



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

	Fridge?	Bag?	Notes & Varieties
Beets	Yes	Plastic	Red w/tops
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	
Cauliflower	Yes	Plastic	
Dill	Yes	Plastic	or Thyme
Garlic	No	No	
Peppers	Yes	Plastic	Green bell, carmen and serranos
Potatoes	No	Paper	Canela russet and Sangre
Shallots	No	No	
Turnips	Yes	Plastic	Hakurei
Winter Squash	No	No	Delicata!

### Delicata

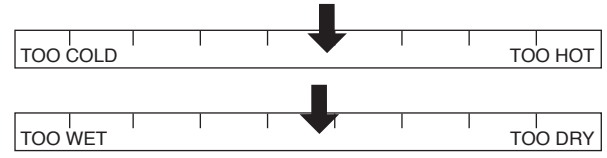
Some years are just good for some crops with no real apparent reason. So it was with the delicata squash in 2009. The delicata is always a favorite with folks so we try to plant enough of it. Last year the plants yielded about 4.9 squash per plant, so I planted more of it this year so we'd have enough. This year the plants yielded about 7.8 squash per plant even though the weather was very similar to last year. That's a 60% increase in yield, and I have no idea why. That's why this job never becomes boring. Nature is never boring. I have a couple of ideas as to why the delicata did so well, but anytime you have multiple factors, it's hard to discern which one made the difference.

One thing we had going for us this year in the squash patch was almost a complete absence of cucumber beetles and squash bugs. These two pests can cause a lot of problems in the squash patch, but we try and keep ahead of them using crop rotation and row covers. Because of this, very few squash had any sort of bug damage, which means that they didn't rot or get soft in the field. In harvesting the last of the almost 10,000 pounds of squash this week I saw a grand total of one group of squash bugs.

The other factor that may be at play is that there's some quality of the soil where the squash are that

### Farm Report 10/1/09

Rainfall . . . . .0.94"  
 High Temperature . . . . . 71°  
 Low Temperature . . . . . 34°  
 Farmer Complaint Indicators™:



helped them to excel. I take several soil samples each year and amend the fields according to the results, adding both minerals and micronutrients. I will probably pull a sample from the squash field and see if there was something slightly different there from a normal. The goal would be to figure it out so that I can learn from it and repeat it in the future. If I can reliably get that yield, then that's fewer plants I need to seed in the greenhouse, water, transplant, weed, etc.

So what to do with your delicata bounty? These beauties are excellent baked. I usually quarter the large ones or halve the small ones, scrape out the seeds and bake in a 375° oven for 45–60 minutes or until they're nice and soft. Sometimes I add a teaspoon of butter to each one about halfway through, or even a little coconut oil at the end. Delicata are very thin-skinned and are one of the few squashes whose skin you can eat. Sometimes I scrape the flesh out of the squash, but sometimes I just eat them like I'm eating a piece of toast, skin and all. They'll keep fine on your counter for a few weeks.

Fall has really come to the box this week as we abandon the tomatoes and bring you three different root crops. Carrots, beets and turnips. Garlic is a bulb and potatoes are tubers not roots. Technically a tuber is a swollen part of the stem, rather than a root. Anyway, lots of roots this week. The turnips are back and delicious and the fall beets have finally sized up. Both of these have nice, usable tops on them, unlike the carrots whose tops were chopped.

More lovely broccoli and cauliflower. The cooler weather the last few days is a welcome change for these crops so that they're not maturing so rapidly.

The potatoes this week are a couple of new varieties.

The russet is called canela and didn't yield quite as well as I'd hoped. The plants looked good but there's not a lot of there there. The red is called sangre and has been a good yielder, it seems quite susceptible to skin problems though, and I haven't eaten any yet. So many potatoes, so little time.

We ran short on dill, so if you didn't get dill, you got thyme instead.



### Farm News

We ended up with fantastic weather for the pumpkin day last Saturday. About a hundred folks turned out, rode the hay wagons, picked out pumpkins and ate a tasty pot-luck. Thanks to everyone who came, it was fun. We even had some live music for the first time this year and the younger kids had fun dancing in front of the musicians.

As the last car was headed down the road from the field day the weather started to shift. The wind came up nasty on Sunday and blew the last traces of summer away. The cold wind continued Monday and we were forced back into all the layers of clothing we wear in the spring. There wasn't a single month that went by this summer without me putting on a turtle-neck. Farming is all about layers, during the course of the day you can be freezing cold, and then burning up depending on what you're doing.

Wednesday dawned cold and frosty, we had 34° up by the house but there was plenty of frost everywhere, from the front yard to the car windshields. We had spent Monday and Tuesday preparing for this event,

so no real surprises. We had already written off the tomatoes, since there weren't many good ones there anymore, and who wants their last tomato of the year to be a rotter? We row covered the peppers to protect them from the frost and brought in the last of the squash. It turned out to be a pretty light frost and we probably could've left the squash out there, but always better safe than sorry.

NEXT WEEK IS THE LAST SUMMER SHARE DELIVERY OF THE SEASON. If you're only signed up for the summer share then next week is your last week. The winter shares begin the following week (October 15th) and continue every-other week until Thanksgiving.

Lastly this week, if you have the October issue of *Minnesota Monthly* sitting around check out our blurb as one of the "Best of the Cities" selections. If anyone wants to email me what it actually says I'd appreciate it, since it's not on their website.

**Coming next week:** Arugula, spinach, brussels sprouts, squash, onions, garlic, leeks, broccoli, cauliflower, peppers and more stuff that won't fit in the box.

### Roasted Broccoli with Garlic and Red Pepper

Bon Appétit | January 2009

- 1 1/4 pounds broccoli crowns, cut into florets (about 8 cups)
- 3 1/2 tablespoons olive oil, divided
- 2 garlic cloves, minced
- Large pinch of dried crushed red pepper

Preheat oven to 450°F. Toss broccoli and 3 tablespoons oil in large bowl to coat. Sprinkle with salt and pepper. Transfer to rimmed baking sheet. Roast 15 minutes. Stir remaining 1/2 tablespoon oil, garlic, and red pepper in small bowl. Drizzle garlic mixture over broccoli; toss to coat. Roast until broccoli is beginning to brown, about 8 minutes longer. Season to taste with salt and pepper. Serve immediately.

### Crispy Delicata Squash Rings

Preheat oven to 400 degrees

Slice one delicata squash into 3/8-inch rings. With a spoon scoop out the seeds. Drizzle with olive oil and salt and roast in a single layer on a heavy baking sheet for 10-15 minutes. Flip and cook for a few more minutes, until the rings are tender and slightly brown. Soy sauce or balsamic vinegar can be a nice addition to this. Eat them straight from the oven, skin and all.