In the Share

Pie Pumpkin, 1 piece
Acorn Squash, 1 piece
Onions, 1 bag
Napa Cabbage, 1 head
Carrots, 1 bunch
Scallions, 1 bunch
Red & Green Peppers, see signs
Brussels Sprouts, 1 bag
Garlic, 1 head
Cilantro, 1 bunch
Tomatoes, see signs

All the various colors make today’s share one of the prettiest of the year. There are also a number of new items in the share this week – all favorites of the fall.

First there are two new winter squashes. The pie pumpkin is intended just for what its name suggests, making pie. Unlike a jack-o-lantern (which is grown for size and shape) a pie pumpkin is grown for its sweet flavor. It can be used in soups or can be hollowed out and stuffed if you are not interested in pie. The acorn squash is likely very familiar to most of you. Cut it in half, scoop out the seeds, and bake it with butter and brown sugar if you are feeling traditional. While neither of these squash is a long keeper, both should last for at least a month or two if you don’t get to them right away.

Brussels sprouts are also new this week. Every Monday Julie takes a sprout off the stalk and samples it raw in the field. This Monday she determined that they are finally ready to eat – through she does not actually recommend them raw! Farm intern Garrett is a Brussels sprout lover and has converted many a hater to his camp by serving the sprouts roasted. Just remove a bit of the (continued on the back)

Claire’s Comments

Fall Cover Crops

Though I am not a special fan of the fall (as I prefer the heat of the summer), I have to admit that the farm is truly lovely at this time of year. There are not too many vegetables left in the field, the weeds are finally tamed, and I get to watch the cover crops take over the farm. After a summer of struggle to keep the messy and unattractive pig weed and velvet leaf out of our lovely vegetables, it is such a relief to see the sweeps of uninterrupted buckwheat, rye, vetch, oats, and peas claim the farm.

To the uninitiated, a farm of cover crops can give the impression that something in the vegetable field went very wrong. There are no paths; there is nothing that humans would normally eat. It looks like a field full of young and vibrant weeds. To those in the know, not only are the cover crops beautiful, they are also a sign of fertile soil in the making. The main point of a cover crop is that it pulls nutrients from the deeper soil layers as it grows. When it matures, it is mowed and worked back into the soil where it decomposes and releases those nutrients into the top soil layer where they can be used by the following cash crop. Meanwhile, cover crops also hold the soil in place and prevent erosion, smother weeds, attract beneficial insects with their blooms, and, of course, look beautiful.

Cover crops are a main support of our farm system and the fall is when they shine. Some of the cover crops we grow will survive the winter and produce even more nutrients in the spring. Some will winter kill and decompose under the snow so that we can plant our first crops into them in mid-April. But in fall, they attract our attention with their vibrant green growth at a time when most all other plants around us have given up and are dying back for winter.

This pair of sandhill cranes loves our cover crops. They visit us almost daily in the fall. Here they are in a section of oats and peas.
Recipe

As we have never before delivered napa cabbage, it seemed the most appropriate candidate for a recipe. I was so pleased when I found the one below and realized that all the necessary vegetables, except mint, are included in the share today! I love Asian slaw and this one sounds quick and delicious.

Asian Cabbage Slaw
from Farmer John’s Cookbook

2 cups shredded cabbage 2 Tbs. peanut oil
1/3 cup grated carrot 1 Tbs. rice wine (mirin or sake)
1/2 cup minced onion 2 tsp. honey
2 Tbs. minced fresh mint 1 tsp. toasted sesame oil
2 Tbs. minced fresh cilantro salt
2 Tbs. rice vinegar pepper

1. Combine the cabbage, carrot, onion, mint, and cilantro in a large bowl. Toss well.
2. Mix the vinegar, peanut oil, rice wine, honey, and sesame oil in a small bowl until well combined. Pour the dressing over the cabbage mixture; toss. Season with salt and pepper to taste.
3. Refrigerate for 1 hour before serving. Serves 2 to 4.

Storage Share Option

We offer a few extra storage crops as a way to keep your pantry stocked with Troy vegetables beyond the end of the growing season. The butternut will keep on your counter for a couple of months, but will last even longer in a cool basement. The carrots, beets, and leeks can be kept in perforated plastic bags or in a plastic bucket with a loose lid in a cool basement but will stay hydrated longer if you can fit them in your fridge. The garlic keeps best at room temperature in a kitchen cupboard, but will also keep in a cool basement. Quantities on all these items are limited. We will make an attempt to distribute orders as evenly if possible, but will resort to first come-first serve if necessary. Payment is due at pickup on 10/13.

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Name: ______________________________________________________  E-Mail: __________________________

Return this form by Thursday 10/6 either over e-mail to Claire or to the farm stand. Your storage vegetables will be ready for pick-up at the stand on 10/13.