



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

	Fridge?	Bag?	Notes & Varieties
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	
Cauliflower	Yes	Plastic	
Cilantro	Yes	Plastic	
Dill	Yes	Plastic	
Garlic	No	No	
Kale	Yes	Plastic	Green
Onions	No	No	Yellows and a red
Peppers	Yes	Plastic	Green bell and a couple serranos
Potatoes	No	Paper	Red norland
Spinach	Yes	Plastic	
Tomatoes	No	No	
Winter Squash	No	No	Delicata and Jester

Squash

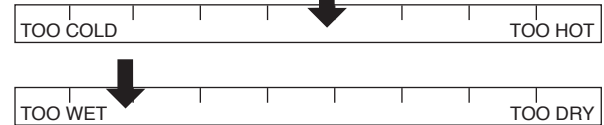
The squash season is upon us, and there's nothing that sounds better to me this time of year than a mound of piping hot squash slathered in butter. It's also a good reason to turn on the oven to take the chill out of the kitchen if you haven't turned the heat on yet. The very wet year has not been great for the squashes here at the farm. We're seeing quite a bit more rot and insect damage than usual. I think we'll still have plenty, but it all depends on how well they hold up in storage. Some of the squashes may have a few small holes in the bottom where it was resting on the ground. This is from a pest called a wire worm, which is only really a problem when it's wet like this. The holes are pretty superficial, and the worms don't reside in the holes, so no surprise encounters should be anticipated.

We're sending two kinds of squash this week, delicata and jester. Their coloring is quite similar, but their shape is different. The jester has more of an acorn squash shape, and along with it a tougher skin. The thin-skinned delicata is what we're losing the most of in the field, hopefully there will be enough again for next week.

Jester is a new variety for us this year since I gave up

Farm Report 9/29/16

Rainfall 1.91"
 High Temperature 72°
 Low Temperature 46°
 Farmer Complaint Indicators™:



on the sugar dumpling-types I'd been growing. It's hard to judge new varieties in such a wet year, but I think we'll grow it again. The flavor is very sweet, and it's a nice size for a weeknight supper.

This will be it on broccoli for now, we may have some for the first week of the autumn harvest shares, but it doesn't look like it's going to make it for next week. Who knows, it may never make it at all. Things really slow down in the field once we start to have nights in the 40's.

We do have another lovely head of cauliflower this week. It's been a good year for these babies. Last year I don't think we managed one week of cauliflower, so two is definitely a bonus. We try to pick the heads frequently so they don't get too big, but there are a few four-pounders in the mix today.

We are continuing a pretty good run of fall spinach this week, although it's not completely grade A in my book. This planting was looking great before the 30 mph winds we had during the day on Tuesday. Some of the leaves will have some tipburn on the edge of the leaf from being battered in the wind. The arugula got beat up so bad that we had to leave it in the field this week. Hopefully the smaller plantings will outgrow their damage. If it isn't one thing it's another...

This is the twelfth week of tomatoes in the boxes. I know we haven't had the large quantities that we sometimes have, but at least we have the long game going for us. They're winding down pretty quickly in the high tunnel, but every time I give them up for dead, they manage to ripen a few hundred more for us. This is kind of delaying my fall plantings of arugula in the high tunnel for the autumn harvest shares, but I

think we'd all rather have a few last tastes of summer, than one more bunch of arugula.

A late bunch of both dill and cilantro is in the box this week. We don't normally have these this late, but so much rain pushed these plantings back weeks from when they normally would have gone in the ground. The good news is that they're both quite tolerant of cooler weather, and are kind of a nice complement to the fall crops. I might try some cilantro on my squash.

There's a last green pepper this week, and a couple of hot serranos, which may be either red or green. No frost in sight has made the peppers keep sizing and ripening. The shorter days slows them down quite a bit, but they won't quit altogether until we get a freeze.

Our standard red potato, the red norland is in the potato space in the box this week. These are not a long keeping potato, so we like to get them out to you before they start to decline in quality. An excellent, all-purpose potato.

The carrots got a haircut this week because the tops are just getting too big. We're still in our crunch for boxes to keep the harvest in this time of year, and carrots without tops take up a lot less space than ones with tops. The ground is still quite wet so getting these out and clean was a chore for Brandon and I on Tuesday.

Farm News

I, for one, would like to go on the record and request no additional rainfall for 2016. We've had 29.76 inches of rain since May 1st, which is just shy of our 30.82 record set in 2010. Now that the days are shorter and the nights are cooler, it takes a long time for things to dry out after any significant rain. I was hoping for some nice drying this week, but then we got over a tenth of an inch of drizzle Tuesday afternoon and evening, which just made everything sopping wet for the day on Wednesday. Both of my pairs of rubber boots have a hole in the right foot, and I'm really tired of having a wet right sock.

We've got an awful lot of produce to harvest and wash over the next couple of weeks, and when it's wet we end up bringing in 70% produce and 30% mud. The mud is a lot of extra work to get rid of, not to mention the unnecessary lifting and carrying of it. This week's carrots we harvested with our undercutter blade, which could barely get through the moist ground. Our carrot harvester definitely wouldn't have been very successful. Hopefully the dry forecast holds.

I'm glad the nights have taken a turn towards cooler temperatures. Warm nights this time of year can really speed up the rate at which our cool weather crops size up. We've already had to harvest all of the cabbages for the autumn harvest shares because they were getting too big, and, if I had a place to put the beets, we might harvest all of them too. The cooler temps will mean that there will only be a few huge beets.

Apart from almost constant harvesting this week, I'm scrambling to get things ready for the Pumpkin Day on Saturday. One thing is certain, there are plenty of beautiful pumpkins.

Kale Salad With Apples and Cheddar

- 4 cups very finely chopped or slivered curly kale or Russian kale (about 6 ounces on the stem, or half of a 3/4-pound bunch, stemmed and washed in two rinses of water)
- 2 tablespoons coarsely chopped toasted almonds
- 1 apple, sweet, like a Fuji, or a sweet-tart, like a Gala, Braeburn or Pink Lady, cored and cut in 1/4-inch dice
- 1 ounce sharp Cheddar cheese, cut in 1/4-inch dice
- 2 tablespoons fresh lemon juice
- Salt to taste
- 1 very small garlic clove, puréed
- 5 tablespoons extra virgin olive oil
- 2 tablespoons freshly grated Parmesan

Combine the kale, almonds, apple and Cheddar in a large bowl.

Whisk together the lemon juice, salt, garlic and olive oil. Add to the salad, and toss well. Sprinkle the Parmesan over the top, and serve.

Baked Garlic Parmesan Cauliflower Bites

- 3-4 cups cauliflower florets
- 1/2 cup flour
- 1 teaspoon garlic powder
- 2 eggs, beaten
- 1/2 cup grated Parmesan cheese (or switch / combine with another salty cheese)
- 1 cup panko crumbs
- 2 tablespoons olive oil (or use olive oil spray if you have it)
- salt & pepper to taste

Cook cauliflower until just crisp-tender. Stovetop steaming takes about 6-8 minutes, or cook it in the microwave for about 4 minutes. Allow cauliflower to cool until it's safe to touch. Preheat oven to 450°F. Combine flour and garlic powder. Coat the cauliflower in this dry mixture by sifting it over a layer of florets flipping them and coating the other side. Combine the panko crumbs and the shredded cheese and pour it onto a tray or dish. Dip the floured cauliflower florets in the mixed egg, then dredge them in the panko/cheese mix, pressing them so that the crumbs stick. Arrange the florets in a single layer on a tinfoil lined baking sheet, then drizzle or spray them with olive oil. Bake in preheated oven for 5-10 minutes until they start to brown up.