



What's for Dinner?

Food, news & views from Earthwise Farms CSA

Farm Views

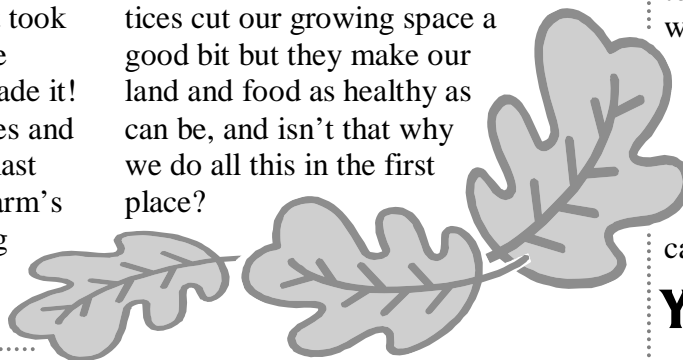
Summer gives way to Fall

We're well into the Fall routine, especially cutting back plants and sending them to compost. Besides our own scraps we get materials from a lot of places- most anyplace not using pesticides is fair game. Farmer Debi is a really determined leaf scavenger. Her record is 34, 50 gallon bags in one van load. It took throwing her whole weight on the doors to close them up but she made it!

We mowed the paths, roadsides and such this week, probably for the last time this year. About six of the farm's 39 acres is kept short, so it's a big job. Barrier strips between fields do have tall grasses and native

plants to rest the land and give beneficial insects and bees a hangout.

There's 1,200 feet of road frontage with short grass and our small farm stand. We plant further back from the road than conventional growers so emissions and road spillage don't end up in or on our produce. These practices cut our growing space a good bit but they make our land and food as healthy as can be, and isn't that why we do all this in the first place?



CSA News

News grows up

Our first two page newsletter is here. Now we can include more recipes and features every week. I apologize that our time glitch means you're having to print this one yourself. The next one will be in the bag.

Newsletters are now online in the site's Print Shop section. Print more for reference or to share with friends. It's being filled up from the current issues back and more will be added every

week 'til we're all caught up.

Every site page links to our Facebook page. **Facebook fans get the first notice of each week's CSA share list** and soon they'll get first peek at pictures of the yummy food we make. You can share pictures, recipes, and stories, too. **Join in the fun- become a Facebook Fan today!**



Weekly Star

Baby eggplants a treat

Some varieties seem to have all the positives and none of the negatives of their kind. That's how it is with this week's stars- baby Neon and Black Beauty eggplants.

Neon is a newer variety good for all recipes but especially for stuffing and grilling. Black Beauty is a 1902 heirloom. It's the parent of many newer globe varieties but the original is better.

In general smaller, younger eggplants like the ones we've delivered for you are more tender and less spongy, have milder taste and fewer seeds than longer grown fruits. Eggplant hates the cold so keep in the front of the fridge or in a cool pantry. Store away from ethylene producers like apple and pear, and keep on top to avoid bruising.

Want more ideas? See new recipe links on our site this Sunday afternoon.

CSA News

Got leaves?

Compost is a natural fertilizer made from plant scraps, and we use a lot of it. It's good for the soil and keeps plant material out of the landfill. If you have leaves with no other plant materials bagged and ready to go we'd love to get them when we deliver your share. For five or more large bags we may be able to arrange separate pickup. Please email or call by Tuesday so we can plan the pickups.

Your CSA share

This is delivery five of six in Summer cycle two. Sorry, no eggs this week; weekly and odd-week delivery shareholders get:

- Basil plants
- Boiled peanuts
- Zucchini squash
- Yellow squash
- Spring onions
- Red slicing Tomatoes
- Eggplant Neon and/or
- Eggplant Black Beauty

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