



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Beets	Yes	Plastic	Red w/tops
Carrots	Yes	Plastic	
Cilantro	Yes	Plastic	
Garlic	No	No	
Onions	No	No	Yellows and a red
Peppers	Yes	Plastic	Sweet Carmens and hot Jalapeño
Potatoes	No	Paper	Yukon Gold
Salad Mix	Yes	Plastic	!
Spinach	Yes	Plastic	Grade B
Winter Squash	No	No	Acorn

## Salad Mix

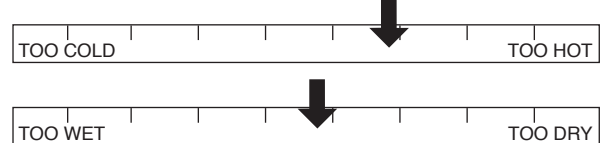
A lovely half-pound of salad mix is in the box this week. As most of you know, it is not a favorite of mine to grow. Of the 10 hours we spent harvesting and washing yesterday, almost a third was spent on the salad mix, and we still had to bag it Thursday morning. I think my inherent problem with salad mix is that I'm too fussy. I do not like bad leaves and weeds in my salad mix, so we spend a lot of time trying to get it as nice as we can.

The second farm I ever worked on grew a lot of salad mix, and that's where I developed a disdain for it. We would harvest and wash hundreds of pounds of the stuff a day, which felt a lot more like working in a salad mix factory than on a farm. It's funny how one experience can effect your opinions of something for years afterward. That was in 1999, and I still don't like salad mix.

I gave up trying to mix together mustards and arugula with the lettuce to make a fancier mix, and instead just go with a straight lettuce mix. Mixes can be challenging however. The strong winds we had on Tuesday caused some edge bruising on the lettuce and arugula, but in the lettuce it was really just one red speckled variety that had all of the windburn, but when it's planted as a mix you can't just skip that variety.

## Farm Report 9/17/15

Rainfall . . . . .0.28"  
 High Temperature . . . . . 84°  
 Low Temperature . . . . . 42°  
 Farmer Complaint Indicators™:



Enjoy it this week and we should have a couple more weeks of it if the weather cooperates. We do wash and spin it at the farm, but I encourage you to do the same when you get it home.

I'm just going to address the spinach right away, and let you know that it is a cooking quality spinach. After going through the heat wave last week and several strong rain showers it looks pretty rough. It also won't keep for very long, so I'd suggest sautéing it for supper tonight or tomorrow.

The first of the fall beets is in the box. The roots have sized up nicely and the tops are o.k. When we have quite a bit of heat and moisture the beet tops do succumb to quite a few fungal diseases, but we've tried to remove most of the bad leaves so there should be some better ones left for cooking.

Arugula is back in the box this week. This too was looking lovely before the 30 mph winds we had on Tuesday. Some of the edges got bruised like the lettuce, but it's less noticeable on the arugula. For the most part it is lovely and tasty.

More acorn squash is in the box this week. It matures earlier than most varieties of squash so we like to start the squash season with it. After this week's warm days, though, it seems like most of the squash is mature. We may have to think about harvesting quite a bit of it in the next couple of weeks.

The carmens are ripening nicely now, everyone should get four of them this week. Try roasting and peeling them to have on hand for salads or sandwiches. Google roasted red peppers for lots of instructions about how to roast and peel them. The small hot jalapeños are also in the box.

This week's potatoes are more of the yukon golds. We harvested the rest of the yukons this week, almost a ton of them. We had one giant that weighed over a kilo.

Carrots, onions, garlic and cilantro round out a mid-september box. Noticeably absent from most boxes this week are broccoli or cauliflower. The deficiency problems I talked about last week have continued and we've had to till in quite a bit of our fall broccoli. I'm still holding out hope for the two plantings that are in a different field. Some of you will get a broccoli or cauliflower, but it's just coming in too unevenly to have enough for everyone.

### Farm News

Along with the usual harvest duties yesterday I cut out early to head up to Menomonie for the public hearing regarding Xcel's proposed rate increase. I did my part and gave my public comment. I wish there had been more commenters, but those who were there were united against the proposed increase. I'm grateful that so many of you have taken the time to submit a comment. When I started to put together the stuff to send out an email to you all there were only 10 public comments submitted, and now there's over 250! They're not all from our members, but many are, and for that I'm very grateful. It's also not too late to comment, they are accepting them until October 28th. Click on the link on the right side of this week's email to leave a comment, and thank you.

It's hard to believe there's only a few more weeks left of the regular summer season. This is week 15 and we go to week 18, so there are three more deliveries after today, with the last one on October 8th. The winter shares will then start the following week with the first delivery on October 15th.

Even though it's late in the year we still have to find time to weed things that have gotten out of hand. Jesse and Andrew put quite a bit of time Monday into getting the arugula and salad mix cleaned up for this week's harvest. Harvesting goes much smoother and quicker if we get rid of the weeds first. Next week's spinach needs some weeding now, but spinach is easier to work around weeds than some things.

We're also busy getting organized for the pumpkin day, which is less than two weeks away. RSVP that your coming if you haven't already. I haven't tried counting pumpkins yet, but there looks to be a pretty healthy crop of them out there. A few of them are quite large for jack-o'-lantern types.

The potato harvest continues anytime we have enough empty crates to bring in more from the field. This week it was 1,600 pounds of yukons. By the end of the day yesterday there was exactly one empty crate on the farm. I'm always happy to see the delivery truck leave the farm this time of year, since it means there will be more empty boxes. Exciting, huh?

**Coming next week:** Arugula, spinach, salad mix, leeks, squash, kale, carrots, potatoes, onions, garlic.

### Honey-Roasted Acorn Squash Rings

- 2 acorn squash (about 3 pounds)
- 2 tablespoons honey
- 4 teaspoons olive oil
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt

Preheat oven to 375 degrees. Cut 1/4 inch from stem end and bottom of each squash, and discard. Cut each squash in half crosswise. Discard seeds and membrane.

Cut each squash half crosswise into 2 slices, each 1-inch thick. Combine honey, olive oil, pepper and salt in a large bowl. Add squash, and toss to coat.

Place squash on a jelly-roll pan coated with cooking spray. Bake at 375 degrees for 30 minutes or until tender.

### Roasted Beet Salad Gourmet | September 2000

- 1 bunch beets (3/4 pound without greens or 1 1/4 pound with), trimmed
- 1/4 cup sliced natural almonds
- 3 tablespoons olive oil
- 1 tablespoon minced shallot
- 1 tablespoon fresh lemon juice
- 1 1/2 tablespoons red-wine vinegar
- 1/4 teaspoon sugar
- 1/2 teaspoon salt
- 1 large Asian pear
- 3 cups arugula leaves (3 ounces)

Preheat oven to 425°F Wrap beets in foil and roast in middle of oven until tender, 1 to 1 1/2 hours. Unwrap beets and cool. While beets are roasting, cook almonds in oil in a small skillet over moderate heat, stirring occasionally, until pale golden. Cool almonds in oil (nuts will get darker as they cool). Transfer almonds with a slotted spoon to a small bowl and season with salt.

Stir together shallot, lemon juice, vinegar, sugar, salt, and oil from almonds in a large bowl. Slip skins from beets and halve large beets. Cut beets into 1/4-inch-thick slices and add to dressing, tossing to coat. Quarter and core pear and cut into julienne strips. Arrange beets on a platter and drizzle with any dressing remaining in bowl. Top with arugula, then pear. Sprinkle with almonds