



Where The Land, Food, and People Come Together!

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## Field Walk....

August 10th began like any other Monday on the farm. We began work at seven. Segue fed the pigs. Beth and I loaded buckets onto the truck. We drove to the potatoes and harvested our usual 300 pounds. Then we harvested 175 pounds of tomatoes and 150 pounds of peppers. I moved as slow as a turtle that morning, but nothing felt unusual. That afternoon was more low key. I seeded lettuce in the greenhouse and cleaned onions while Segue irrigated the peppers and sprayed fish emulsion on the beets. At five we called it a day, still completely unaware that this had been our last afternoon, just the two of us. Diego Owen Lara was born the next morning at 11:44 AM. I love to think that August 10th was like so many other days before. Diego had been hanging out and working with us on the farm for the last 10 months. Why would the day before his birth be any different? We owe a special thank you to both our interns Beth and Caleb and farm member Nicole Tesson, who managed the harvest the morning that Diego was born. You'd never guessed that half the crew was sidelined that morning and that speaks volumes of how furiously and efficiently they worked on August 11th.

August was a busy month. While we were learning to take care of Diego, the farm kept right on rolling down the track towards winter. If we weren't harvesting three thousand pounds of watermelon, then we were bringing in buckets upon buckets of beautiful red, orange, and yellow sweet peppers (my prediction of a less-than-stellar pepper harvest turned out to be incorrect, thank goodness!); Segue, Beth, and Caleb refuse to eat cucumbers after eleven continuous weeks of back-breaking harvests; and the winter squash keeps coming--big crates of butternut and white acorn are waiting their turn in the barn.

With only nine weeks left to go, there are just 12 more beds to plant out of the 355 total!! It's just lettuce, salad mix, radishes and turnips at this point. Everything else is in, is weeded, and is growing. What's left to do then? Well in case you haven't noticed, the farm is a wreck!! It is time to start cleaning up, ripping up, tilling up, and putting away. All the tomato stakes must be lifted; the drip tape rolled up; old fields tilled and put into a fall cover crop of oats and peas. It's time to start day dreaming about our long winter nap and time to allow the ground its rest too.

Enjoy the harvest, Amy, Segue, Beth



Fall crops are looking delicious: broccoli, cauliflower and cabbage will be ready by the end of this month!!



Why am I suddenly in the mood for baked squash??



Beth gets busy harvesting delicate winter squash

## Winter Squash Varieties

Acorn Squash: are mildly sweet and have orange flesh with green-black skin. They are acorn shaped with distinctive heavy ribbing.

Delicata Squash: are oblong and cream-colored with dark green stripes and flecks along their length. Their highly sweet flavor makes them good for baking and also for stuffing. **The thin skin of delicata is often tender enough to eat!**

Butternut Squash: have tan skin and a shape reminiscent of a peanut. They have bright orange flesh and are sweet and moist. Without anyone knowing the difference, butternut squash can be substituted for part or all of a pumpkin in a pumpkin pie recipe

Thelma Sanders Sweet Potato: a wonderful cream colored acorn-type squash. An heirloom variety that is a delicious two-serving baking squash.

## September Vegetables

### Storage

**To store sweet potatoes:** keep the unwashed spuds in a cool, dark place, such as a loosely closed paper bag in a cupboard or cool basement, and use within a few months. **Do not store in the refrigerator!!**

**To store winter squash:** store in a cool, dry, dark place with good ventilation. A porch or garage can work well as long as you don't let them freeze. They should keep for a month or more!

## Other Fall Vegetables

Collards: have large, smooth, paddle-shaped leaves. **They contain almost as much calcium as milk.** Season collards with vinegar, hot pepper sauce, garlic, onions, chile peppers, or lemon.

Kale: we have three different varieties this fall: green-curly, red-curly, and an oblong, blue-green leafed variety called lacinato.

Broccoli & Cauliflower: you've waited all season for these two--we hope they are good crops, but their development is dependent on cooler temps and a good amount of rain. Let's keep our fingers crossed!

Sweet potatoes: we've kept these weeded all year, and should have a fantastic crop!

**Other crops on the Fall menu include:** spinach, swiss chard, cabbage, green onions, bok choy, radishes, baby turnips, salad mix, lettuce, beets, carrots, potatoes, and garlic.

### *Creamy Potato Soup* from Deceptively Delicious by Jessica Seinfeld

2 tsp olive oil  
1 small onion  
1 clove garlic, cut in half  
2 (14 oz) cans chicken or veggie broth  
2 lbs. potatoes, chopped  
1 1/2 cups butternut puree  
1 cup lowfat buttermilk  
1/4 cup shredded Cheddar  
salt and pepper to taste  
croutons (optional)

**For the butternut puree:** Roast two halves of squash on a cookie sheet at 400 degrees for 45-50 minutes. Scoop out flesh and puree in blender or food processor for 2 minutes.

**For the soup:** In a hot pot, saute onion and garlic in olive oil, 5-6 minutes. Add the broth and potatoes and bring to a boil. Reduce the heat and simmer, partially covered, until the potatoes are tender, 20-25 minutes. Carefully spoon the mixture into a blender or food processor and add the vegetable purees, buttermilk, and salt and pepper. Puree until smooth. Sprinkle with cheese and croutons if desired.

### *Collard Greens with Smoked Turkey* from Asparagus to Zucchini

1 1/4 lb smoked turkey drumstick  
2 qts water  
2 lb. collard greens  
2 cups chicken broth  
3 cloves garlic  
1 large onion, chopped  
2 hot chili peppers, seeded and chopped

Boil water; add turkey. Reduce heat and simmer 1-1 1/2 hours, or until turkey is almost tender. Remove turkey; reserve liquid. Meanwhile, strip tough stems from collards and wash greens thoroughly. Stack the wet greens and roll into tube shape. Slice crosswise into thin strips, or chop. Boil broth. Add greens, garlic, onions, peppers, and turkey. Reduce heat to simmer. Cook until collards are tender, 30-40 minutes. Remove meat from bone. Serve.

### *Squash & Kale w/ White Bean Stew* from Real Dirt on Farmer John

1 lb. white beans, soaked overnight and drained  
1/4 cup olive oil, divided  
1 whole head garlic  
1 bay leaf  
1 large onion, diced  
4 cloves garlic, minced  
1 T sage  
1 tsp cumin  
pinch dried red pepper flakes  
1 butternut squash, peeled, seeded & cut into 2-inch cubes  
3 cups vegetable or chicken stock or water  
1 lb. kale, chopped  
salt and pepper to taste

1. Place beans in a large soup pot. Add enough water to cover by 2 inches. Add 2 T olive oil, head of garlic, and the bay leaf; bring to a boil, partially cover, and reduce to a simmer. Cook until beans are tender, 1-3 hours. Drain, rinse, and drain again. Remove garlic head.

2. Heat the remaining 2 T oil in a deep baking dish or Dutch oven. Add the onion; saute until translucent, about 5 minutes. Stir in the minced garlic, sage, cumin, and red pepper flakes; saute for 1 minute more.

3. Add the squash; stir to combine. Add the stock or water. Bring to a simmer. Add the kale; cook until the squash and kale are tender, about 20 minutes. Season with salt and pepper to taste.

4. Stir in the beans; simmer until beans are heated through.

### *Stuffed Winter Squash* from Asparagus to Zucchini

small winter squashes (acorn, delicata, etc.)  
3 green onions, chopped  
2 T oil  
1 cup diced celery  
1/2 lb. spinach, chopped  
1/2-1 cup whole wheat bread crumbs  
1/2 tsp salt

Preheat the oven to 350 degrees. Halve squashes; remove seeds. Place face down in greased baking dish; bake until fork tender, 25-45 minutes (the time will depend on type of squash used). Meanwhile, saute onion in oil until soft. Add celery; cover and simmer on medium heat until just tender. Stir in spinach; cook until wilted. Stuff squashes with vegetable mixture. Sprinkle with bread crumbs and salt. Bake 10-15 minutes. Makes 4-6 servings.