

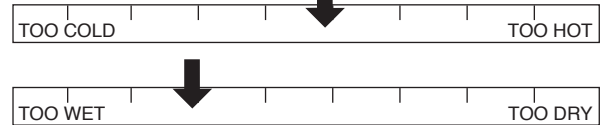


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Beets	Yes	Plastic	
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	
Dill	Yes	Plastic	
Garlic	No	No	
Onions	No	No	Yellow
Potatoes	No	Paper	Russets
Salad Mix	Yes	Plastic	
Spinach	Yes	Plastic	
Tomatoes	No	No	
Winter Squash	No	No	Acorn

Farm Report 9/22/16

Rainfall 1.13"
 High Temperature 81°
 Low Temperature 51°
 Farmer Complaint Indicators™:



deficiency is incorrect, and that there may be a disease issue with all of this moisture. I may send in some samples to the UW plant pathology lab and see what they have to say.

The challenge this month has been the broccoli coming too fast. Some cooler weather would help to slow it down, but as it is, I think we're about at the end of the broccoli. We may have enough for next week, but it's too soon to tell.

A nice bag of salad mix is in the box this week. Technically it's just baby lettuce, rather than a mix of other greens and lettuce. Enjoy this nice big bag of it, it's not something we do a lot of. On a harvest day like yesterday, harvesting and washing the salad mix took as much time as everything else combined, which is why we don't do more of it.

Arugula is back in the box this week. These plantings came up somewhat sparsely, so the bunch isn't huge, but is otherwise a nice complement to the salad mix.

The first of the fall beets are in the box this week. It was my intention to send them with the tops, but beet tops are very sensitive to fungal diseases and it's been so wet that the tops had really gone downhill in the last week or so. So, lovely beets, no tops.

We finally have a bunch of dill to accompany the beets this week. I just kept replanting it until we finally got some. Stupid weather. It's a good thing that dill seed is cheap. Enjoy it with the beets or chopped on top of your russet potatoes.

We finally got the russet potatoes dug this week before the monsoon resumed. I was pleasantly surprised at the size and yield of them. We ended up with almost three

Broccoli

Since I spent the last newsletter talking about cauliflower I thought we'd better give broccoli its due. But, it's been a long day, so lower your expectations.

Broccoli, the word, is the plural diminutive of the Italian *brocco*, which means sprout or shoot. Lots of little shoots, a pretty accurate name for this workhorse member of the cabbage family. Our large stocky heads are quite a bit different from their Italian roots, which are smaller and more elongated. You can sometimes see what's called Italian sprouting broccoli at the farmer's market.

The large single head type of broccoli that we know is usually referred to as *Calabrese* in Italy, which refers to the province of Calabria. Hybridization has brought us the nice large heads that we know today. There are no real heirloom types of broccoli with these large heads, they are virtually all hybrids. It's really one of the few circumstances where plant hybridization has essentially brought us a crop that we otherwise wouldn't know.

I was a little concerned that we were going to have more problems with the broccoli this fall. We do have some issues in the field, but, for the most part, the crop has been pretty nice. I'm going to have to do some more research and see if I can get some answers about what I'm seeing in the field. I think my theory about a

thousand pounds of them, so I thought we should get some in the box asap. Bake some potatoes on a rainy September night.

Spinach is back for another week, with what may be the best bunch of spinach of the year. I gambled and left it in the field Tuesday night, we just couldn't get it harvested Tuesday, but thankfully the rain at the farm Tuesday night was pretty gentle, and it looked great Wednesday morning.

I was hoping to have another squash to accompany this week's acorn, but we were dodging storms all day yesterday and it just didn't happen.

The tomatoes are putting out they're last hurrah. Surprisingly we have more of them this week than we've had for a couple weeks. The same cannot be said of the peppers, which have about run their course. A few of you may get a pepper.

Farm News

The big news on the farm right now is that we are short-handed and scrambling to get done everything that needs doing. Our seasonal employees have mostly left and the next couple of weeks are going to be a challenge. You may notice it in garlic that isn't cleaned, or squash that isn't washed. We just simply can't get it all done. Know anyone who wants to work on a vegetable farm for a couple days a week for the next month? Have them email me.

Brandon and I spent a busy Monday and Tuesday getting all the rest of the potatoes dug and washed, almost two tons. Leaving them in the ground through all this rain could've been an issue. Once the ground gets soaking wet this time of year there's a good chance it will take a long time to dry out. And trying to dig muddy potatoes is almost impossible.

The drawback of finishing up the potatoes is that we are back to not having a single empty box anywhere on the farm. Getting the shares packed today will free up some space, but when I look at how big the fall beets are getting I try not to think about where those are going to go if we need to harvest them.

There are a lot of large harvest projects on our radar, from the winter squash to the carrots. We've been having a lovely mild September in terms of temperature, but anytime now frost could rear it's ugly head. Most things in the field can handle a frost, but not the squash, they will need to come in before then. For now, I don't see any frost in the forecast.

Coming next week: Arugula, spinach, broccoli, onions, garlic, potatoes, tomatoes, kale, squash, carrots, cilantro.

Roasted Acorn Squash with Chile Vinaigrette

- 2 (1 1/2 – to 1 3/4-lb) acorn squash
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 6 tablespoons olive oil
- 1 garlic clove
- 1 1/2 tablespoons fresh lime juice, or to taste
- 1 to 2 teaspoons finely chopped fresh hot red chile, with seeds
- 2 tablespoons chopped fresh cilantro

Put oven racks in upper and lower thirds of oven and preheat oven to 450°F. Halve squash lengthwise, then cut off and discard stem ends. Scoop out seeds and cut squash lengthwise into 3/4-inch-wide wedges. Toss squash with black pepper, 3/4 teaspoon salt, and 2 tablespoons oil in a bowl, then arrange, cut sides down, in 2 large shallow baking pans. Roast squash, switching position of pans halfway through roasting, until squash is tender and undersides of wedges are golden brown, 25 to 35 minutes.

While squash roasts, mince garlic and mash to a paste with remaining 1/4 teaspoon salt. Transfer paste to a small bowl and whisk in lime juice, chile (to taste), cilantro, and remaining 1/4 cup oil until combined. Transfer squash, browned sides up, to a platter and drizzle with vinaigrette.

Apple-Beet Salad with Creamy Dill Dressing

- 3 tablespoons red wine vinegar
- 3 medium beets, steamed, peeled, and julienned
- 1/4 cup plain yogurt
- 1/4 cup mayonnaise
- 1 small clove garlic, minced
- 1 tablespoon minced fresh dill
- Table salt and ground black pepper
- 1/2 small lemon
- 2 tart apples, such as Granny Smith, halved, cored, and cut into 1/8-inch slices
- 1 1/2 quarts leaf lettuce
- 1/4 cup toasted pecans, chopped coarse

Drizzle vinegar over beets; refrigerate overnight.

Mix yogurt, mayonnaise, garlic, and dill in small bowl. Season to taste with salt, if necessary, and pepper to taste; set aside.

Squeeze lemon juice over apple slices. Place greens on platter or individual plates. Arrange apple slices and julienned beets over the greens; top with toasted pecans. Drizzle salad with dressing and serve. Or serve salad and pass dressing separately.