



Where The Land, Food, and People Come Together!

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Distribution Week #19

Field Walk...

I'm afraid that the deer will be dictating what we are eating for the remainder of the season. After trying every trick in the book to distract, deter, fright, and confuse them, we know we are in a battle that we are bound to lose. In the picture below, you can see the damage they do to row covers that we try and hide the produce under, in this case a final round of beans. Their noses are just too powerful. We are having some success with putting wire hoops over some produce and then row covering (so it looks like a little mini-greenhouse), but we know it is probably short term at best. Maybe they sense the pending winter, the start of hunting season, or who knows, but our fields are covered in their prints. We will most definitely have to build an exclusion fence for next season. But at its cheapest, the fence can cost over \$5,000 to cover six acres and at the most, \$10,000. Not to mention all the labor involved. It is not something we have in the budget for this season, but must make a priority for next. Till then, let's enjoy what they don't: potatoes, butternuts, garlic, bok choy, etc. And pray that they find greener pastures elsewhere for the rest of the season.

Enjoy the harvest, Amy & Seque



Our Best Guess for what's in your Share:

potatoes, butternut squash, onions, garlic, peppers **or** eggplant, bok choy, radishes, kale, and....

Turnips: Small, round roots with a purple top, white bottom. They have a subtle flavor and are delicious mashed with regular potatoes. They deliver calcium and potassium and are credited with soothing aching joints.

Coming Up

sweet potatoes and beets

Mark Your Calendar!!

Our Potato Dig and Cookout has been moved to October 4th, Saturday starting at 4 PM.

Help us harvest sweet potatoes (this is a very kid-friendly activity) and then we will roast them over a fire and serve with all the fixings: brown sugar, butter, and cinnamon.

Please bring one other dish to share (a cold dish might work best) and chairs, plates, utensils and the like. We will provide the drinks. We hope to see you there!! (As always, rain cancels the event.)

Bok Choy Salad (from "Farm-Fresh Recipes" cookbook)

1/2 cup red wine vinegar
1/2 cup olive oil
1/2 cup sugar
1 T soy sauce
1/4 cup butter or olive oil
1/4 cup slivered almonds
1/4 cup sesame seeds
2 (3 oz) packages of ramen noodles
1 medium head bok choy
1 small onion

In a small bowl, whisk together the vinegar, oil, sugar and soy sauce until sugar dissolves. Set aside. Melt butter in small skillet. Crush ramen noodles while still in package. Discard seasoning packet and add noodles to butter along with almonds and sesame seeds. Saute until golden brown. Remove and drain on paper towel. Chop the bok choy and onions. Place in a large bowl. Add noodle mixture and dressing; toss and serve.

Garlic-mashed turnips and potatoes (from "Farm-Fresh Recipes" cookbook)

1/2 lb turnips salt and pepper to taste
1.5 lbs potatoes 2 T sour cream or yogurt
2 cloves garlic, peeled and diced 3 T butter

Boil turnips, potatoes, and garlic for 10 minutes in a pot of salted water, until the vegetables are tender. Drain. Mash all vegetables together after adding butter and sour cream (also a little water or chicken stock, if too thick). Season with salt and pepper.