to

### Carmen peppers

The carmen peppers have started to furiously ripen knowing that it can't be long until frost. This week and next we should have several in the box. They are very productive this year, probably due the cooler weather lowering the population of tarnished plant bugs. Enjoy them as you would a red ripe bell pepper. I like to roast and peel them and have them on pasta or sandwiches. These are a newer variety of pepper, developed from the corni di toro (horn of the bull) types of Italy. The Italians would call it a frying pepper.

I did notice one plant as I was picking today that looked a little different then the rest, the peppers were a little longer and skinnier. I was suspicious so I broke one of the peppers apart and tasted it and it was quite hot! I rogued out the offending plant, but there could be a couple peppers of the 550 we picked that are hot. It's never a bad idea to taste the pepper as your slicing it up to make something.

The tomatoes continue to be quite productive. Another round of 10 tomatoes with everyone getting at least one of each heirloom. The quality of the red tomatoes has already dropped a bit from last week. The needed rainy weather we had last weekend accelerated the late season disease that organic tomatoes typically succumb to. Anytime a tomato plant is wet for 48 hours without drying out you're going to have problems. I'm guessing that next week will see a dramatic drop in the

have moisture in the ground and nice warm days. It's helped keep the warm season crops producing, and is helping get the squash to ripen up well. I know I said we'd have squash in the box this week, but with this weather I had to leave it in the field since squash is always sweeter the longer it sits in the field.

The warm weather has also got the fall storage crops maturing fast and furious. I walked through the main carrot planting the other day and pulled up a few carrots that weighed in at 5 ounces each. That means it is time to get them out of the ground at the next available opportunity. The storage beets are also getting slightly oversized, some may have to be sold to restaurants because their size would frighten the home cook. This means that early next week is time to fire up my new (to me) crazy carrot harvesting machine. So if you can hear a faint cursing sound coming from a south-easterly direction next week it's probably coming from our farm. I'll try and have pictures of it next week.

Though we had some showers off and on all weekend we still managed to make it down to Pepin for Laura Ingalls Wilder Days. She was born in the big woods between here and Pepin. Iris and a friend had on their bonnets and we sat in the drizzle and watched the old-time fiddle contest. There were some fine fiddlers from as far away as Michigan and ranging in age from 5 to 80. In the 'trick and fancy' division there was a girl who fiddled and jumped on a pogo stick in time to her playing, you really had to see it to believe it. We live in such an age of cynicism and negativity that it becomes amazingly refreshing to see things that are just fun, without a trace of irony.

A number of you have asked about whether or not we'll have any more syrup and honey available for sale. I do have some more honey and will try to get more syrup next week. We'll also have them available at the harvest party.

Speaking of the harvest party, it's coming up on Saturday, September 27th. Come on out and bring a dish to share for a pot-luck supper. Be at the farm by 3pm and we'll have the kids do some farm activities, then go on a hayride and pick out pumpkins. We'll end up back at the barn for supper and a bonfire. Please let us know if you're coming and how many in your group, so we can make sure we've got enough pumpkins.

I've been meaning to talk a little bit about recipes here in the newsletter. Most of the recipes in the newsletter are ones that I find online at ten o'clock at night after harvesting all day, that is to say they may be untested. But I do look for ones that are well rated and sound

like they'd work to me. The two resources I use the most are *epicurious.com* and *cooksillustrated.com*. There are a number of other good resources out there. Spring Hill Community Farm, a great CSA which is about an hour north of us, has a nice website with recipes for all their veggies at *www.springhillcommunityfarm.com*. One of our members also has an excellent blog of recipes, many with share ingredients and great photos at *lizscookingblog.blogspot.com*. If you have other resources you like or your own recipe blog let us know.

**Coming next week:** broccoli, carrots, spinach, potatoes, tomatoes, peppers, cabbage, acorn squash.

### Wilted Spinach Salad with Bacon and

**Balsamic Vinaigrette** *www.cooksillustrated.com*

- 5 ounces spinach (about 6 cups)
- 2 slices bacon (about 2 ounces), cut into 1/4-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1/2 small red onion, minced (about 1/2 cup)
- 1/4 teaspoon table salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon granulated sugar
- 1 tablespoon balsamic vinegar

Place spinach in large bowl. Fry bacon in small skillet over medium heat until crisp, about 5 minutes; transfer with slotted spoon to paper towel-lined plate, leaving fat in skillet. Return skillet to medium heat and add oil, onion, salt, pepper, and sugar. Cook, stirring occasionally, until onion is slightly softened, 2 to 3 minutes. Add balsamic vinegar; swirl to incorporate. Pour warm dressing over spinach and toss gently to wilt. Sprinkle bacon over spinach; serve immediately.

### Grated Beet Salad with Blue Cheese

*lizscookingblog*

- 3-4 medium beets
- Beet greens
- 2 cloves of garlic, minced
- Olive oil
- 1/2 cup fresh orange juice
- 1/4 cup cider vinegar
- 2 tablespoons sugar
- 2 scallions sliced
- 4 ounces Gorgonzola

Preheat oven to 350F. Scrub the beets and separate them from their tops. Line a heavy baking pan with foil and put the beets inside then drizzle with olive oil. Roast for about 60 minutes or until barely tender when pierced with a fork. Let cool, then rub off the skins with a paper towel. Grate the beets with a coarse box grater and set aside. Boil the fresh orange juice with the vinegar and sugar until reduced by half. Set aside to cool. Wash the beet greens thoroughly to remove all sand and grit, then slice into fine ribbons. Heat a little olive oil in a heavy frying pan and cook the garlic over medium until golden and soft. Add the beet greens and saute until tender. Let cool slightly. Toss the grated beets, greens, cooled orange juice dressing, scallions and crumbled Gorgonzola cheese. Salt and pepper to taste.