



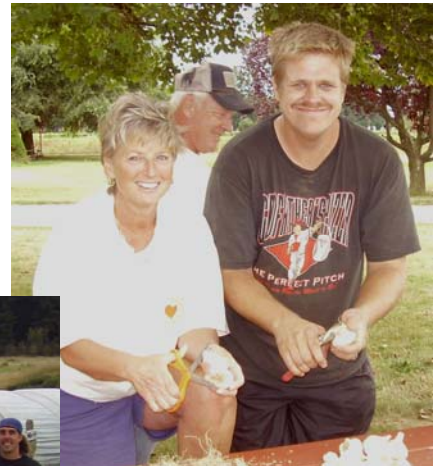
October 4, 2007

Greetings CSAers,

Look who's on the tractor! Volunteer and Youth Program Coordinator Kelly held a tractor workshop last Saturday for the Growing Partners youth. They all had a turn using the bucket to move the chip pile. The young women (Megan pictured here) did particularly well. Are you surprised? Not me!



I mentioned the folks from Intercity Transit and TwinStar Credit Union who volunteered for Day of Caring a few weeks ago. Here they are, showing off the corn they harvested with Michael (left), cleaning garlic with Ron (right),



and all smiles at the end of the day:



What's in Your Box

- Red Onion—these have been “cured” by drying in the greenhouse for several weeks, so they will keep a bit longer than the fresh onions you got in your boxes earlier in the season
- Broccoli
- Potatoes, red
- Dill weed
- Chard or kale or collards
- Beets, red or golden—the golden beet greens are my favorite. These make a wonderful pesto with goat cheese, walnuts, garlic and olive oil.





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- Carrots
- Parsley or arugula
- Delicata winter squash—true to its name, this is a delicate winter squash with a tender, edible skin
- Tomatoes—the last of the very small crop. We have many green tomatoes for distributing in the next couple of weeks.
- Purple Kohlrabi—if you're wondering what to do with this, look up the newsletter from week 7 on our website, <http://www.leftfootorganics.org/Newsletter.php>.
- Peppers—given how cool it feels tonight, these may be the last of the peppers

Beth's Farm News: What's Growing On

Rain, wind, and cooler temperatures have made their impact on the farm this past week. Last Saturday I spent several hours cultivating, incorporating growing cover crops and sowing new ones, all the while keeping an eye on the impending storm. With relief, I finished before the rain started. Cover crops or "green manures" are crops sown to build organic matter and prevent erosion. I think of it as a way of giving back to the earth and thanking it for all the bounty it provided this season.

However, with the rain came wind gusts that knocked down almost all the corn stalks. Fortunately, we had harvested most of the corn already, but it was such a surprise! The cooler night temperatures are causing the squash leaves to die back, revealing the colorful assortment of winter squash growing underneath. The landscape of the farm quickly changes this time of year!



Recipes

For a simple way to prepare delicata that takes advantage of the tender skin, try the delicata squash rings recipe on our website, <http://www.leftfootorganics.org/recipe.php?id=r0052>. Also, if you still have that bundle of sage from last week, fry them and use them with the delicata in the winter squash puree recipe <http://www.leftfootorganics.org/recipe.php?id=r0053>.

I forgot to say anything about what to do with the baby parsnips last week! It was one of those situations where we have to thin the plants anyway and they look so nice we just bunch them. I think their best use is in soup stock. The tiny roots are sweet, and the greens are like a strong celery. I made a vegetable stock last week with parsnips, leek, and carrots (all of which I strain out and compost after cooking the stock) that I used as the base for kale and white bean soup, <http://www.leftfootorganics.org/recipe.php?id=r0091>.

Enjoy!