

September 18th and 20th

Now that the brisk cool nights and the dry sunny days are here, I think I can safely say that fall has come. Though none of the frost warnings have brought actual frost to our field, we have harvested many of our hot weather crops, or covered them to protect them from the cold. The cabin is now brimming to capacity with the harvest—watermelon, potatoes, winter squash, peppers, eggplants—they are all side by side (well not literally)—but in a way it is a funny time of year for the vegetable world, with hot weather summer crops and cold weather crops all mingling together.

This week your share has a mix of hot weather and cool weather crops—watermelon and husk cherries, broccoli and cabbage. All the peppers are sweet peppers—so no need to worry about which ones are spicy and which are not. Many of you have asked me how to use husk cherries—my favorite way to eat them is as an on the go snack—just bring a little bag with you on the road or to work and munch away (they even come individually wrapped but there’s no garbage)!

* Green King Broccoli
* Snow Cauliflower (half and full shares only)
* Collard Greens
* Head lettuce (Speckled Amish or Jericho)
* Husk Cherries
* Sweet Peppers (Green Bell, Yellow, Jimmy Nardellos, Purple, Lipstick)
* Purple Beauty and Japanese Eggplant or Zucchini
* Green Cabbage (half and full shares only)
* Radishes or Kohlrabi (half and full shares only)
* Watermelon

Recipe of the Week: Collard Greens

Wash collard greens. Roll leaves and slice very thinly (1/8 to ¼ inch). Peel and slice 1 to 2 onions. Fry 4-5 pieces of bacon in skillet. Remove when bacon is crispy and place on paper towel to drain and cool. Pour off some of the bacon grease that is in the skillet—keeping 3-4 tablespoons in the pan. Cook onions in the grease, stirring frequently, until they are translucent. Add collards to the pan and continue cooking until collards are tender (5-7 minutes).

Menu Suggestion: serve with beans and corn bread.