



## Fall Planting Time

Many fall crops have been in the works for months already (leeks, hard squash, potatoes, melons, dry beans) but there are several other crops that Mark and I are working on planting and seeding right now for the September and October boxes. This time of year is perfect for seeding root crops like storage carrots, parsnips, and beets. Soon after that it will be time for seeding radish, spinach, arugula, and other salad greens. We also have some broccoli, cabbage and other brassicas to be transplanted and seeded. Even though we love the summertime and the onset of tomatoes, cucumbers, peppers, and beans that we are about to enjoy, there is something special about the fall and its cold loving crops. If you are worried that summer is already almost over—don't! Some of the most exciting summer produce is yet to come and even when summer is over, there will be a lot to look forward to from the garden.

## Heirlooms, Hybrids and Non-GMOs

With so many descriptions on food products available at farmers markets, co-ops and your grocery store it can be challenging to interpret product labeling and decide what to choose. When it comes to produce there are a few important things to consider. When selecting seeds and varieties for our produce operation, we use a combination of heirloom and hybrid varieties. Heirlooms are the “purebreds” of the produce world and are the varieties that our grandparents ate. Often times they are passed down through generations, and they are known for texture, flavor, uniqueness and color but can be inconsistent producers. Plants might not be as vigorous and abundant but make up for it in quality. Another advantage is that heirloom seeds can easily be saved and replanted from year to year. Heirloom varieties are open pollinated meaning pollination occurs by insect, bird, wind, humans, or other natural mechanisms (source: <http://blog.seedsavers.org/blog/open-pollinated-heirloom-and-hybrid-seeds>). These varieties help us connect with cultural and historical roots of farming and to grow plants adapted to our climate and soil.

Hybrid varieties shine in their consistent production, disease resistance and uniformity but sometimes lack flavor and texture. They are created by cross pollination of varieties to select for desirable characteristics—a method pioneered by the monk Gregor Mendel in the 1800s using experiments on sweet

peas. Seeds saved from hybrid plants will produce genetically mutated fruit that is inferior in flavor, appearance and production because the desired traits might not necessarily be expressed. We already mitigate our risk by planting a wide variety of crops but by using a combination of heirloom and hybrid varieties we further ensure abundance and quality.

GMOs or genetically modified organisms are created by human insertion of dna that would not have otherwise occurred naturally (for example crossing the dna of a plant with a bacteria *Bacillus thuringiensis* making the plant resistant to pests). We do not use GMO varieties in our operation and the farms surrounding us use a similar philosophy. Please let us know if you have any questions about our seed selection and other practices.

## Box 6 Items

**Summer Squash:** Add to an omelet or make slices for sandwiches. This can be eaten raw or cooked.

**Carrots:** Somewhat larger carrots would be a good addition to soup or curry. You could also roast the carrots for a colorful side dish.

**Cauliflower or Broccoli:** These highly nutritious vegetables can be added to you slaw or steam them to maintain nutritional value in cooking, or use them in the curry recipe below.

**Napa Cabbage:** This cabbage can be used in slaw or would be a wonderful side dish. See the recipe below

**Spring Mix:** We are nearing the end of spring greens so enjoy this mix before it starts getting too hot for crisp, sweet lettuce.

**Swiss Chard:** (Full shares) Similar in flavor and usage to beet greens.

**Cucumber:** Enjoy the first cucumbers from the garden in your salad!

**Kohlrabi:** Shredded green kohlrabi can be added to your napa cabbage slaw or you can cook it in a stir fry.

**Romaine Lettuce:** Chop up the head of romaine for taco night or leave it on the head for a salad later in the week.

## Recipes

### Napa Cabbage Slaw

1/2 cup slivered almonds  
 3 tablespoons sesame or vegetable oil  
 2 tablespoons rice vinegar  
 1 tablespoon soy sauce  
 1/2 teaspoon sugar

1 napa cabbage, chopped  
 2 scallions, thinly sliced  
 1/4 cup chopped cilantro  
 Freshly ground pepper

Toast almonds in a dry pan on the stove until they just become fragrant. Almonds will turn from golden to burnt quickly.

In a bowl, mix the oil, vinegar, soy sauce and sugar. Add the cabbage, scallions and cilantro and toss. Add the almonds and season with pepper. Toss again and serve.

### Carrot, Broccoli and Chickpea Curry

2 teaspoons ghee or extra-virgin olive oil  
 1 onion, chopped  
 1/2 teaspoon sea salt  
 1 clove garlic, minced  
 1-2 teaspoons ground coriander  
 1-2 teaspoons ground cumin  
 1 teaspoon turmeric  
 1/2 teaspoon cinnamon  
 pinch of cayenne  
 1 small potato, cut in chunks  
 1 carrot, sliced  
 1 cup tomato sauce  
 1/2 cup water  
 1 cup cooked chickpeas  
 1 cup broccoli florets



Heat oil in a large pot. Add onion and salt; sauté until onion is soft. Add garlic, coriander, cumin, turmeric, cinnamon and cayenne. Use the larger amount of spice for a stronger curry flavor. Add potatoes, carrots, tomato sauce, and water; stir well. Bring to boil, lower heat and simmer, covered, until potatoes and carrots are tender, about 20 minutes. Add cooked chickpeas and broccoli; stir in gently. Heat until broccoli is bright and tender (a few minutes). Serve over rice and garnish with yogurt on top.