

rain report

None

In the box

Winter Squash: Butternut, Spaghetti OR Acorn
Arugula: 'Astro'
Brussels Sprouts: 'Igor' or 'Diablo'
Beets: 'Lutz' OR 'Red Ace'
Radish: 'Daikon'
Spinach: 'Palco', 'Winter Bloomsdale', and/or 'Tye'
Turnips: 'Hakurei' (with edible greens)
Collards: 'Cascade Glaze'

ala carte items

None for this week

photo of the week



We finished planting garlic on October 24th, 2013! We planted 7500 cloves (split among 3 varieties) for bulb garlic and around 1500 cloves for green garlic. The straw was delivered shortly after we finished planting so this week we will lay the mulch to tuck the garlic in for the winter. Thanks to Angelique, Amanda and Jenn (super volunteer) for helping accomplish this task!

Farm update

Last week we began the ritual of getting the farm ready for winter. We finished up planting all the garlic and anticipate starting to lay the straw mulch towards the end of this week. We removed all the landscaping staples from the reusable weed fabric and stretched it out to dry in the sun before it gets folded up and put away until next year. We have also begun removing all the irrigation lines from where your crops grew, labeling the different lengths and putting them in their spot until next season.

During all of this, I also found myself continually watching the weather forecasts for snow afraid we might end the season the way it started. This season's theme has definitely been to expect the unexpected (when weather is concerned) and I reminisced with the remaining crew members about how this was the first season I have ever picked asparagus in the snow (May 2nd, 2013 will be a day I won't forget anytime soon).

The crew reminded me of the concern we all shared about the Fall crops when September brought us unseasonably warm temperatures. I also remembered wondering when we were going to get our first frosts; helping to sweeten up many of the Fall crops we all love (especially Brussels sprouts!). With the approximate one month delay (compared to the last couple of years) of a frost, we were all able to enjoy pole beans and peppers later in the season than "normal".

This week is the last week of deliveries for the inaugural season of Wabi Sabi Farm! I would like to thank each and every one of you for continuing your seasonal eating adventure with me for the October Share. This week, please bring bags with you to take the bounty home in as I will be picking up empty boxes on Wednesday morning at all the drop sites for the last time this year.

I anticipate emailing out a member survey in November to get feedback on how to possibly improve the Wabi Sabi Farm CSA experience in 2014. I hope everyone stays warm and eat well over the winter and I look forward to reconnecting with in 2014!



Recipes

Pan Roasted Turnips with Honey

(<http://gourmandistan.com/2013/01/22/rocking-the-winter-csa-with-pan-roasted-hakurei-turnips/>)

Ingredients:

1 bunch small Hakurei turnips (about 10) halved (or cube your 5 large Wabi Sabi Farm turnips)

2 tsp. vegetable oil

Salt and pepper

½ TB Honey

Pinch of cayenne

½ TB water

Directions:

Toss turnips with 1tsp. oil, salt and pepper in bowl

Combine honey, cayenne and water in another bowl

Heat skillet over medium-high heat. Add remaining tsp. of oil. Add Turnips. Sauté for about 10 minutes, turning turnips frequently until golden brown

Add honey mixture to turnips and toss them for a few minutes until glazed and tender. Add additional salt and pepper to taste.

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>

Also a great cookbook to check out is called "Asparagus to Zucchini"!



storage tips

Brussels Sprouts: Remove from stalk and place them in a plastic bag in your fridge. For long term storage blanch sprouts for around 3-5 minutes and then place in cold water (to stop cooking process). Place in air tight container and freeze them.

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

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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