



## My basket this week may include

- ❖ **Carrots** – These carrots are delicious but unfortunately it was a very hard harvest. The bigger ones are rotting and the little ones are, well little. They are not beautiful and some of them have 3 legs but I thought better a taste of them than nothing at all. If you can't appreciate funny looking carrots just toss them. Otherwise, wash them up and enjoy them. We never peel our carrots but you can if you would like.
- ❖ **Celery** – The celery is so flavorful and delicious. I think I will have enough to get this to everyone this week and another week as well before the end of the season. If you don't have an immediate use for celery or have more than you will use feel free to chop it up and put it in the freezer. This is great for soups in the wintertime. Also the leaves are edible, and delicious too!
- ❖ **Red Potatoes** – We are back to your typical red potatoes again this week. Some of you may get a red gold with the red skin and a golden, Yukon like interior. I accidentally dumped a red bin in a red gold bin and can't verify I sorted them again properly. Oops! Enjoy!
- ❖ **Acorn Squash** – This week will be acorn squash again. Next week the plan is to get you pie pumpkins and butternut squash the last week. Extended season will get extra of whatever we have.
- ❖ **Yellow Onions** – We are going to send out yellow onions again this week. Most of these are larger and they all are great for storage too. Keep them in a cool place and they will be good for a good amount of time. If you know you won't get to them for months you can also chop them and stick them in the freezer.
- ❖ **Peppers** – Our peppers are not looking as outstanding as last year but they are still pretty delicious. We will be sending out some green peppers but mostly yellow, orange and red ones this week. I really enjoy sautéed peppers in almost any main dish. For breakfast this morning we had sautéed peppers, hamburger and eggs. It is great protein and gave us the get up and go to complete our busy Friday.
- ❖ **Cucumbers** – Our cucumbers got a little large this week as we didn't get them harvested when we would have liked. It is so hard to fit everything in especially when working with home schooling too. We are going to make it. As a homeschooling extracurricular activity this week we poured a load of cement. We are pouring a floor and 3 foot walls so it was a physics lesson as well figuring out how to make the forms to hold the cement. All these fun learning experiences!
- ❖ **Tomatoes** – We still have lots of these delicious red fruits! Enjoy while you can. It is getting closer and closer to fall where there will be no more BLT's for a while. Until next year!

Last week of Regular Season is October 14<sup>th</sup> through 18<sup>th</sup>.

The extended season continues one additional week October 21st through 25<sup>th</sup>.

## End of the Season

The season is coming closer to the end. After this week there are two weeks left of regular season. We are going to have lots of miscellaneous things in the boxes as we finish up the season. The last couple weeks are a great way for us to find anything in the fields and share them with you. Because of this the boxes will not always be exactly the same. I sometimes just throw in random extra things I overharvested because I have them and I think maybe you would enjoy them. These make the boxes worth more than the amount you are paying so think of them as added extras and feel free to share, use or compost as fits your needs.

## Next Week's Box

Cabbage  
Peppers  
Onions  
Cucumbers  
Pumpkins  
Tomatoes  
Kale  
Tomatillos  
Celeriac  
Potatoes



## Spiced Acorn Squash Rings

### Ingredients

- 2 acorn squash, cut into 1-inch rings and seeded, I think half rings are easier and you will be less likely to slice your finger! Also the thinner you can make the rings the quicker they cook.
- 2/3 cup packed brown sugar
- 1/2 cup butter, or coconut oil softened

### Directions

Arrange squash in a shallow baking pan; cover with foil. Bake at 350° for 35-40 minutes or until tender. Combine sugar and butter or oil; spread over squash. Bake uncovered, for 15-20 minutes, basting occasionally. Yield: 6 servings.



We had an awesome time harvesting tomatoes with 15 of our fellow brothers and sisters in South Africa. In this picture we were all singing our praises to the Lord. It was such a wonderful time! If you want to hear the song it is called 'We are Walking in the Light of God,' although they sang it in Swahili too! Check it out on you tube.

Here is our cement project. It is so fun laying heavy cement as a crazy family crew. The funny part about pouring cement on a farm is you have to keep the animals off. Here is a picture of what a chicken can do to cement. The cats managed to leave their mark on it too. Yes we fixed it before it dried. ☺

