



Fall is well underway. One day you're grubbing for potatoes in a t-shirt, the crew's swimming hole at the river is low, and the trees are green; the next day, needing a flashlight to find your socks, you start work in the dark, see your breath

during harvest, and notice that the big leaf maples have turned fiery orange but you're not sure exactly when. We have the opportunity to experience every day outside and take in the nuanced, ever-morphing drama of the seasons. Now is a time of layers. You will find most of us starting with long johns and an extra pair of socks first thing in the morning; then, like astronauts suiting up for blast off, everyone pulls on their over-sized rain pants in the pack shed. Until the sun comes over the horizon, Noah and I periodically stop picking kale to warm our hands. Our fingers can hardly tie the leaves into a bunch. Then, suddenly, the sun climbs a little higher into the blue bird sky, and you see rain jackets and vests on kale plants or hanging from the farm truck. Layers on, layers off: farm attire gets complicated these days.

Complicated, sure. Brussels sprouts inch along, beets take their good old time sizing up, the lettuce grinds to halt. What to harvest? What to save? How many pounds? Is bigger better? Is small good? Despite the deceleration in growth, our lives are filled with heavy lifting (think potatoes, beets, onions, cabbage) and plenty of details. On Friday, Joanne and I cleaned onions and shallots. Trimming and wiping shallots, underneath their grimy exterior the most wonderful reds, pinks, and purples pierced through the grey gloom of the rainy day. Preparing to plant garlic, Anna and I pop apart hundreds of bulbs into their individual parts, like taking apart little pungent lego figures. Sometimes we can't believe how many baby cloves, mottled magenta, can be nestled into each other and circling the center. These moments, sitting together, we farmers remember what lies beneath. We notice the new snow on the Olympic Mountains that will eventually feed down the Dungeness River next to our property; the red clover seed popping up in the kale furrows, looking like green sprinkles on chocolate ice cream; the horses shedding their summer coats and needing more time with the curry combs; watching Adam and Peter use the horses to spread compost, then later seeing them work the seed drill to sow cover crop. And, just like that, the sun begins to descend a hair and you are scrambling for the precious layers of clothes you so hastily threw away while harvesting. Layers off, layers on. Cover cropping to work toward a healthier, living soil: the quintessential layer for farmers. From shallots, to soil, to snowy mountains, we all appreciate each layer's purpose and remember that our vegetables and fulfillment--the tangible and intangible--depend on them - Matt

Shares this week consist of a wholesome blend of summer crops that we are slowly saying goodbye to and fall and winter crops that we are gratefully welcoming into our diets. We have included red chard in the box this week thinking that these next couple weeks might be the last of the chard for the season. Red chard

is delicious steamed, sautéed, in soups, and--our favorite way--in scrambled eggs. We like to cook up the stems too (they just need to be cooked a bit longer than the greens). There is refreshing green butterhead lettuce in the share this week. It is very similar to the red butterhead that was in the boxes last week but a little bit of a thicker leaf that holds its texture well in salads. The carrots in the share are small sized but mighty tasty; they are sweet and crunchy, perfect for raw snacking and dipping. There is a head of garlic and a shallot in the share. Shallots we use interchangeably with onions, but shallots' gentle flavor really shines when finely minced and added to guacamole, tuna salad, potato salad, etc. They are also great for cooking or roasting in large pieces. You will find fingerling



potatoes: these we like to roast whole or halved or cut into rings and pan fried. We love frying up potatoes this way with kale and garlic, a go-to lunch for us at the farm. The taters are buttery and sweet while the kale adds a hearty fresh flavor. There will be a bunch of curly kale in the share. The curly kale is really good cooked up and is also our favorite kind of kale for making kale salad. Just make sure to massage the kale with salt for more easily digestible and tender pieces. In each share, you will find a bunch of hakurei turnips. You will love these if you have never tried them before! They have a small kick and a smooth texture- great raw or roasted! There is also a cauliflower in each share this week. Cauliflower is always great steamed, roasted, and in curries. There is a delicata winter squash in each box- a real taste of autumn! The delicata can be sliced in half moons and roasted with salt, oil, and spice for a real easy and impressive dish. The skins on this squash are delicate enough to be eaten, so no peeling is necessary! - Anna



WHAT'S
COOKING...

IDEAS AND
RECIPES

When Anna mentioned what was going to be in the boxes this week, I immediately thought of this simple salad! Arugula and delicata squash were made for each other—bitter greens and sweet creamy squash. What I love about it is that you can roast all your squash up for dinner then use the leftovers to make an easy

salad for lunch the next day. I like toasted pumpkin seeds, but almonds or other nuts work too. Make a bigger batch of toasted seeds if you want to put them on top of salads, stir-fries, or steamed greens for the rest of the week. You can also toast the seeds from the squash. If you have time I think it's worth it—here is a recipe! As Anna mentioned, another great thing about delicatas is that you can eat the skin because it's so thin. For all you vegans and non-dairy eaters out there, I recommend subbing something tangy like preserved lemons or sundried tomatoes for the goat's cheese - Elizabeth

ROASTED SQUASH, GOAT CHEESE, AND ARUGULA SALAD

For the squash:

- 1 - 2 squash
- 1 - 2 teaspoons of smoky paprika
- 1 teaspoon of ground cumin
- Salt and pepper
- A few glugs of olive oil

Get your oven nice and hot to about 400 degrees. Cut the delicata squash in half, scoop out the seeds, drizzle olive oil and then rub it in with the paprika, cumin and salt. Roast for about 30-40 minutes.

For the seeds:

- 2 large handfuls of raw pumpkin seeds
- 1 teaspoon paprika (or your favorite spice)
- 1-2 pinches of salt

Get a heavy bottomed saucepan hot, but not smoking. You don't want to overcrowd the pan so add the seeds one layer of seeds at a time. Once they start to pop, turn off the heat and add your spices and salt. Careful with your fingers!

When you're ready to eat your salad lay out the greens and dress with decent balsamic, olive oil, a crack of pepper, and a pinch of good salt. Layer up the squash and goat cheese, then sprinkle the toasted seeds on top. One more drizzle of olive oil and balsamic and you're sorted.