

# Wise Acres Farm CSA Newsletter

Week 13 – September 18, 2019

The weather forecast for this Wednesday night now contains the farmer's F-word: frost. Only a patchy frost, but enough of a risk that we will be getting the rest of the winter squash and onions stored away today and tomorrow, using some row cover (like a big lightweight blanket) to protect the still-ripening peppers, and closing the high tunnels up tight in the mid-afternoon to hold in more heat overnight. All the other crops out in the field right now (greens, roots, cabbage) will tolerate a light frost; in fact, their flavor will begin to sweeten.

The first frost often coincides with the week of the Common Ground Country Fair, which is this coming Friday-Sunday at the Maine Organic Farmers and Gardeners Association (MOFGA) in Unity. If you haven't been and you're even a tiny bit interested in local food, sustainable living, or traditional skills (which I suspect you are if you joined a CSA!), it is well worth braving the crowds to go (hint: Friday afternoon is usually a little less busy!). The fair supports MOFGA's year-round programs to promote organic agriculture and help organic farmers like us make a living here in Maine. We have benefitted greatly from a number of their educational programs and initiatives, and we are certified organic through MOFGA Certification Services. If you can't make it to Common Ground but want to support what MOFGA is doing, consider becoming a member! You'll get their very informative quarterly newspaper and many other benefits.

-Brittany

## Recipes and Veggie Notes

Store tomatoes at room temperature in open air for several days. Store spaghetti squash at room temperature in open air for up to 1 week. Store all other items in a closed bag in the fridge for 7 to 10 days.

### Spaghetti Squash

This has been kind of a trendy squash for a few years and there are a ton of recipes out there on the internet for seasoning and making a meal out of these guys. Here are some basic prep instructions: preheat the oven to 375 degrees. Cut the squash in half the long way and scoop out the seeds. Rub squash with a little bit of olive oil and sprinkle with salt. Place the cut sides down on a rimmed baking sheet and roast for at least 25 minutes, until a fork slips all the way through easily. Let cool about 10 minutes, then scrape the insides with a fork to pull the strands away from the skin. Put the strands in a colander, press out excess water, and let them rest while prepping seasonings.

Please note: these have survived a wet summer and don't look like they are going to store well. I recommend using them within a week.

### What's in the box?

Baby Kale

Cucumbers

Kale

Mini Lettuce

Pepper

Scallions

Spaghetti Squash

Tomatoes

*Please remember to  
return your box!*

## Peppers

This week's peppers are sweet Italian frying (a.k.a. Corno di Toro, a.k.a. "bull's horn") peppers. In my opinion, they beat out red bell peppers for flavor and texture; I am fond of just munching on them like they're apples, but they will work anywhere a red bell is called for in a recipe. The variety, Carmen, was bred right here in Maine by Johnny's Selected Seeds and reliably ripens and produces for us no matter how cool a season we have. I definitely recommend them as a garden plant if you ever want to try your hand at peppers; you should be able to find them as seedlings in the spring at area farmers' markets.

## Roasted Red Pepper Vinaigrette

*From LettysKitchen.com*

1 cup roasted red peppers, home-roasted and peeled, or from a jar (the internet can tell you how to roast them at home!)

1/3 cup apple cider vinegar

1/3 cup water

1/3 cup extra virgin olive oil

2 cloves garlic, coarsely chopped

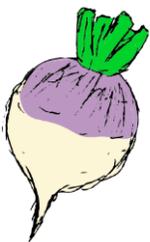
2 T honey, agave syrup, or organic cane sugar

1/2 t sea salt

1/4 teaspoon freshly ground black pepper

2 tablespoons finely chopped parsley, or basil or chives (optional)

Put the peppers, vinegar, water, olive oil, garlic, honey, salt, and pepper in a blender or food processor and blend until the peppers and garlic are smooth. Taste and season with more salt and pepper, if you think it's needed. Pour into a jar, and stir in herbs if desired.



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