

The Farm Weekly

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RADICCHIO (and lettuce) RAVAGED!

It's the same old tune. The deer are back to their old habit of eating the radicchio and lettuce. In some ways this is even more obnoxious this year because the grass and vegetation outside the vegetable fields are more lush and appetizing than they have been all season. There is plenty out there to keep them well nourished, so this almost feels like a personal attack.

Fortunately, the summer vegetables are still producing fairly well, so Tim still has a variety of things to put in the boxes to keep them full. It has been an interesting year for at this point it would not be unusual to have experienced a frost, finishing the tomatoes. They are still going fairly strong, but when the end is imminent, we will be sure to try to get some green tomatoes for all of the fried tomato lovers out there.

The recent regular rains have been wonderful. The pastures that I thought were permanently damaged by overgrazing are actually making a comeback, demonstrating the resilience that grasses hold.

The sustained summer heat has been hard on the females that were bred earlier this summer. A couple who were bred and have been testing positive for pregnancy have suddenly slipped their pregnancies and need to be rebred this fall. The 3 month delay is not a big deal, but I really prefer those spring crias

whose dams have wonderful pasture for the last month or two of pregnancy and lactation. It's a bit early to rebreed, for their gestation is approximately 350 days, and we don't want them enduring the heat of August in the last month or two of their pregnancy. We have 3 more births this fall to go.

The latest cria who the kids have named Caribou, was born last Friday. He was named for his feet. Although we can't remember what reindeer and caribou feet look like, for some reason, we think that this cria has similar feet. Somehow that makes his name a logical choice, at least for us.

The winter squash variety in the boxes this week is called sweet dumpling. These should be larger in size, but are smaller due to water challenges this season. This is one of our favorites with a sweet and smooth flesh. If you do not want to eat them now, you can keep these for months in a cupboard or nook of your counter.

I like to cook these in the microwave for just about 2 minutes to soften them. This allows you to easily cut out the top and scoop out the seeds before cooking additionally, saving yourself from personal injury. Their shape makes them perfect for stuffing and then baking. The stuffing you use could be bread based similar to that used in the Thanksgiving turkey, or it could be meat based, such as a sausage stuffing. I suppose you could even use a meatball

type of concoction to stuff them.

The leafy green veggie is Komatsuna, a Japanese green related to mustard. This is a very well rounded veggie that can be eaten raw in a salad, or cooked. It is also known as spinach mustard. The larger the leaf, the spicier the taste, and we have picked these midstage, so they might have a bit of "zing".

Like all greens, Komatsuna is high in calcium and B vitamins. Treat it as you would regular spinach or add it to a stir fry or soup.

As the weather cools, you are welcome to visit the farm and enjoy a walk. Just call ahead to leave a message letting us know you're here!

The Last Payment of the Season Is Now Due. This Is a Gentle Reminder To Send Yours In If You Haven't Already!

Orange and Sesame Dressing from the Enchanted

Broccoli Forest by Mollie Katzen

1 cup Orange Juice	½ tsp Salt
¼ cup Red Wine Vinegar	½ tsp dry Mustard
½ cup Canola Oil	1 Tbsp. minced dill (or 1 tsp dried dill)
2 Tbsp Sesame Oil	1 large clove garlic, minced
1 Tbsp Soy Sauce	

Combine everything in a small jar with a lid and shake until well blended. Refrigerate. Shake well before using.

This Week's Box

Lettuce
Onions
Peppers
Tomatoes
Sweet Dumpling
Spinach
Potatoes
Komatsuna
Arugula (?)

Next Week

Lettuce (?)
Onions
Green Peppers
Tomatoes
Potatoes
Komatsuna
Winter Squash
Carrots
Spinach