



- I would rather have a pumpkin, and have it all to myself, than be crowded on a velvet cushion.
- Henry David Thoreau

News from the Farm

Welcome to Week 17! The Pumpkin Pick and Pie is this Sunday from

1-4. I've shifted this up an hour from the Preseason Welcome. There will be Pie, Pizza (Also pie) and fresh pressed cider. Pick a pumpkin and maybe we'll take little hay ride and visit the cows. Fall is in the air! After that beautiful spell of late summer weather, a chill is crisping things up. Never fear, though, for this is all part of the plan. You will see Brussel sprouts, celeriac, cabbage, fall broccoli and kale all of which improve because of the fall frost. Here is the science. The freezing point of water is 32 degrees Fahrenheit (0 degrees Celsius: Justin wants me to switch entirely to the metric system. He says if I do Microsoft, General Electric, and the U.S. Government will as well and the conversion will happen). Most brassicas and some other crops have a survival defense that converts some of the starch of their cell structure to sugar to "thicken" their water and lower the freezing point. This naturally sweetens the plant. This is why carrots, brussels, kale and so many other fall crops taste better in October, November, and December when they are from Wisconsin or wherever it freezes. Lastly: Grapes! This is only the third time I've ever put my concord grapes into the box. It's very hard to grow organic grapes in Wisconsin. It is a crop that is very subject to foliar disease and pests. I do nothing to them and just take what I can get. Our previous best year for grapes was 2012; the drought season, so I was incredibly surprised when I saw a CSA scale crop from this year which I thought of as cold and wet. Enjoy! **Have a delicious week- Tony, Riley, Ted and Maple**

In Your Box

Edamame – an edible soybean. The Japanese eat them like beer nuts. Boil for 5 min drain toss in kosher salt and suck the bean out of the pod for an appetizer or side.

Mizuna – a mild Asian green. Like arugula but milder

Brusselini (The tops of the Brussel Sprout plant, use like kale or cabbage.)

Beets

Grapes

Tomatoes

Garlic

Sweet Corn

Celery

Next Week's best Guess: greens, onions, carrots, celery, salad mix, squash,

tomatoes

Pizza specials of the week – **Bluegreen Veggie** – onions, blue cheese, kale, peppers, basil pesto, **Pizza Poblana** – Stoney Chrizo Sausage, Roasted Poblano Peppers, onions, sweet corn; **Marghie the Pig** – Basil Pesto, Bacon, Heirloom tomatoes, Fresh Mozz, **It's all Clover Now Baby Blue** – Blue Cheese, Bacon, Kale, Basil Pesto, Marathon Red Clover in Post.

Farm to Table Recipes Gleaned By T-Bone Schultz

Brusselini – Think kale or collards. These are the soft top greens of the Brussel sprout plant and can be used in any way you would use most brassica greens. Here are some semi focused recipes.

Greens and Beans – One bunch of brusselini shredded. One can of beans. Bacon ends (I'll let you decide how much) One teaspoon hot chile paste (optional) salt and pepper to taste. Cook the bacon, remove the pieces from the pan leaving the grease throw in the brusselini cook for about two minutes on medium heat add the bacon and beans back in with the chili paste kick around for another two minutes flavoring with salt and pepper as you nibble.

Crisp Brussel Sprout leaves 1 pound brussels sprouts, trimmed, leaves separated, 1 tablespoon olive oil, 1 tablespoon grated lemon zest plus lemon wedges for serving, 1/4 cup walnuts, chopped, Salt and pepper, 1/4 cup grated Pecorino Romano (1 ounce) Preheat oven to 375 degrees. On a rimmed baking sheet, toss brussels sprout leaves with oil, zest, and walnuts. Season with salt and pepper. Roast until leaves are crisp and golden around edges, 10 to 12 minutes. Sprinkle with Pecorino and serve with lemon wedges.

What's the fastest vegetable?

A runner bean

Why did the grape stop in the middle of the road?

Because he ran out of juice.

Why did the Tomato go out with a prune?

Because he couldn't find a date!

What did the father tomato say to the baby tomato whilst on a family walk?

Ketchup.

What vegetables are a sailors enemy?

leeks!

Why did the tomato blush?

Because he saw the salad dressing

Why do fungi have to pay double bus fares?

Because they take up too mushroom

What do you call a retired vegetable?

A has bean!

What did the lettuce say to the celery?

...Quit stalking me.

What does the baby soybean call its mother?

Edamommy!

Q: Why did the gardener quit?

A: Because his celery wasn't high enough!

What did the green grape say to the purple grape?

Breathe!