



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

	Fridge?	Bag?	Notes & Varieties
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	w/tops
Cauliflower	Yes	Plastic	Nice
Eggplant	Yes	Plastic	Last of it
Garlic	No	No	Red
Kale	Yes	Plastic	Green
Onions	No	No	Yellows and a red
Peppers	Yes	Plastic	Sweet carmens and serranos
Potatoes	No	Paper	Red Norland
Spinach	Yes	Plastic	!
Tomatoes	No	No	
Winter Squash	No	No	Delicata

Cauliflower

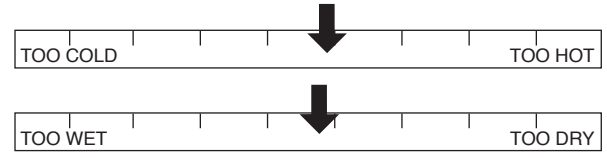
It's unfortunate that so much of our contemporary connection with the Middle East is associated with violence and religious fanaticism, when there's such a rich cultural history that gets cast aside. Case in point; the development of the cauliflower. Thought to have originated in the Middle East perhaps as long ago as two thousand years, the best seeds were known to come from the now besieged Aleppo in Syria. By the 16th century it was known across Europe and made it's way to the new world, where it's not nearly as popular as Asia.

Mainland China grows about 30 times as much cauliflower as we do here in the USA, they also eat a lot more of it. Per capita consumption of cauliflower in the US has dropped by almost 50% since it's peak in 1986.

Cauliflower can be a challenge to grow, much fussier than broccoli or cabbage. The main issue is, it's a white vegetable, which always presents special challenges. The way a cauliflower stays white is to stay hidden from the sun. Generally this is accomplished by the plant wrapping leaves tightly around the head, or in the trade, a self-wrapping cauliflower. Alternately, if the cabbage worms have chewed at all the little leaves, you can go out and tie together the larger leaves to

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Rainfall0.58"
 High Temperature 80°
 Low Temperature 50°
 Farmer Complaint Indicators™:



keep it protected from the sun. We've certainly done it both ways. This year the heads are wrapping themselves very nicely, in fact almost making it difficult to see when a head is ready for harvest.

Cauliflower has had a bit of a resurgence with the popularity of diets which eschew grains. Cauliflower rice as a replacement for the grain is quite tasty, we've also made a cauliflower pizza crust that we like. Cauliflowers keep quite well for a couple of weeks, but they do need to be in plastic to keep from getting wilted, ideally the plastic has a couple of holes to keep condensation from forming.

One of my favorite books about vegetables, *Jane Grigson's Vegetable Book*, has the following advice about the purchasing of cauliflower:

If the cauliflower looks back at you with a vigorous air, buy it; if it looks in need of a good night's sleep...leave it where it is.

On to the rest of the box:

Your eyes do not deceive you, there is spinach in the box this week. Not the largest bunch, nor pristine, but I'm kind of amazed we managed to get anything out of this first fall planting that got hammered by hard rains for the entire month of August.

Carrots are back in the box this week with the first harvest from the fall plantings. These, too, have gone through so much rough weather that it's not surprising that we don't have perfectly shaped carrots. When the ground is saturated with water the taproot of a carrot tends not to grow straight down like it should. We had to reject quite a few carrots to make the bunches, if we didn't they would look ridiculous. And, as they say, they eye eats first.

Broccoli is continuing to come in at a pretty good clip. Next week's planting came on a little early this week, so everyone will have a couple good sized heads. The cool weather has helped slow it down a bit, which is nice, I could use a break from picking it. Broccoli is one of those things that needs to be picked pretty much every day when it's maturing.

There may actually be two tomatoes in most of the boxes this week. Last week's problems with cracking have resolved themselves for the most part. Ripening is slowing to a crawl, but there's quite a few green tomatoes still so we'll continue to have a trickle of them.

The peppers are slowing down as well. We'll be lucky to have one red pepper for everyone next week. The wet conditions have caused so much rot in the peppers that we've probably had to cull almost half of them.

This will be the last picking of the eggplant, there's not much left on the plants now, and there's just not enough daylight to produce new fruits as we approach the vernal equinox.

The squash this week is everyone's favorite, delicata. We are sending some of the largest ones so that we can just send one each. These squash are so sweet that right now in the packing shed, all of the fruit flies that usually find any rotten tomato or pepper are going after any rotten squash. And we did have some rotters, delicata is notoriously thin-skinned, which is nice for eating, but it also makes it very susceptible to decay. That's why I often refer to them as delirotter. I'm trying a new one this year that looks kind of like delicata but with a tougher skin, maybe we'll have it next.

Ok, I'm sorry that we're a little kale crazy around here this year. It will slow down soon.

Farm News

I would like to order this last week's weather for the rest of the month of September, please. We dodged the rain on Monday night, and had some warm winds Sunday and Monday which got things dried out nicely. A switch to seasonably cool temperatures also gave things less of an air of urgency. High temperatures this time of year can really cause some problems.

It's not uncommon on Wednesdays in September for us to spend a fair amount of time hunting down any box that isn't full of vegetables. We only have so many containers to put things in, and this time of year they are pretty much all in use. I've got two large 20-bushel bins full of yellow onions, which has eased the crisis somewhat. But in another week I'm going to need

those bins for squash and cabbage.

Monday also brought our annual visit from the organic inspector. Certified organic farms are inspected annually by a third-party inspector to make sure we're complying with all of the nuances of the National Organic Program. I keep pretty good records, so the inspectors love me, it makes their job easier, and it makes the inspection only take a couple of hours. On a lovely dry day in September, even a couple of hours had me looking at the time and glancing out the window.

Coming next week: Broccoli, arugula, salad mix, beets, carrots, squash, onions, potatoes, peppers, dill.

Easy Roasted Cauliflower

- 1 pound cauliflower, about 1 medium-large head, trimmed and cut into 1/4-inch-thick slices
- Extra virgin olive oil, to coat
- Sea salt
- Coarsely ground black pepper

Preheat oven to 375 degrees. Place cauliflower in a large mixing bowl. Pour on enough olive oil to coat (a few tablespoons). Season generously with salt and pepper and toss gently until evenly coated.

Lay cauliflower pieces out on a baking sheet. Drizzle any remaining oil from the bowl on top. Bake, turning once, until caramelized on edges and tender, 25 to 30 minutes. Serve warm or at room temperature. You can also sprinkle it with a very good aged vinegar. Or, cut florets into smaller pieces and add to salads.

Delicata Squash Rings

- 1 Delicata squash
- olive oil
- pepper

Peel the squash with a vegetable peeler, slice off the ends, and scoop out the seeds with a teaspoon. Cut the squash into rings about 1/3 inch thick. Heat the oil in a wide skillet, add the squash, and fry over medium heat until richly colored on the bottom, about 6 minutes. Turn and cook on the second side until tender. Remove to a plate, season with salt and pepper and maybe a bit of good butter. Enjoy.

Crispy Delicata Squash Rings

Preheat oven to 400 degrees. Slice one delicata squash into 3/8-inch rings. With a spoon scoop out the seeds. Drizzle with olive oil and salt and roast in a single layer on a heavy baking sheet for 10-15 minutes. Flip and cook for a few more minutes, until the rings are tender and slightly brown. Soy sauce or balsamic vinegar can be a nice addition to this. Eat them straight from the oven, skin and all.