

rain report

None

In the box

Winter Squash: Acorn, Butternut OR 'Sunshine'
Kabocha
Shallot: 'Conservor'
Arugula: 'Astro'
Cabbage: 'Storage #4' (round) or 'Late Flat Dutch' (flat)
Beets: 'Red Ace'
Spinach: 'Palco', 'Winter Bloomsdale', and/or 'Tye'
Turnips: 'Hakurei'
Green Pepper
Pole Beans: 'Rattlesnake' or 'Purple Podded' or 'Kentucky Wonder'

ala carte items

None for this week

photo of the week



These are two of the biggest (and funkiest looking) Romanesco broccoli heads I have ever harvested!

Farm update

The weather really cooperated on Sunday (10/13) for us to have a great potluck (outdoors!) at the farm. The weather was comfortable, the food was great and the company was some of the best around. It was great to get a chance to meet the newest CSA members (Sharon Phillips and friends) and reconnect with many "seasoned" members. It was also great to get to see CSA members Lori, David and little Carl one last time before they embark on their new life adventure in Knoxville, Tennessee.

I feel very fortunate to have shared one great meal with friends. This week I was able to have a double dose as I got to enjoy another great meal with some other friends. After the potluck I headed up to the Iowa State University Research Farm in Gilbert, Iowa to reconnect with fellow China travelers and share another great meal.

During March of this year, I was able to travel to the East Coast of China with Iowa State University Students/Faculty and a fellow grower from the eastern side of Iowa. For your farmer this was an especially memorable trip for a couple of reasons. The first, obviously, was being able to go to China and see many great things including the Great Wall of China and the Forbidden City. The second, possibly more surprising, was this was the first time your farmer ever rode in an airplane. None of this would have been possible if it weren't for the invitation (and paying for the trip) of Iowa State University. To check out photos of this life changing trip check out:

<http://www.flickr.com/photos/7611428@N04/collections/72157633084737748>

Reminder: For the rest of the season October Shares will be delivered on Tuesdays only (10/15, 10/22, 10/29). The drop site locations are: Des Moines, 680 Harwood Dr.; WDM 1055 – 21st St., Urbandale, 4120 – 79th St.; Plymouth (same site, change day), Drake (same), Johnston 7260 NW 58th St. (same), and Farm (same). Confused on your site? Shoot me an email and we will figure it out together.

Recipes

While I love making cabbage rolls, it is hard for me to get them rolled up tight with the smaller leaves of the spring cabbages. The big leaves of the fall cabbages make it much easier for me to enjoy this Asian dish!

Vegetarian Cabbage Rolls

(Source: Cooking Light 1987, Oxmoor House Alabama 1987)

Ingredients:

1 medium cabbage vegetable cooking spray
2 oz. shredded extra-sharp cheddar cheese
1 medium onion (I used a shallot) 2 cups brown rice
1 tsp. Worcestershire sauce ½ tsp black pepper
¼ cup unsalted sunflower kernels, toasted

Directions: Remove dark outer leaves from cabbage. Core cabbage. Place cabbage in a large bowl of hot water until leaves are easily separated. Remove 8 large leaves, reserve remaining cabbage for other uses. Cook leaves in boiling water 6 to 8 minutes or just until tender. Drain and set aside. Coat a medium skillet with cooking spray. Place over medium heat until hot. Add onion, and sauté until tender. Combine onion, rice, sunflower kernels, and cheese in a medium bowl; mix well. Place a cup rice mixture in center of each cabbage leaf; fold sides in over rice mixture, and roll up each leaf. Secure each cabbage roll with a wooden pick. Place cabbage rolls in a large skillet. Combine tomato sauce, Worcestershire sauce, and pepper in a small bowl; mix well. Pour over cabbage rolls in skillet. Bring to a boil. Cover; reduce heat, and simmer 15 minutes. Remove cabbage rolls to a serving platter, and serve immediately. Makes 4 servings.

For other great recipes listed by vegetable, make sure to check out at the Turtle Farm recipe page at:
<http://www.turtle-farm.com/Recipes/index.htm>

storage tips

Shallot/Garlic: Store on kitchen counter like you would onions.

Kale/Collards/Arugula: Keep in produce bag and place in veggie drawer of the refrigerator.

Turnips/Beets/Radish: Remove greens and store each (roots and greens) separately in plastic bags. Best place would be the crisper drawer of the fridge.

Winter Squash: Store at room temperature in a shady location. Like a kitchen counter top or table. For long term storage keep in a dry, cool location (around 50-55 degrees)

calendar of events

This week: we are going to begin planting garlic Wednesday (10/16). We will be planting garlic all week so if anyone wants to come out and help, shoot me an email to talk about times to swing out to the farm.

There are also many great pictures on our Facebook page at:
<https://www.facebook.com/WabiSabiFarmIowa?ref=hl> You don't have to be a member of Facebook to check it out!

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