



“The care of the Earth is our most ancient and most worthy, and after all our most pleasing responsibility. To cherish what remains of it and to foster its renewal is our only hope.”

— [Wendell Berry](#)

## News from the Farm

**Welcome to Week 15.** Wow we are  $\frac{3}{4}$  through the season and the bounty of September is upon us. We literally had problems closing boxes and had to take out edamame from the boxes. They are also heavy – the full shares we weighed ranged from 27-31 lbs thanks to melons, beets, and squash. We were unable to harvest potatoes because of the wet weather but hope to have them for at least 4 of the next 5 weeks. In the next 2 weeks we will bring in a huge amount of vegetables for curing – squash, onions and potatoes followed by sweet potatoes and the roots lie carrots after the frost comes. Speaking of frost what a wonderful warm fall we are having. We are starting to feel the pressure of the cold weather even though it is not too cold – since we have about 10 weeks to harvest 50,000 lbs of vegetables (or more!).

If you want a chance to get your hands dirty we welcome help with the harvest – also we will announce a family harvest afternoon once we have a grasp on the fall weather, when you can come out to harvest carrots for donate to the Neighbors Place in Wausau.

Remember that the pumpkin pick, pie and pizza event is coming up on the 26<sup>th</sup> from 1-5pm. The large carving and pie pumpkins are outstanding. As we harvested squash yesterday Tony exclaimed about 30 times how impressed he was. If you are interested in harvesting your own edamame or hot peppers to preserve we have a ton. Just call to set up a time.

**Have a delicious week- Kat, Tony, Riley, Ted and Maple**

## In Your Box

Sweet peppers

Beefsteak, Heirloom Tomatoes

Rainbow Cherry tomatoes/saladettes

Red Swan or Dragons Tongue Snap Beans-use like other snap beans.

Broccoli or Cauliflower - The newest planting is wonderful

Beets with their greens-

Sweet Corn- Finally out new open pollinated corn is ready! A mix of yellow and bicolor cobs.

Spaghetti or Delicata squash – see recipes for details.

Muskmelons (cantaloupe) or Watermelon!

Basil

Cucumbers (fulls only)

Potatoes, carrots, celery, snap beans, onions, garlic, edamame, tomatoes, sweet peppers, eggplant/tomatillos, winter radishes, swiss chard.

**Pizza specials of the week** – 5 veggie: tomatoes, onions, peppers, eggplant, garlic; Roasted pig: thinly sliced ham, feta cheese, roasted beets, roasted red peppers; The last breath of summer: tomatoes, mozzarella, sausage, fresh cilantro, kale.

## Kat's Kitchen

**Spaghetti and Delicata squash-** roasting is the best way to cook all squash. Delicata are wonderful roasted in rings lightly covered in olive oil (maple syrup, chili powder, and salt optional). Spaghetti squash are best cut in half, roasted cut side down until tender and scraped out. You are use as pasta with sauce or top with butter, salt and pepper for a side dish.

**Amazing roasted or grilled veggie for topping squash OR for stuffing tacos.** We have made variations on this all week and our kids love them. You can roast on the grill or in the oven at 350-400 degrees. Combine a mixture of sliced peppers, onions, diced garlic, cauliflower and beans with olive or other mild oil. Roast until tender. For taco topping combine with black beans or browned meat, smoked paprika or chili power and serve topped with cheese. To top pasta or squash just toss together, add salt and pepper and parmesan cheese.

**Sweet corn ideas-** contrary to many beliefs corn does not need to be cooked. It benefits from less steaming, boiling or grilling rather than more. You can shave it into salads fresh, roasted and top with herbs like fresh basil. Or set up a corn “bar” with salted spreads or flavored butters. We mostly eat it fresh or lightly boiled with butter as a side dish ☺