



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	First of fall
Broccoli	Yes	Plastic	ditto
Cabbage	Yes	Plastic	Green
Carrots	Yes	Plastic	
Chard	Yes	Plastic	Rainbow
Garlic	No	No	
Onions	No	No	Yellow and red
Parsley	Yes	Plastic	Italian
Peppers	Yes	Plastic	Green bell, carmen and serrano
Winter Squash	No	No	Delicata

Broccoli and Cabbage

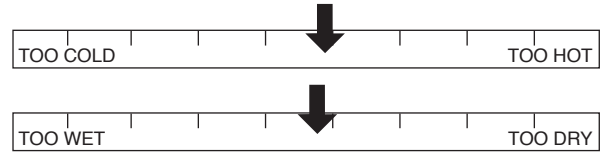
There were moments in August that I was skeptical that we'd be harvesting either of these crops this fall. The change in the weather toward cooler days and nights, and drier all-around conditions has helped to improve the conditions of many of the crops that were suffering from the late summer fungal fun. There's still plenty of black rot in the brassica field, but hopefully it will hold steady now instead of rapidly intensifying.

It looks we should have a few good weeks of broccoli ahead of us. This is the earliest variety, premium crop, and it's always a little on the small side. Perhaps by next week some of the later larger varieties will be ready.

The cabbage is a little more touch and go. It and the cauliflower seem the most susceptible to the black rot. The heads are a little on the small side, but they were starting to split open in the field, so we had to harvest them regardless. There is some cabbage worm damage on virtually all of the cabbage, small holes on the outer leaves. As I mentioned a while back, normally we can avoid this damage by spraying an organic pesticide, but with the black rot I decided to stay out of the field, for the last few weeks, with the tractor so as not to spread black rot around the farm. There will be cabbage worm damage on all the fall brassicas this year, whether it's kale, cauliflower or brussels sprouts. It has been a tremendously productive year for the cabbage looper.

Farm Report 9/16/10

Rainfall 0.23"
 High Temperature 71°
 Low Temperature 45°
 Farmer Complaint Indicators™:



It's unclear right now what the prognosis is on the cauliflower. Cauliflower has a way of shutting itself down if it doesn't like the conditions it's growing in. Between the insect and disease pressure it may decide that now is not the time to mature. I'm seeing a few heads starting to size up, but they may not make it before it gets too cold.

The first arugula of the fall is in the box this week. It's nice to have a salad green again. Speaking of salad greens I thought I'd mention the spinach situation. After struggling to get any spinach to grow this spring we did tissue analysis of the plants and finally determined that the pH of the soil was too low in that area. In July I spread several hundred pounds of feed-grade calcium carbonate to raise the pH in the area I'd be planting fall spinach. I've got 3600 row feet of spinach planted and it's hard to say if we're going to be able to harvest any of it. Even with copious amounts of rain to work the calcium into the soil, it doesn't seem like it made enough difference. Soil problem-solving is rather glacial at it's pace. I thought I could correct the problem, but in hindsight should have just moved the spinach to a different part of the farm.

Some lovely fall chard is a bright and cheery addition to the box. It was so gloomy on Wednesday while we were harvesting that the chard seemed to be the only thing that was shining.

The carrots have finally gotten full-sized and some are quite large. Their flavor has improved with the cooler weather as well. They're looking very nice for the next few weeks and on into the winter share. We took the liberty of shearing the tops this week because they were getting too big to get a rubber band around.

The squash this week is the tasty Delicata. They are tender-skinned and sweet. We like to bake them and purée them with some butter, but they're also great stuffed or sliced into rings and sautéed. Because of their thin skins they can be eaten skin and all. Some of them have a spot or two of bug damage, eat these first since they won't store as well. We harvested all of the Delicata this week and they yielded very well, surpassing last year's record with 8.43 squash per plant. Hopefully that's a sign of things to come with the rest of the squash harvest.

The peppers are slowing down with the cooler weather. This may be the last of the green bells, which have had a lackluster year. There will continue to be a trickle of carmens and hot peppers until frost, which could be any time now, but right now my guess is that it's going to be a few days after the pumpkin day.

More onions this week with a few yellows and a red. Italian parsley and garlic round out the box. Is the garlic piling up in your kitchen? Roasting some is a nice tasty way to keep up with it. Rather than roasting whole bulbs we'll just roast a few cloves with the papers still on in a small cast iron skillet in the oven. Toss them with just a little oil to coat at 300° or so.

Farm News

The season continues to move by at a pretty good clip. This is week 15 of our 18-week season. That means that we have just three more deliveries after today. The last summer season share delivery is Thursday October 7th. The first delivery of the winter shares is on Thursday, October 14th. We are sold out of winter shares for the 2010 season. A few of you still owe money on your winter share, I'll contact you directly in the next few weeks if you do.

I made good on my promise last week and headed to the tomatoes with the crew on Friday and put them out of thier misery. We pulled all the cages, stakes and twine, mowed them off and on Monday pulled the plastic mulch out. It's kind of weird to have them out before the first frost, but the sooner we get them turned back into the soil, the sooner the soil microbes can get to work on them.

One unforeseen bonus of a difficult season is that we are quite a bit ahead of schedule as far as fall cleanup goes. Not only did we get the tomatoes cleaned up, but also the cuke, zuke and melon field. All of the 2-inch irrigation lines are rolled up and put away for the year, as are the sprinklers and drip irrigation headers. The best way to ensure that you don't get any

more rain is to put away all of the irrigation supplies.

I finally finished planting cover crops on next year's vegetable fields. The oats and peas will hold the soil in place over the winter and be dead when the fields thaw out in the spring. It was also time to get a winter cover crop of rye planted on some of the fields where we grew vegetables earlier in the summer. I also planted one last round of arugula and radishes on the off chance that it's mild into mid-October.

We picked up some more maple syrup from our neighbors this week, so there should be plenty at the pickup sites for your fall purchasing.

Lastly, a reminder that the pumpkin day is right around the corner. Saturday, September 25th. Come on out to the farm, chat with the farmers and pick out some pumpkins for your family. We'll also have a potluck supper at about 5:30pm. Be at the farm between 3 and 4pm to be sure you don't miss out on the wagon ride out to the pumpkin patch. Please drop us an rsvp email to let us know how many kids and adults you've got.

Coming next week: Arugula, broccoli, salad mix, carrots, peppers, garlic, beets, potatoes, squash, dill.

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.

Coleslaw Gourmet | June 2008

- 2 1/2 pound green cabbage, cored and cut into 3-inch chunks, then finely chopped or shredded
- 1 medium onion, finely chopped
- 1 large green bell pepper, finely chopped
- 1 large carrot, coarsely grated
- 1 1/4 cups mayonnaise
- 1/3 cup cider vinegar
- 2 teaspoon sugar

Toss all vegetables in a large bowl with 1 teaspoon each of salt and pepper.

Whisk together mayonnaise, vinegar, and sugar, then toss with slaw. Chill, covered, stirring occasionally, at least 1 hour, but preferably overnight (for vegetables to wilt and flavors to blend).