

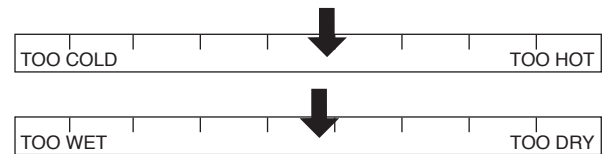


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	
Cabbage	Yes	Plastic	Green
Carrots	Yes	Plastic	
Chard	Yes	Plastic	Rainbow
Garlic	No	No	
Herbs	Yes	Plastic	Italian parsley and thyme
Onions	No	No	Yellows and a red
Peppers	Yes	Plastic	Bell, poblano and carmen
Shallots	No	No	
Spinach	Yes	Plastic	
Winter Squash	No	No	Delicata

## Farm Report 10/2/14

Rainfall . . . . .0.95"  
 High Temperature . . . . . 82°  
 Low Temperature . . . . . 45°  
 Farmer Complaint Indicators™:



So, while you enjoy the beauty of the chard this week, realize that behind each bunch is a long hard slog through rain, wind, mud and fierce competition to bring you a rainbow on a rainy October day.

Some rather large arugula is in the box this week. It got a little big for it's britches during the heat last week. It's still nice and tender, but you may need to chop it up for a salad, or wilt it down lightly and enjoy in scrambled eggs with cream cheese.

More broccoli this week, but as promised, just one head. The last planting is maturing nicely now, so we should have one more next week.

The heat last week really accelerated things like cabbage in the field. We have a nice head of green cabbage this week. Cabbage keeps very well in the refrigerator and this is very fresh, so if it doesn't make it into your weekly plans, don't worry. Store it in a plastic bag in the crisper drawer and it will wait weeks for you to be ready.

The carrots this week come bagged. We started our bulk carrot harvest on Tuesday, but couldn't really do too much since we don't have many crates to keep them in right now. Thankfully the weather has cooled so that the whole outdoors is like a refrigerator and we can keep them out there until we're ready for them, or until it threatens to get down into the 20's. Enjoy them, they are delicious.

Well, I lied about the peppers last week, there were more bells and poblanos out there. The carmens have slowed down dramatically and most of you will just have one in your box, but hey, it is October after all.

## The Ugly Side of Rainbow Chard

A lovely bunch of rainbow chard is in the box this week. For a while it seemed like this would never get harvested after it got hammered by rain early in September. It finally grew out that damage and the cooler weather a couple weeks ago made the colors even more intense. While the chard is quite beautiful, it does have an ugly side that is worth mentioning.

Rainbow chard comes in a random variety of colors when you seed it, you never know quite what you're going to get. We sometimes will select certain colors in the greenhouse so that we have a nice mix when we transplant it. If that doesn't happen, which isn't uncommon, we always have a dearth of yellow. There's about one yellow plant to every 20 plants. While harvesting we're all trying to make bunches with a nice mix of color, and one yellow leaf really makes the whole thing pop. It's really the equivalent of the golden ticket when harvesting, but with only about 5% yellow plants we fight over them constantly. We get very territorial about a yellow plant that's in our harvesting area. It's a major faux pas to swoop in and grab someone's yellow. What makes the competition even more intense is that we all are holding very sharp knives.

More onions this week along with some yellow shallots. Normally we grow the shallots just for the winter shares, but they had a banner year like the rest of the onions. Use the shallots as you would an onion, it has a milder flavor, and people who are fussy about onions tend to not mind shallots.

The squash this week is the lovely delicata. This is probably our favorite early season squash. It's reliably delicious and versatile. If you were at the Pumpkin Day there were some rings of it on the kale salad that Melinda made. We often make the rings as a side dish, simply by cutting off the ends, scooping out the guts, and slicing it into 3/8-inch slices. Then we oil, salt and pepper them on a cookie sheet and roast until tender. Coconut oil works great and has a nice flavor. The skins of delicata are tender enough to eat, so when we make rings we eat the whole thing. It also is why delicata doesn't keep very long in storage.

The spinach continues to be quite nice. It's one of my favorite things to have around when making dinner, right up there with roasted broccoli.

A nice bunch of parsley and thyme round out a box that begs for a weekend of cooking while the weather turns colder Friday night.

### Farm News

It's always hard to switch gears back to full-on harvesting after the Pumpkin Day, but that's what we had to do Monday. Cleanup didn't take too long, I had done most of it on Sunday because I knew we had to hit the ground running Monday morning.

First up was harvesting a bunch of cabbage. Some of it was for this week's boxes, some for the winter shares and some for a friend who makes sauerkraut and kimchee for sale in the co-ops. Her business is Angelica's Garden and her farm and processing kitchen are a few miles away from us over in Elmwood, Wisconsin. We usually call her up if we have extra cabbage or beets in the fall, but this year actually planted some extra for her. So if you buy any of her products they may have HBF produce in them. Her red cabbage-ginger ferment is my favorite. I was going to offer her products for sale through the farm this year but haven't gotten around to it.

On the farm cash flow front, we finally got our rebate/grant money for the solar project. That is a big relief around here. These grant programs that only distribute the money after you can show that you've already paid all the bills are kind of ridiculous. Thanks to the

awesome support of our members and our Greenback program we were able to make it work, but structuring these grants this way sets the bar fairly high and makes these kind of opportunities unavailable to many. And I'm almost over my frustration with the USDA that on a \$40,000 project, 87¢ is a material number.

With over 2,000 pounds of cabbage put to bed in the cooler it was time to move on to other things which were getting a bit too big in the field. Some of the beets that didn't get harvested for last week and the watermelon radishes for the winter shares were on the top of that list. Closely followed by getting the carrot harvester out, cleaned up, and ready for it's duties. We don't have room to store the carrot harvester at our place, so it lives over at the neighbors. We trade storage space for unusable carrots to feed their steers.

**Coming next week:** Onions, garlic, potatoes, spinach, salad mix, broccoli, kale, squash, carrots, celeriac.

### Chard and Onion Omelet (Trouchia)

by Deborah Madison

- 3 tablespoons olive oil
- 1 large red onion, quartered and thinly sliced crosswise
- 1 bunch chard, leaves only, chopped
- Salt and freshly milled pepper
- 1 garlic clove
- 6 to 8 eggs, lightly beaten
- 2 tablespoons chopped parsley
- 2 tablespoons chopped basil
- 2 teaspoons chopped thyme
- 1 cup grated Gruyère
- 2 tablespoons freshly grated Parmesan

Heat 2 tablespoons of the oil in a 10-inch skillet, add the onion, and cook over low heat, stirring occasionally, until completely soft but not colored, about 15 minutes. Add the chard and continue cooking, stirring occasionally, until all the moisture has cooked off and the chard is tender, about 15 minutes. Season well with salt and pepper.

Meanwhile, mash the garlic in a mortar with a few pinches of salt (or chop them finely together), then stir it into the eggs along with the herbs. Combine the chard mixture with the eggs and stir in the Gruyère and half the Parmesan.

Preheat the broiler. Heat the remaining oil in the skillet and, when it's hot, add the eggs. Give a stir and keep the heat at medium-high for about a minute, then turn it to low. Cook until the eggs are set but still a little moist on top, 10 to 15 minutes. Add the remaining Parmesan and broil 4 to 6 inches from the heat, until browned.

Serve trouchia in the pan or slide it onto a serving dish and cut it into wedges. The gratinéed top and the golden bottom are equally presentable.