Dear {FIRST_NAME|Friend},

The fields are looking different now as we begin our Fall "clean-up" where crops that have finished for the season are tilled into the soil in preparation for next season's bounty. Feel free to take a walk and see the changes, taking note of the especially resilient plants that are still growing strong and producing despite the cool evening temperatures.

Just a reminder that the last distribution for the season isn't until October 10th (there were a few questions last week). You still have another 4 weeks (counting today) of farm fresh fare!

See you tonight!

- Chaz, Anna, Nic

The Goodies this Week

Greens
Red Russian Kale - Considered a superfood, this Russian heirloom variety is packed full of antioxidants, phytonutrients, vitamins and minerals.

Salad Mix - Baby spinach and mesclun mix. Now you can enjoy the long awaited salad greens again.

Other Various Delights

Chioggia Beets - AKA Candy Cane or Bullseye Beets, these gorgeous marvels of mother nature are an Italian heirloom that have a stunning red and white striped flesh. The colors, however, run together when cooked.

Onions - Choose from Ciopollini Reds or Candy Whites. The Candy Whites are the Walla Walla’s for northern climates and will be extra sweet.

Tomatoes - A mixed bag of heirloom Green Zebra, Mortgage Lifter, Sungold, Black Russian & Romas and greenhouse friendly Arbason varieties.

Potatoes - A blend of all blues and traditional reds. Together these make an outstanding potato salad, especially if you're feeling patriotic!

Carrots - Picked just yesterday, these large, bright orange Sugarsnax and Bolero varieties and sweet, crispy and all around yummy.

Edamame - Fresh soybeans that you can enjoy fresh, roasted, boiled or any other creative way you can imagine. This video is an 11 minute "tutorial" on edamame: http://www.youtube.com/watch?v=pZZQTl8A6wM

Cucumbers - Choose from large slicing and delicious salt and pepper cucumbers today.

Cut Flowers - Just to brighten your day!

Recipe Ideas

Red Russian Kale:
Kale, Potato and Onion Frittata

Variety of Kale Recipes
http://www.seriouseats.com/2012/03/kale-recipes-salads-sausage-dinners.html

Chioggia Beets:
Chioggia Beets with Raspberry Mint Vinaigrette
Raw Chioggia Beet Salad with Honey-Lime Vinaigrette

Cipollini Onions:
Variety of Recipes
http://www.tastespotting.com/tag/cipollini+onions

Potatoes:
Roasted Red, White and Blue Potatoes

Edamame:
Variety of Edamame Recipes
http://www.sheknows.com/food-and-recipes/articles/817339/Edamame-Recipes

As always, your input and feedback are welcome and considered! Feel free to contact us anytime.
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