



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	Bagged
Cauliflower	Yes	Plastic	
Garlic	No	No	
Peppers	Yes	Plastic	Carmen, green bell and serranos, also bagged
Potatoes	No	Paper	Sangre
Salad Mix	Yes	Plastic	
Spinach	Yes	Plastic	
Tomatoes	No	No	Reds, heirlooms
Winter Squash	No	No	Acorn and/or sugar dumpling

## Broccoli and Cauliflower

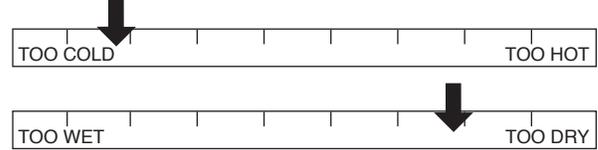
With the change in the weather it's time to get started with the cool weather fall crops. The broccoli really came on strong at the end of last week in the above normal temperatures. So much so that this we harvested two weeks worth instead of one, two heads this week and none next week while we wait for the later ones to mature.

The cauliflower also kicked into gear, it seems early to have a round of cauliflower but the timing on it is good. It looks like it will continue maturing at a nice pace so we should have it for the next week or two. I don't think we've ever managed three weeks of cauliflower so maybe this will be the year.

Broccoli and cauliflower are very similar plants and are very closely related, belonging to different groups of the same species, *brassica oleracea*. They are both essentially sprouting rather than heading forms of the cabbage plant and were probably both developed from off-types that occurred from cabbage. Cauliflower is thought to have originated on the island of Cyprus, but there is some debate about this, but the Cypriots do lay claim to large cauliflower over 18" across. Broccoli is an Italian word meaning 'little arms' for the little shoots that support the flower buds that make up the head.

## Farm Report 9/15/11

Rainfall . . . . . 0.00"  
 High Temperature . . . . . 87°  
 Low Temperature . . . . . 31°  
 Farmer Complaint Indicators™:



We've got a nice bag of baby lettuce in the box this week. Not really my favorite thing to grow but for those of you who love it here it is. One note on it: We did not wash it at the farm. It was in very nice shape and not too dirty when we harvested so we opted to send it unwashed. You will need to wash it.

A last big picking of the tomatoes before the frost. With this week's harvest we've surpassed 10,000 tomatoes picked this year and everyone has gotten 60 in their box over the course of the season. That's what we call a very good tomato season. If the frost doesn't materialize we will have a few more.

The peppers also continue to produce nicely. There's still a lot of green fruit on the Carmens although the bells are slowing down considerably. Everyone should get 10 serranos and that's only 1/4 of what's out there. These serranos are the one of the most consistently productive varieties that we grow.

The potatoes this week are Sangre, which is a late red-skinned, white-fleshed variety. Normally it's one of our better varieties, but in this good potato year it seems to have struggled a bit. It's a good all-purpose variety very similar to the earlier reds.

It's week 15, so it must be time for some winter squash. You should have two acorn or one acorn, one sugar dumpling in your box. The acorns are not as mature as I'd like this year, they went a little crazy in the hot weather in July and forgot to set their fruit until August. Some winter squashes come in a 'bush' form of the plant, that is it grows more like a zucchini plant, compact and non-vining. Our acorn and sugar dumpling are both bush varieties, but with the heat in July they both lost that characteristic and grew like mad.

This kind of made them all tangled together because we had planted them closer together, as one does with bush varieties. The extra vine growth resulted in later fruit set, which results in fruit that aren't as sweet in some cases. I authorize you to use some maple syrup on these if you must. There's a great recipe on the website for stuffed squash and I think these smaller ones stuff the best. There's also 20 other squash recipes on there as well, including simple baking instructions if you need them.

We broke out the carrot harvester on Monday and dug a couple of rows of carrots which were really getting too large to bunch. The ground has also gotten so dry that digging them by hand was proving difficult. When you first get a piece of equipment out for the season you never know what might go wrong. Often there are issues that need to be addressed that you've completely forgotten about since you put it away 11 months ago. Thankfully that was not the case on Monday and the two rows came out like clockwork. We had about a thousand pounds harvested and washed in two hours. Have I mentioned that I love my carrot harvester? The big harvest of our storage carrots is still a few weeks off.

More arugula, spinach and garlic round out the box this week. Next week's arugula looks good, but the spinach is looking a little small so we may take a week off of it.

### Farm News

The word for the week is FROST! I hate the mid-September frosts, we haven't had one since 2007—also strangely on the 15th—but I could have gone a few more years without one. This is a good two weeks early for our typical frost.

A big chunk of time Wednesday was spent putting row covers on the winter squash and peppers. It's a good thing we did, too, because we definitely had some frost. We won't really know how things fared until the sun comes out and everything thaws out. I was hoping to keep the squash plants alive a little longer since a number of the butternut have not ripened to their nice tan color. Once the vine dies the squash are done, they won't continue to ripen off the plant, although longer storing squashes like buttercup will sweeten and be less dry after storing a while. The peppers also ripen best on the plant, although if they have a little bit of color they'll turn fully red in storage.

I checked the squash at 3am and they were still a snug 34°, but by 5am they were down to 32.5° so I turned

on some sprinklers we had set up just in case. It may seem odd to use sprinklers to keep things from freezing, but water actually releases a significant amount of heat when it changes phase from water to ice. The real trick to it, however, is to not shut off the sprinklers too early. The water needs the same amount of energy to turn back to a liquid, and if the sun isn't up enough to provide the btus you can accidentally freeze your crop as it takes that energy from whatever the ice is resting on, which in this case is the squash plants.

In any case we'll let you know how we fared in the next newsletter.

**Coming next week** (tentatively depending on frost): Onions, carrots, garlic, arugula, kale, cauliflower, squash, peppers, tomatoes, parsley, shell beans, beets.

### Orecchiette Il Melograno *Gourmet* | January 1996

- 1/2 large head cauliflower, cut into 1/2-inch flowerets
- 1 small head broccoli, cut into 1/2-inch flowerets, stem reserved for another use
- 3/4 pound dried orecchiette
- 5 tablespoons good-quality extra-virgin olive oil
- 2/3 cup fresh bread crumbs
- 1/4 pound bacon (about 4 slices), chopped
- 2 large garlic cloves, chopped

Accompaniment: freshly grated Parmesan

In a 5-quart kettle bring 4 quarts salted water to a boil for cauliflower (or cauliflower mixture) and pasta.

In a 12-inch deep heavy skillet heat 1 1/2 tablespoons oil over moderate heat until hot but not smoking and cook bread crumbs, stirring, until golden. Transfer bread crumbs to a bowl and wipe skillet clean with paper towel. In skillet cook bacon over moderate heat until crisp.

While bacon is cooking, add vegetables to boiling water and cook 2 to 3 minutes, or until just tender. Transfer vegetables with a slotted spoon to a colander to drain and keep water at a boil.

Add vegetables, garlic, and salt to taste to bacon and sauté until cauliflower is pale golden, about 3 minutes. Keep mixture warm.

Cook pasta in boiling water until al dente and drain well in colander. Add pasta, remaining 3 1/2 tablespoons oil, and salt and pepper to taste to cauliflower mixture and toss until combined well.

Sprinkle pasta with bread crumbs and serve with Parmesan.