

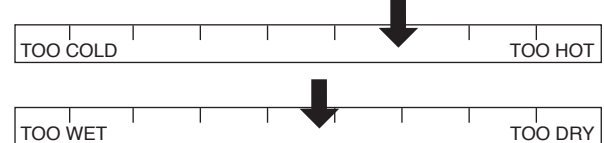


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Beets	Yes	Plastic	Reds w/tops
Broccoli	Yes	Plastic	
Cabbage	Yes	Plastic	Green
Carrots	Yes	Plastic	
Garlic	No	No	
Kale	Yes	Plastic	Lacinato
Onions	No	No	Yellows and reds
Peppers	Yes	Plastic	Sweet Carmens, hot green Anaheims and hot red Cayennes
Salad Mix	Yes	Plastic	
Spinach	Yes	Plastic	
Tomatoes	No	No	Reds and a couple heirlooms
Winter Squash	No	No	Butternut and Delicata

Farm Report 9/26/13

Rainfall0.54"
 High Temperature 78°
 Low Temperature 39°
 Farmer Complaint Indicators™:



Botanically speaking squashes are divided into two species, *cucurbita maxima* and *cucurbita pepo*. Not surprisingly, the maximas tend to be the larger members of the squash and pumpkin crop. All pumpkins are really just very large squashes, buttercup is the same species as your Halloween pumpkin, just different varieties selected for their characteristics. But then there's butternut which falls in the pesky *cucurbita moschata* species just to be difficult. *C. moschata* tends to contain any squash or pumpkin which is tan, like butternut, Long Island cheese and the pretty Musquee de Provence pumpkin which we always have at the pumpkin day. The smaller squashes like acorn and delicata actually share the *c. pepo* species with the zucchini and yellow squash that we were enjoying a few weeks ago.

We've been enjoying the delicata cut into 1/4-inch rings and just roasted on a cookie sheet. Use the delicata up first, they are not long keepers like the butternut. We had some butternuts from last year kicking around here up until sometime in August. No one was brave enough to eat one, even though they looked just fine.

The beets in the box this week are perfect. Beautiful tops, solid round roots about tennis-ball size. A handsome looking beet is one of the best looking vegetables there is, not your flashy rainbow chard, but just a solid beautiful workhorse.

Green cabbage from the fall brassica field is in the box this week. It was getting a little big for it's britches out there with the continuing mild warm weather. This variety, Charmant, is quite resistant to splitting in the field, but they were starting to by the end of last week. When a cabbage gets oversized it literally splits apart

Squash!

Here it is our fourth week of winter squash and I haven't even had much time to talk about it yet. The squash crop turned out quite nice this year, maturity and flavor of the squashes have been great. We were lucky to get it planted when we did, many growers were kept out of the field by the cold weather and are struggling to get their squash to ripen. Overall the sizes seem to be larger than normal, which can be nice for the delicata, but not as nice to have a 9-pound butternut. Pest damage was quite low this year, although we have lost quite a few delicata to rotting since harvest. We had a lot of wire worms in the field this year and I think a number of them had small holes that were hard to notice, but which made them go down hill as soon as we brought them up to the barn.

All of the squash is boxed up and in the greenhouse now except the buttercup, which I try to keep in the field a little longer to sweeten up. For those of you who aren't squash savvy, butternut is the common long tan one with the bulbous end, while buttercup is the dark blue/green one with the beanie.

in the middle rendering it useful only for kraut at that point. This will keep for ages in a plastic bag in the crisper drawer and there won't be another one next week, so take your time with it.

Kale is back in the box this week. The rain over the last 10 days and some cooler weather has really helped the kale, which never seemed to be getting enough water from the irrigation. Unfortunately the cabbage worms have continued to be very active in the warm weather, so you may spy a few holes in a leaf or two.

We continued our prospecting in the fall carrot field for this week. We still have a lot of gnarly carrots, but their flavor has improved with some cooler weather, and there are some decent ones out there. Early next week may be the first harvest with the carrot digger to start getting them into storage. The longer the warm weather continues the more important it becomes to get stuff out of the ground so it doesn't get too big.

Speaking of big, there are some very large heads of broccoli coming out of the field right now. Some of them are a bit squirrely too, but how much can I begrudge a 2-pound head of broccoli. The last planting has less of the heat-stress induced weirdness, and that's mostly what we'll be harvesting for next week.

We never even got close to frost last weekend so the tomatoes and peppers will finish September on a strong note. I can guarantee that we'll have tomatoes in the last share of the summer season next week, which is pretty rare. The longer skinny cayenne peppers are quite hot, and dry easily hung up in the kitchen, or in a dehydrator.

Garlic, onions and salad mix round out the last box of September.

Farm News

We've kind of been in a holding pattern at the farm for the last week or two. Harvesting what we need to, and waiting for the rest to size up or ripen. We have a lot of harvesting in our immediate future, but we have a limited amount of cooler space and boxes so we have to be careful to not get too far ahead of ourselves.

When we're still picking so many tomatoes and peppers, we don't have those boxes available for storing other crops in. Getting this week's onions out the door will help free up quite a few boxes so that we can start to bring in more of the storage crops next week.

We have harvested a couple of storage things for the winter shares already, mainly some rutabagas and watermelon radishes. There's not very many of either, so

it doesn't cramp things in the cooler too much.

Planting has been continuing in the high tunnel so that we can have some late greens for the winter shares. Spinach, arugula and salad mix are all seeded in there and starting to germinate. This run of warm weather should get them all off to a good start.

The rains also finally got our oats and peas cover crop up and growing nicely. This heat also will get it up to a good size so it can hold the soil in place over the winter. It's really nice to see some of the bare fields green up after the rain. The buckwheat we planted on our early vegetable fields this year is also flowering like crazy now. We'll have to watch it to keep the flowers from setting seed, but it's great to have out there as a late season food for the wild bees. The drought really kept some of the late season flowers from doing much, so this buckwheat should help their prospects going into the winter. I may go ahead and leave it standing, even if it starts going to seed, since we don't need to be back into these fields for a while.

Coming next week (last week for the regular season share!): Carrots, potatoes, peppers, tomatoes, broccoli, squash, arugula, salad mix, spinach, brussels sprouts (maybe).

O.k., this recipe may be a bit out there for some of you, but I have it on good authority that raw kale chips are the bomb. This recipe uses two bunches of kale, but you should just be able to halve it for one.

Spicy Raw Kale Chips

- 2 bunches curly kale (I used one green, one purple)
- 2 cups cashews, soaked for 2 hours
- ¼ cup nutritional yeast
- ½ cup chopped red bell pepper
- 2 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon cayenne (more or less to taste depending on your preferences)
- Juice of 1 lemon (2 – 3 tablespoons)
- ½ cup water

Add the kale to a very large mixing bowl (or separate into two if you don't have one large enough – you need to be able to toss it around).

Add the remaining ingredients to a food processor fit with the steel blade (or a high powered blender) and process until smooth.

Pour the 'cheese' sauce over the kale and mix with your hands until the leaves are covered.

Dehydrate at 120 degrees for 12 – 14 hours, until crispy.