

Wholesome Harvest

News Letter 9/21/09



This Week on the Farm

Hello to all members.

It has been a few weeks since we have been able to write a newsletter. We have been so incredibly busy harvesting the late summer crops. It has been such an odd year for weather. Who would have thought that the hottest weeks of the year would be in mid September?



I hope you all enjoyed the wonderful harvest of watermelons we had this season. They yielded very well this season. We actually found out that watermelons originated around the Sahara desert. It makes some sense that they have thrived this season. For one we have sandy soil on our farm, we have also been extremely dry this season, and finally the extra cool nights we have had are similar to dessert conditions.

You will notice your shares will start to change as summer ends and fall begins. As you know from your shares we have started digging and bagging potatoes. This week you will begin to receive different kinds of winter squash which are always a favorite. The summer crops are beginning to die off, the tomato plants have completely died off already, peppers have greatly slowed production and the eggplants are starting to turn yellow near the base. Enjoy the last week or two of cucumbers, summer squash, and zucchini as their time will soon end for another season as well.

We have begun the time consuming process of fall clean up around the farm. There are miles of irrigation tubing to pick up, there are stakes and twine from the tomato patch to pick up and store away. It is amazing that even though we are finally done with planting and for the most part weeding there is the issue of fall clean up that more than fills any extra time we may think we have. At this time of the year we also start to plant cover crops

for use as organic fertilizer next year. We also have begun some of the planning process for next year. We actually are going to prepare the soil this fall for the early spring crops next season such as spinach and peas. By preparing the soil this fall it will encourage the soil to warm faster in spring and hopefully buffer the weather if we happen to have another ridiculously cold spring like this year.

Our tomato crop is done for the year. This year was a so so year for tomato production. We had a lot of nice weeks of an assortment of cherry tomatoes. Large tomatoes produced well but with about a week or two less production time than last season. We are considering for next year growing an earlier and later crop of tomatoes in one of our hoop houses to extend the tomato season more. It is always sad to watch the tomato plants start to die because tomatoes seem to be everybody's summer favorite. That is why we are considering the hoop house growing for next year.

Meet the crew

Over the last weeks of the season we hope to provide a little bit about us and the people who work with us to produce all the crops on our farm.

This is Mike, Gracie, Rebecca, and Levi Brill. Our other helper is Josiah Mattson. These guys have been working on the heavy lifting delivery days. The boys are currently in charge of getting 260 watermelons each Wednesday counted and moved into the pickup areas. Mike and the twins are in charge of sorting and counting the wide assortment of vegetables each week. They have been a great blessing to me as I actually have time to breathe on Wednesdays now.



Frequently Asked Questions

This section is intended to address questions that are brought to our attention by our members. It is our hope to answer most of these questions in the newsletter helping us to better communicate to all members.

When will the season end?

Even with the late start to the season we are still hoping to have 20 weeks of delivery. This would mean 4 more weeks after this week.

Are there any winter shares remaining?

Currently we would have between 15 and 20 winter shares left. The cost of the winter share is \$100.00 and includes two bulk pickups that will start after the regular season ends. The share includes items such as potatoes, squash, onions, etc. Those who sign up for the winter shares will receive further information as the time gets closer. Shares will be taken on a first come first serve basis. Checks can be sent to

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Get to Know Your Produce

Spaghetti Squash:



Spaghetti squash can be stored at room temperature for about a month. After cutting, wrap in plastic wrap and refrigerate up to 2 days. Spaghetti squash also freezes well. Pack cooked squash into freezer bags, seal, label and freeze. Partially thaw before re-using and then steam until tender but still firm, about 5 minutes

When cooked, the flesh separates in strands that resemble spaghetti pasta.

To prepare spaghetti squash, cut the gourd in half lengthwise and remove the seeds, then bake or boil it until tender. Or, wrap it in plastic wrap and microwave on high for 10 to 12 minutes. Once cooked, use a fork to rake out the "spaghetti-like" stringy flesh, and serve.

Turnips



A member of the cabbage family, turnips are similar in appearance to the root vegetable rutabagas. In general, turnips are smoother than these cousins and have several circles of ridges at the base of their leaves. For cooking purposes, they can be used interchangeably

This Weeks Recipes

We thank are members who have submitted some of their favorite recipes. We do not have room for all recipes in the newsletter but we will work on pulling together a recipe file that we can share with the members at the end of the year. If you have a recipe you would like to share please e-mail a copy to us. Hope you enjoy.

Spaghetti Squash

INGREDIENTS

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 tablespoons sliced black olives
- 2 tablespoons chopped fresh basil

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
2. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.
3. Meanwhile, heat oil in a skillet over medium heat. Sauté onion in oil until tender. Add garlic and sauté for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.
4. Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sautéed vegetables, feta cheese, olives, and basil. Serve warm.

Sweet and Buttery Turnips

INGREDIENTS

- 2 pounds turnips, peeled and cubed
- 1/2 cup butter
- 1 cup sour cream
- 1/2 cup half-and-half cream
- 1 cup brown sugar
- 1 pinch ground nutmeg
- salt and pepper to taste

DIRECTIONS

1. Place turnips into saucepan and fill with enough water to cover them. Bring to a boil, and cook until tender, about 20 minutes. Drain. Add butter to the hot turnips and mash with a potato masher or whisk. Once the butter has melted in, stir in the sour cream, half-and-half, brown sugar, nutmeg, salt and pepper. Mash to your desired consistency. I always undermash for a chunkier outcome. Cover and keep in a warm oven until ready to serve