

# What's for Dinner?

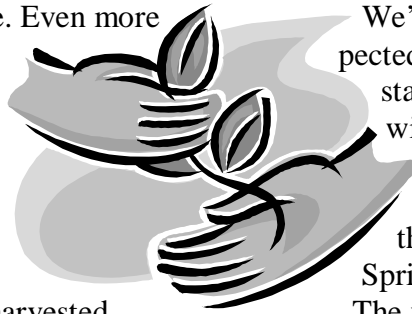
News & views from Earthwize Farms CSA ~ September 24, 2009

## Sowing now, reaping the future

There isn't much instant gratification in farming. From seed to plant to produce takes 1-3 months for most row crops and some take 6 months or more. Even more patience is needed for biennials- which don't yield for two years- and perennials like berry bushes and fruit trees have to be nurtured for years before anything can be harvested.

As you can imagine we have to plan pretty far ahead for everything to come together at the right time. So, this coming week we'll be planting radishes, carrots, cauliflower, broccoli and

several kinds of greens. They along with lots of other veggies, nuts and food products will be ready for your Winter and/or early Spring shares.



We're gearing up for the expected deer ravages, too, by installing some new water lines with sensors that set off water jets to scare them off. We're also gathering up all the foil tins we hung out this Spring so they can be reused. The year is moving on and so are our plans and plantings. We look forward to sharing the journey with you!

## Clean bags help

Thanks for remembering to set your bags out for us to switch out. We're building back our supply slowly but steadily and packing is much easier. Please remember to **keep the bag out of the dirt and grime** so we don't have to wash them before food can go into them. Also, please carefully check any packaging you send back to us. If they're dirty please wipe or rinse, as appropriate. Thanks for helping us keep your food in good shape as it journeys from the fields to your door!

## Fans get it first

### News @ Facebook, website

Our online options are going strong and growing! The website's Fall fix-up is underway with all sections eventually getting a good going over. The weekly **Sunday update brings new features**. This week in our new **Farm Views** section you'll get a behind the scenes look at packing time.

Every 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 from it. You can share your pictures, recipes, and stories, too. We're so excited to have an easier way to interact with you, and we'll be there every day to . **Join in the fun- become a Facebook Fan today!**



## More than slaw

Cabbage may seem pretty ordinary but like many things in life there're hidden depths to those crunchy green leaves.

Cabbage is a cruciferous veggie and like its cousins (broccoli, cauliflower, mustard, radish, etc.) it's packed with serious nutrition. It keeps for a long time but it's sweetest when it's fresh and young. This time of year our favorite way to fix it is coleslaw but there's so much more that can be done! Cooking in water for 30 minutes or so with a little oil or seasoning meat yields tender flesh and cuts down on the sulfur compounds that rile up some people's guts. Need more ideas? Check our website for recipe and info links!



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## Your CSA share

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

- Watermelon
- Muscadines
- Scuppernongs
- Green snap beans
- Green cabbage
- Rome apples
- Jalapeno peppers
- Anaheim peppers
- Sweet potatoes

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