

Hello Everyone, So, summer officially ended almost four weeks ago, but we are still trying to squeeze a little more summer out of the fields. We are about to experience 3 or 4 nights of frost, so this is definitely the last hurrah for the beans and peppers. We may even be able to send a few more tomatoes your way! A few years ago, a new member told me that she liked her previous CSA better because the farmer sent the veggies with the dirt (we call it soil) still on them. I had always assumed that folks would prefer their vegetables clean, and I certainly prefer to keep my soil on the farm. We continue to wash the root vegetables prior to delivery but we find that when we wash the sweet potatoes, they begin to go bad more quickly. We brush most of the soil off the sweets, but they will still need a good washing before you can prepare them!

The share for this week will be: Angel hair spaghetti squash, Bonita (white) sweet potatoes, rainbow carrots, salad turnips, kohlrabi, kale or collards, baby bok choy, yellow onions, green peppers, string beans, lettuce and choice of an herb. Premium shares will also include choice of escarole or radicchio and Flagrano shell beans. Please note that these are shell beans, the type used in the French dish cassoulet- you are not meant to eat the pod. Bon Appetit! Farmer Jean