



SUNSHINE IN A BOX



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Autumnal Equinox

Farm Updates

Fall has officially arrived as of Saturday and the weather is in keeping with the season. Heavy rain last week made it difficult to work outside but didn't cause notable damage to any crops. A light frost is predicted for Friday night which will mostly affect the tomatoes and peppers. Hopefully I will be able to cover some of the peppers and pick under ripe tomatoes beforehand to extend the harvest.

Some fall clean up has started and generally the fields are looking in pretty good shape. I am happy with the level of weeds in most of the garden beds, and have some ideas for the weedier areas.

More fall crops are coming in the next two weeks. The last CSA delivery will be on October 10th.

Week 16 Produce

Fall has arrived!

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Week 16 Produce

Potatoes: Mondak gold potatoes are used typically for frying (great for french fries) but work equally well boiled or roasted. Grown organically in Howard Lake, MN.

Rosemary: This warming and fragrant herb is a perfect accompaniment to potatoes or other roasted veggies. I also like to finely chop it to add to a vinaigrette or sprinkle over finished dishes. Rosemary dries well just by hanging in a cool dark place. Add it to soup or stew for a savory flavor.

Sage: Commonly used at thanksgiving, sage is delicious to add to broths and with roasted meat, especially poultry or wild game. Another herb that dries very well. Also useful as an herbal infusion for colds and sore throat.

Shallot: This allium has a mild and delicate onion flavor. Mince finely and sweat in oil on low heat being careful not to burn. Then add other vegetables—sautee with kale, potatoes and green pepper for a tasty side dish.

Kale: This cruciferous vegetable is known for its anti-cancer properties thanks to its fiber and high vitamin and mineral content. Blanching kale for 5-7 minutes and then plunging in cold water helps remove bitterness and makes kale more tender. Blanched kale can then be added to soup or stews, a pizza topping, in pasta or lasagna, or frozen for future use.

Green Pepper: Finally a good picking of peppers, just in time for the potential frost on Friday

Radish: The last of the radishes from the final planting of the season.

Tomatoes: Despite the late start it has been a great tomato season!