



## OH NO, THE "F" WORD!

Well, we knew that it was going to happen sooner or later, but the first fall frost came a couple weeks earlier than we expected. Last Friday afternoon, Adam rolled out the floating row cover to give the peppers and a row of tomatoes a protective blanket from the impending frosty Saturday morning. The first frost is always bittersweet as it kills sensitive plants like cucumbers and summer squash that we enjoy but are ready to say goodbye to until next year. With so many big, beautiful peppers still on the plants, we knew we had to save those.

While we have four rows of tomatoes, the rain last Tuesday night and Wednesday spread disease on the foliage leaving tomatoes exposed to the sun (causing sunscald—sunburn for tomatoes). There is one row that still has nice foliage and decent green tomatoes, and if we have a stretch of nicer weather, we should be able to put a couple of tomatoes in the boxes for another week or two. This week's harvest is small and will likely need a couple days on your countertop to finish ripening. The days of 9 or 10 tomatoes in your box are over until next season--boy, the weeks flew by!

We are often asked, "What is your favorite thing to grow?" This varies each year and is often broken up within the season too. Early on, we love the neat look of scallions all in a row and the colorful roots of red and gold beets poking above the soil. Midseason, we have our eye on melons and check often for ripe tomatoes. In every part of the season though, it is carrots that get a lot of attention.

We start each season with three planned successions of carrots. The earliest plantings are the slowest to germinate and are susceptible to washout or silting in as a result to late spring rainstorms—as was the case for three different attempted plantings this year. We shared our excitement this season when we finally had successful germination on the carrots seeded mid-July. Typically, carrots planted for fall come up quickly and put on growth before many weeds take over. The foliage fills the entire bed with beautiful frilly green, and when it is time to harvest, the bright orange root is crispy, sweet, and delicious. Hands down, carrots are *the* favorite for us, for our CSA members, and our farmers market customers.

So, where are these sugar sticks? We've suffered several crop losses this season—melons, spring broccoli and cabbage, cauliflower, fall spinach—all due to consistently saturated soils and very heavy downpours. This time of year, plants require less moisture. For some perspective, we ran irrigation for 50 days last season (and remember how wet that started out); this year, we have only run it 18 days. On top of that, it just hasn't been warm enough for our fall crops to grow at the rate they should. So, the carrots are out there. But some are a loss due to the excessive moisture and others are about the size of a pinky finger. In an attempt to add a couple degrees of heat, we covered the carrots with row cover two weeks ago. We obsessively pull a couple of carrots every few days for a size check. Currently, they are still a bit small, and while we have a bit of a warm spell at the end of the week, what we don't need is the ¾ inch of rain they are calling for. We promise though that as soon as the carrots are the size of our index finger, we'll start pulling them for you.

**SAVE THE DATE—ANNUAL MEMBER POTLUCK**  
**October 4<sup>th</sup>, 3:30pm-5:30pm**  
**RSVP by Monday September 29th**

Enjoy this week's harvest!

Your Farmers,  
 Megan, Adam, and Edith

In Your Box This Week:		
	Where does it go?	
	Fridge?	Plastic Bag?
<b>CUCUMBER</b>	yes	yes
We eked out one for each box, but this is really the end of 2014 cucumbers.		
<b>LEEKs</b>	yes	yes
Some of the leeks this year are waste high. Use the white and light green parts as you would onions—although they are milder. Potato Leek Soup anyone?		
<b>YELLOW and RED ONIONS</b>	no	no
These should store well, so don't worry if you don't use them up in a week.		
<b>SCALLIONS</b>	Yes	yes
A small bunch that tastes great sprinkled atop this week's soup recipe.		
<b>PEPPERS</b>	yes	yes
All SWEET peppers this week including the pointed Carmen pepper.		
<b>CELERY</b>	yes	yes
Remember, you can chop and freeze for use in soup, stuffing, and sauce if you don't need it all right now. Try last week's recipe for <a href="#">Orzo Salad</a> or this week's soup recipe.		
<b>SATINA POTATOES</b>	no	no
Potatoes are back for soups and roasting in the oven. Comfort food during this cold snap. From <a href="#">Threshing Table Farm</a> in Star Prairie, WI		
<b>GARLIC</b>	yes	yes
This gigantic variety is called Porcelain.		
<b>TOMATOES</b>	no	no
We covered some of the plants on Friday night that still had quite a few green tomatoes, so we hope to be able to get a few more for everyone in the next week or two. Sadly though, the glory days of tomatoes has passed.		
<b>BROCCOLI</b>	Yes	yes
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>RADISHES</b>	Yes	yes
They have a bit of a kick and are the perfect addition to salads of all sorts—lettuce, potato, cucumber...or try roasting them!		
<b>SPINACH</b>	Yes	yes
While two of our successions of spinach washed away in downpours, we did have one successful planting. Remember that although we wash your spinach, you should wash it again before eating. Enjoy raw or cooked!		
<b>GREEN LEAF LETTUCE</b>	yes	yes
A couple small heads of lettuce for salads		

# Recipes

## Marcia's Potato Soup

2 pounds potatoes, chopped into bite-size pieces  
2 cups celery, diced  
1 onion, diced  
4 tablespoons of butter  
2 cloves garlic, minced  
1 cup milk  
Salt and pepper to taste

Melt butter over medium heat in soup pot. Sauté potatoes, celery, onion, and garlic until onions soften. Add enough boiling water to barely cover vegetables. Turn down to low and simmer, covered, until potatoes are tender, about 30 minutes. Add milk, salt, and pepper to taste. Mash for a thicker consistency if you wish.

*Recipe from Marcia Hammerbeck*

## Leek and Lemon Linguini

8 ounces whole-wheat linguine or spaghetti  
2 large lemons, plus lemon wedges for garnish  
1 medium leek (white and pale green parts only), thinly sliced and rinsed well  
1 tablespoon extra-virgin olive oil  
1/2 cup chopped flat-leaf parsley, divided  
2 cloves garlic, crushed  
1/4 teaspoon salt  
1/8 teaspoon freshly ground pepper  
3/4 cup finely grated Parmesan cheese, divided  
1/4 cup snipped fresh chives, divided

Cook pasta in a large pot of boiling water until just tender or according to package directions. Reserve 1 1/2 cups of the cooking liquid and drain the pasta in a colander.

Meanwhile, finely grate 1 tablespoon zest (see Tip) and squeeze 1/4 cup juice from the 2 lemons; set the juice aside. Pat leek slices dry. Heat oil in a large nonstick skillet over medium-high heat. Add the leek, the lemon zest, 1/4 cup parsley, garlic, salt and pepper. Cook, stirring frequently, until the leek is lightly browned and softened, about 6 minutes.

Add the pasta, 1 cup of the reserved cooking liquid, the reserved lemon juice and the remaining 1/4 cup parsley to the pan. Cook, stirring constantly, until the liquid is mostly absorbed, 30 seconds to 1 minute. Add the remaining 1/2 cup liquid, if desired. Remove from the heat. Discard the garlic. Toss the pasta with 1/2 cup Parmesan and 2 tablespoons chives. Transfer to a serving bowl or bowls; sprinkle with the remaining 1/4 cup Parmesan and 2 tablespoons chives and serve with lemon wedges, if desired.

### TIPS & NOTES

**Tip:** When we call for citrus zest (i.e., 1/2 teaspoon lemon zest) we are referring to the finely grated outer rind (not including the white pith) of the citrus fruit. Use a microplane grater or the smallest holes of a box grater to grate the zest. In some cases we call for long strips or threads of zest. To get long strips, peel the citrus with a vegetable peeler. To remove long threads, use a 5-hole citrus zester or remove long strips of zest with a vegetable peeler, then use a knife to cut into very thin strips.

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*Adapted from eatingwell.com*

## HOW TO ROAST GARLIC

**Heat the oven to 400°F:** Set a rack in the middle position.

**Peel (most of) the paper off the garlic:** Use your fingers to peel away all the loose, papery, outer layers around the head of garlic. Leave the head itself intact with all the cloves connected.

**Trim the top off the head of garlic:** Trim about 1/4 inch off the top of the head of garlic to expose the tops of the garlic cloves.

**Drizzle with olive oil:** Drizzle 1 to 2 teaspoons of olive oil over the exposed surface of the garlic, letting the oil sink down into the cloves.

**Wrap in foil and bake:** Wrap the garlic aluminum foil and roast in the oven for 40 minutes.

**Begin checking the garlic:** After 40 minutes, begin checking the garlic. The garlic is done when a center clove is completely soft when pierced with a paring knife. Even once soft, you can continue roasting until deeply golden for a more caramelized flavor — check the garlic every 10 minutes. Exact roasting time will depend on the size of your garlic, the variety, and its age.

**Use or store the garlic:** Let the garlic cool slightly, and then serve. Press on the bottom of a clove to push it out of its paper. Roasted garlic can also be refrigerated for up to 2 weeks or frozen for up to 3 months.

Recipe from  
<http://www.thekitchn.com/>

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