

## A BIRTHDAY, BIG NEWS, AND GOODBYES

This has been a week of reflection and optimism about the future. A year ago, labor was starting, CSA members Phyllis (Adam's mom) and Jabez picked, packed, and delivered Box 17, and CSA Member Liz Barry-Jensen coached us through labor and delivered little baby Edith. It is hard to imagine where the last 12 months have gone and how much our lives have changed. Edith turns one on Friday, and we've decided: she's a keeper! Many people ask what we are getting Edith for her birthday, and regardless of what "thing" we decide on, we will always remember this as the week that we got our family farm. Yep, we are buying a farm!

For those of you that might not recall, we have been farming on land owned by CSA members Mike and Jeanne Kinney. We were brought together by a "Farmers Seeking Land" advertisement through Land Stewardship Project three years ago when the Kinney's graciously allowed us to start our farm business on their land. Knowing that this was a temporary option, we started looking for our own farm in the fall of 2012.

In the past two years, we have looked at over 60 farms. So why has it taken so long to find a place of our own? Many "farms" these days are either too small (portioned off homesteads with a couple acres) or too expensive (and also with very little acreage). We made offers on *three* of those sixty farms that we felt were suitable for a vegetable operation and for raising a family. As it turns out, the third time's a charm and also, we now believe, this farm (located just south of Amery in Deer Park) best meets the criteria for what we wanted: 10+ acres of tillable land, other like-minded farmers in the area, a good school district, and a decent proximity to our CSA members (yes, you!).

### 2015 CSA MEMBERSHIP

We are thrilled to share this news with our CSA members, especially since we will continue to serve Hudson, North Hudson, and River Falls. With more tillable land, we are able to do two things. First, we will accept more CSA members for the 2015 season helping us get closer to our goal of earning 100% of our income from farming. Second, with more land, we can start to build soil health with cover crops, green fallow, and better crop rotation.

As advocates for Sweet Top Farm, we are asking for your help spreading the word to friends, neighbors, and family that we have CSA shares available. We will start accepting membership registration soon, and you will be able to reserve your share for next season as well. Information regarding 2015 CSA membership will be sent out at the end of this week.

As the season comes to an end, we want to thank you—our farm members—for your support, not only of Sweet Top Farm but also for sustainable, small-scale agriculture. We appreciate that you care where your food comes from and that you choose Sweet Top Farm as your source for seasonal, local vegetables. We really enjoy being your farmers and love that we are able to bring healthy, delicious food to your dinner table. We hope that you choose to join us again next season as we break new ground and share the harvest with our farm community.

**PLEASE NOTE: Week One half share members, this is your final box of the season unless you ordered an Autumn Share. Full share members have one more delivery on Wednesday October 15. THERE ARE A COUPLE OF AUTUMN SHARES LEFT.**

Enjoy this week's harvest!

Your Farmers,  
Megan, Adam, and Edith



#### In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
<b>CARROTS</b>	yes	yes
The carrots enjoyed September's "heat wave" last week and put on a bit more growth. Yippee!		
<b>ARUGULA</b>	yes	yes
This is the bunched greenery in your box. These nice tender leaves have a little spice and are a great addition to lettuce in salads. It can also be cooked. Try last season's recipe for <a href="#">Arugula Spaghetti</a> —even Edith liked it.		
<b>YELLOW and RED ONIONS</b>	no	no
Use the red onions first. This variety is not drying down very well and likely will not keep for a long period. The yellow onions should store well on your countertop.		
<b>LEEKs</b>	Yes	yes
If you don't have a chance to use leeks this week, they store for several weeks in a plastic bag in the refrigerator.		
<b>PEPPERS</b>	yes	yes
We picked the rest of the peppers before the frosts. Most are green peppers with a little color.		
<b>HEAD LETTUCE</b>	yes	yes
The last of the lettuce—either romaine or green leaf lettuce.		
<b>POTATOES</b>	no	No
These should be stored out of direct sunlight; a dark cabinet or closet works well. From <a href="#">Threshing Table Farm</a> in Star Prairie		
<b>GARLIC</b>	no	no
If you have extra garlic from weeks prior, don't worry; you can store it on your countertop for use in the weeks and months to come. Two bulbs this week as we are nearing the last delivery.		
<b>BROCCOLI or CAULIFLOWER</b>	Yes	Yes
Cauliflower did not fare well with the excess moisture, so we do not have enough for everyone. While we try to pick off any green caterpillars, some elude us. Soak in salty water or wash well to get rid of any hitchhikers.		
<b>KOHLRABI</b>	Yes	yes
We love kohlrabi, and this time of year it is crisp and sweet. Peel this space-aged veggie and eat raw, sauté, or roast with potatoes. Great shredded for slaws as well.		
<b>RADISHES</b>	yes	yes
Crisp and a bit more mild; great roasted if you aren't a fan of fresh radishes		
<b>BUTTERNUT SQUASH</b>	No	no
The blemish on this squash is only cosmetic. Butternuts are great for soup and roasting in cubes. It can be peeled easily by cutting off the ends and peeling the length of the squash. Squash will last for several weeks or more stored at 50-55°.		

## Recipes

### Easy Butternut Squash Soup

*This is a staple in our house and freezes really well. Other veggies, such as roasted leeks or carrots or cooked potatoes, can be added before pureeing.*

Wash one butternut squash. Cut in half lengthwise and scoop out the seeds. Place squash face down on a sheet pan and put in a 400° oven until it is soft enough to put a fork through—30-40 minutes. Cool and scoop out flesh into a bowl.

Coarsely chop one yellow onion. Sauté with some olive oil in a soup pot over medium heat until translucent. Mix in one teaspoon of dried thyme. Add squash flesh (and any other cooked veggies you want) and enough water or vegetable broth to cover the squash. Cook over medium low heat for 10 minutes. Blend until smooth. Heat through, season with salt and pepper, enjoy.

### Roasted Rosemary Potatoes and Onions

2 1/2 pounds Yukon Gold potatoes, scrubbed, cut into 1-inch-thick wedges  
5 tablespoons extra-virgin olive oil, divided  
1 teaspoon salt, divided  
1/2 teaspoon freshly ground pepper, divided  
2 medium sweet onions (about 1 pound), cut into 1-inch-thick wedges with root ends intact  
1 tablespoon chopped fresh rosemary

Position racks in upper and lower thirds of oven; preheat to 425°F.

Place potatoes in a large pot of cold water, cover and bring to a boil over high heat. Uncover and reduce heat to maintain a simmer. Cook until just tender, 5 to 10 minutes (they should be firm, but tender enough to spear with a fork). Drain in a colander; return the potatoes to the pot. Place over the still-warm burner to dry, about 5 minutes.

Divide 3 tablespoons oil between 2 rimmed baking sheets, tilting to coat. Place the pans in the oven to heat for 5 minutes.

When the potatoes are dry, drizzle with the remaining 2 tablespoons oil. Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Gently toss until coated. Add onions and gently turn with your hands to coat, trying not to break them up.

Arrange the potatoes and onions, cut side down, on the hot baking sheets (don't crowd them). Roast until browned and crisp on the bottom, 10 to 15 minutes. Turn the vegetables with tongs and switch the pans back to front and top to bottom. Roast until browned and crisp on the other side, 10 to 15 minutes more. Remove from heat and sprinkle with rosemary and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.

*Adapted from [www.eatingwell.com](http://www.eatingwell.com)*

### AUTUMN SHARES AVAILABLE

We are offering a one-time delivery of various storage vegetables (winter squash, onions, garlic, carrots, etc.) and weather permitting, other fresh treats such as leeks and fall greens. The cost is \$65, and the share will be delivered October 29th. When stored properly, most produce will hold until Thanksgiving and beyond. Shares are available on a first come, first served basis, and after last year's popularity, there are only a couple left. **Please email us today if you are interested.**

### OTHER RECIPES ON OUR WEBSITE

**(click the recipe to view)**

[Arugula, Apple, & Manchego Salad](#)

[Potato Onion Frittata](#)

[Arugula Pesto Pizza](#)

[Quinoa Risotto with Arugula and Carrots](#)

[Kohlrabi Beet Hash](#)

**Eat Well, Feel Great!**

Find other recipes on our website:

[www.sweettopfarm.weebly.com](http://www.sweettopfarm.weebly.com)