



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	Back!
Carrots	Yes	Plastic	
Garlic	No	No	
Kale	Yes	Plastic	Red Russian
Onions	No	No	Yellows and a red
Peppers	Yes	Plastic	Sweet carmen, red or green bell and jalapeño
Potatoes	No	Paper	French Fingerling
Salad Mix	Yes	Plastic	
Winter Squash	No	No	Delicata

Squash

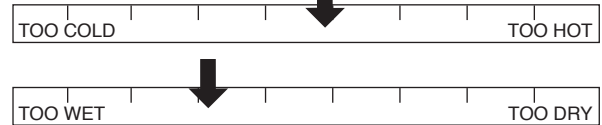
Keeping an eye on the weather forecast this time of year is crucial. Actually, what am I saying, it's always crucial. I'm a big proponent of leaving the winter squash in the field as long as possible for a few reasons. First, the longer it matures on the vine the better the flavor. Second, the sun helps to cure the skins and make them less prone to damage when we're harvesting and handling them. Third, we only have so many large bins that we can put squash in, so the longer it stays in the field the more likely it is that we can get it all in the greenhouse when the time comes.

Leaving the squash in the field does have a few risks as well. It is the time of year for frost, and it can come unexpectedly. Wednesday morning's frost was somewhat unexpected, they weren't really calling for it a few days ago, but after it got much colder than they anticipated on Monday night they started calling for it here. I skeptically went out and covered the butternut with row cover, which is the most frost sensitive of the squashes. We did end up getting a very light frost in places, but not the kind that would do any real damage.

The other risk is that bugs and rodents will have free reign to eat the squash that you leave in the field. This is especially true of delicata since it is such a thin-skinned squash. With the continued wet warm weather

Farm Report 10/1/15

Rainfall0.75"
 High Temperature 78°
 Low Temperature 38°
 Farmer Complaint Indicators™:



last week we ended up having quite a bit of damage to the delicata. Some of it actually caused by slugs, which I don't think I've ever seen before. Consequently, of the 700 delicata we have we'll probably end up composting 25% of them. Big bummer. Everyone loves delicata, but the bugs do too. We are delivering some that have a small hole or two because if we didn't we'd have to compost 50% of it. Trim the hole out and it will be fine, but they won't keep for much more than a week.

The rest of the squash are looking much better.

Maybe we should rename the farm Hole Foods, since the kale has some holes in it too this week. The cabbage worms have been a major nuisance this year, and will continue to be until we get a hard freeze. We don't grow very much Red Russian anymore, but it is a lovely kale. I think it makes the best raw kale salads, it's quite a bit more tender than the curly kales.

The troubles in the broccoli field have improved somewhat. After disking in probably at least a thousand heads, it looks like the two late plantings are faring better. I don't think we're out of the woods, and I do see signs of the same deficiency-induced issue, but I think the cooler weather will present us with some broccoli that we can actually harvest since the plants will be much less stressed. Some of the heads are not perfect, but I'm happy to have them.

The potatoes this week are the tasty French Fingerlings. It's like the UN in the box this week between the kale and the potatoes. It finally dried out enough by Monday morning that Jesse and I could dig potatoes again. It started raining about two minutes after we finished digging them and didn't stop until we'd received nearly a half inch. All of the rain has washed soil off

of the potato hills and exposed the ends of the tubers to the sun. The yields are good, so I don't feel quite so bad about culling half of them because they're green on the end, but it is unfortunate. These potatoes are almost pink internally, and have the best flavor of any we grow. They are great roasted or in soups or stews.

Another lovely bunch of arugula is in the box. This may be the nicest arugula of the fall. It doesn't have any holes since it's main pest, the flea beetle is done for the year. Enjoy.

The salad mix is also very nice this week and our largest bag of it yet. Five more pounds and we would have made it to a hundred pounds yesterday. That's a big salad.

I think we had the last major picking of the peppers on Tuesday. There will be a carmen and a hot pepper next week but this will be it on the bells. The carmens have had a good run, we've harvested almost 3,000 of them so far.

Don't get behind on carrots, there's more! Jesse and I also managed to harvest a couple more rows of them on Monday, but since our barrel washer is down and Andrew was out of town, we just got them dug and in the cooler. Next week looks like the time to get back to washing carrots, and there's still seven more rows to harvest, which are running 500 pounds per row.

Garlic and onions round out the second-to-the-last box of the regular season share.

Farm News

Well we finally got some cooler weather at the farm this week. So much so that I had to go put on extra layers while working on the newsletter. A little fire in the wood stove would feel pretty good, but I'll wait until October tomorrow. It is overdue, and I'm grateful that it's coming with a long dry stretch, which is also overdue.

We had an awesome Pumpkin Day at the farm last Saturday. The weather was perfect, if a little warm for my tastes. We had a nice amount of members show up, exactly two hay wagons full. It was nice to take a leisurely drive around the fields and prairie, although I think some of the younger pumpkin pickers would have preferred a more direct route. There were plenty of pumpkins for everyone and The Ditchlillies serenaded us while we ate and chatted with friends old and new. I think we'll have to instruct everyone to bring more food next year, I was scraping bottom by the time I got through the line. The sun went down

and the moon came up and the campfire felt good as it got dark. We even had some friends stay and camp at the farm, which was nice. Too often by the time Melinda and I sit down to relax everyone's left. All in all it was a perfect day. Thanks to everyone who came.

Next week is the last share of the regular season! Winter share deliveries will begin the following Thursday, October 15th.

Coming next week: Arugula, spinach, beets, leeks, potatoes, carrots, broccoli, onions, garlic, squash and maybe Brussels sprouts.

Melinda's Carrot Hummus

This is a common fall dish at our house that my wife came up with, it's a great use for the extra carrots. It's kind of like carrot humus without tahini, we eat it on crackers but it's also a good sandwich spread. There was a big bowl of it at the Pumpkin Day.

3 cups carrots diced into 3/4-inch chunks

4 cloves garlic, peeled

1/3 cup extra-virgin olive oil

salt to taste

Toss the carrots and garlic with the olive oil and spread out in a single layer on a large baking sheet. Roast them at 375° until the carrots are tender and 20% of the carrots have started to caramelize and turn a golden brown. Remove from the oven and puree in a food processor until smooth, adding more olive oil if needed. Salt to taste.

Honey-Glazed Roasted Carrots Bon Appétit | December 2005

- 2 pounds carrots (1 to 1 1/2 inches in diameter), peeled, halved lengthwise
- 3 tablespoons olive oil
- 1 tablespoon butter
- 1 teaspoon honey
- 1/2 teaspoon balsamic vinegar

Position 1 rack in center and 1 rack in bottom third of oven and preheat to 400°F. Line 2 rimmed baking sheets with foil. Divide carrots and parsnips between prepared sheets. Sprinkle generously with salt and pepper, then drizzle 3 tablespoons oil over vegetables on each sheet; toss to coat.

Roast vegetables 10 minutes; stir. Roast vegetables 10 minutes longer, stir, and reverse sheets. Continue roasting until vegetables are tender and slightly charred, about 15 minutes longer. Melt butter in heavy small saucepan over medium heat. Stir in honey and vinegar. Drizzle honey glaze over vegetables and serve.