



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

| | Fridge? | Bag? | Notes & Varieties |
|---------------|---------|---------|---------------------------------------|
| Arugula | Yes | Plastic | |
| Broccoli | Yes | Plastic | |
| Carrots | Yes | Plastic | |
| Cauliflower | Yes | Plastic | |
| Chard | Yes | Plastic | Rainbow |
| Eggplant | Yes | Plastic | Last of it |
| Garlic | No | No | |
| Leeks | Yes | Plastic | Awesome |
| Peppers | Yes | Plastic | Bells, sweet Carmens and hot serranos |
| Potatoes | No | Paper | Reds |
| Spinach | Yes | Plastic | |
| Tomatoes | No | No | Reds and heir-looms |
| Winter Squash | No | No | Delicata |

Carrots

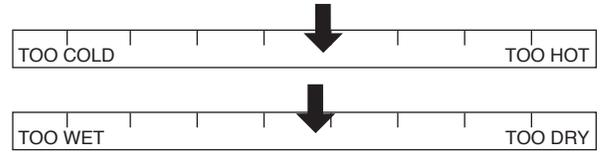
Well, the good news is that we've got carrots back in the box this week. The bad news is that they are some of the more funky, messed-up carrots that we've ever delivered.

It has been a lousy year for carrots around here, the worst I can remember. The wet spring meant we didn't get any planted until later, and the subsequent drought made it very hard to grow our usual nice ones. The two large fall plantings of carrots got in on schedule, but they also look like they're going to be a disappointment. The most frustrating thing about that for me is that I'm not really sure why. And if I can't figure out the why then it's hard for me to correct it in the future. For now, I'm mostly chalking it up to a very very dry July and August, but I have a nagging suspicion that there's more to it than that.

We'll continue to have carrots in the box for the rest of the season now. I have also found them to be a bit more bitter than usual this year so I would recommend even peeling the fresh ones out of the field.

Farm Report 9/19/13

Rainfall0.99"
 High Temperature 72°
 Low Temperature 41°
 Farmer Complaint Indicators™:



Enough of the bad, on with the good!

The leeks have been awesome this year. Some of these babies are almost a pound and a half. Go the classic potato-leek soup route, or they're great with cauliflower.

Chard is back in the box this week. Some of these leaves are a bit on the giant side too. The goldfinches have stopped attacking it for the most part now that there's been a return to some moisture around the farm.

This will be the last week of eggplant, which will be a relief to some of you. Far and away the best eggplant year we've ever had.

The potatoes this week are red norlands along with some chieftain mixed in. We just started digging some of the late potatoes like the chieftain this week, and it looks to be bountiful potato harvest this year.

Spinach and arugula are in the box for your salad making needs. We were trying to get to salad mix yesterday but ran out of time, we'll have it for next week.

The tomatoes surprised us with their continued bounty. I think everyone will still get 10 this week. A pretty amazing count for September 19. Make a sauce and freeze it if you are behind, or just core, plunge in boiling water, and peel before freezing in a zip-loc.

The peppers are slowing down, there's just not much fruit left on the plants at this point. This may be our last week of bell peppers, carmens should continue to wind down until we get a frost.

As I mentioned last week, we continue with another large head of cauliflower this week. There's a recipe for cauliflower rice below. It's an interesting dish that more

and more people are using as a substitute for rice if they don't want rice in their diet. We like it with some sauteed leeks, or even some diced bacon.

Broccoli continues as well, although with just one head this week. With the broccoli and cauliflower we're still dealing with the effects of the heat wave that we had the last week of August. Rapid growth that week set the stage for some early and sometimes odd-shaped broccoli heads. What we really need is some cooler temperatures to slow things down.

Lastly we've got some Delicata squash in the box this week. Delicata is one of our favorite squashes around here. It has a delicate sweet flavor and cooks up very smooth. It doesn't store as well as the other winter squashes so we tend to use it up now while it's perfect. Because of its thin skin and size it's a great choice for stuffing, or slicing into 1/4-inch rings and sautéing.

Farm News

When I got up Saturday morning last weekend they had increased the chance of rain to 80% and it looked like it wasn't just going to be a couple of hundredths of an inch. I'd been holding off on planting the oats and peas on the fields for next year until there was a real chance of rain or until the window of opportunity had closed on the calendar, since last year I went ahead and planted, only to have them never emerge. So I headed out with the grain drill Saturday morning on an act of faith. As the bone-dry dust from the tractor tires and the grain drill billowed around me I felt like a farmer from the dust bowl, always optimistic about the rains returning, even as their topsoil took to the air.

Gratefully, the rains did return in our corner of the world, at least this time. We had the perfect all-night-soaker rain Saturday night coming up just short of an inch. And with a little on Tuesday night and some on Wednesday and Thursday this week, I think the oats and peas will come up just fine.

It also means that we can say goodbye to irrigation for the year. That's a huge load off of everyone's minds. After a while it's easy to just slip into a mind set that it's never going to rain again and every moment of calm conditions requires us to be putting water on something.

The majority of the winter squash was brought in from the field on Monday and put into the greenhouse. The squash harvest has been easy and abundant without any real threat of frost to throw a wrench into the works. We had upper-30's in the field on Sunday night

after the front passed, but the frost stayed well to our north. Only the buttercup is still out in the field, we'll leave it there for another week or so to sweeten up.

We still have some late season weeding to do, believe it or not. There a few pesky weeds that will germinate this late in the season, like shepherd's purse and chickweed. For the most part they're not a big problem, but there are a couple of spots in the spinach that will need to be dealt with.

We also finished re-setting and prepping the high tunnel for the first planting of spinach that went in last Friday. This will be spinach for the winter shares, and for us to eat in the dead of winter when we get a warm day for things to thaw out in there.

Coming next week: Butternut squash, onions, peppers, tomatoes, kale, cabbage, broccoli, salad mix, red beets, carrots.

Cauliflower Rice

- 1 clove garlic, minced
- 1 Tbsp coconut oil or olive oil
- 1/2 head cauliflower
- 1/2 cup yellow onion, chopped
- 1 tsp salt and pepper

Rinse cauliflower under cool water and pat dry.

Using a cheese grater, grate the cauliflower to a coarse texture (approximately the size of rice grains). Using a food processor to pulse the cauliflower to desired texture works as well.

Heat the oil in a skillet over medium heat. Sauté the onion and garlic for 3–4 minutes, or until the onion is relatively translucent.

Add in the cauliflower rice and continue to sauté for 4–5 minutes. Season with salt and pepper, and serve.

Roasted Broccoli with Garlic and Red Pepper

- 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.