



What's in the box today?

Broccoli
 Carrots
 Cucumbers, Pickling
 Eggplant
 Kohlrabi
 Lettuce
 Onions, White
 Tomatoes, cherries, and
 slicers
 Sage
 Sweet corn
 Sweet Peppers, Assorted
 Colored



The color on fully ripened bell peppers is a stunning visual experience. Hope you've had the same encounter in your kitchen. These colored peppers harvested from one of our greenhouses have a great flavor to appreciate knowing how long it's taken for these peppers to reach their full maturity. Unfortunately pepper production outside not having the temperature control of a greenhouse, doesn't produce the same result and yielding mostly peppers in their green state.

Greetings! Mid September is upon us again. I've lived in Wisconsin my whole life and I've always enjoyed the change of seasons. As a farmer this time of the year is even more gratifying and rewarding than any other time in my life when I was doing something else.

Fall is both the finish and our starting line. It's the "end of the beginning" if you will. There's quite a bit of self evaluation in mind right now about what we've been through this year. Most thoughts resonating in our head revolve around the cycle of the farm business operation, but there's getting to be an almost equal amount of personal reflection intertwined too. A self-critique on how we've held up against the demands of running the farm is something we're starting to do more often especially at end of our business season. Thoughts about

Let us not forget that the cultivation of the earth is the most important labor of man. When tillage begins, other arts will follow. The farmers, therefore, are the founders of civilization.

-Daniel Webster , American statesman 1852

how the farm performed this year and what kind of impact the farm has had on us are frequent. How did we hold up to the challenge? Did all go according to plans? A sanity check with questions like this becomes necessary with the turn of each new season before locking ourselves into another full year of operations. After a good hard long look at what we've done this past year we're happy to announce we've both decided to give it a go again next year.

September 30th for the farm is the official end of our personal farm business calendar. On October 1st as usual the upcoming years program will be published on our website. Then at the same time we'll begin accepting memberships to our CSA for 2017. At this time we want to inform you that we will be running our CSA program but there are some pending changes in the works which will most likely affect the way our program will work. The writing on the wall is telling us we need to modify our program so to better serve our members while also pursuing other alternative markets to balance and greater diversify our income. As mentioned in several past newsletters, "traditional" CSA farms across the country are having difficulty retaining a good solid and consistent membership so not having to depend on other sources of income. What practices worked well for small farm operators at one time is now in need of some thoughtful remodeling.

We're not giving up on CSA, we're just going to be reorganizing the way our CSA works, and how it works for you. Most of all our main objective is to create a better way to conduct our business so that it works well for both you and us.

We hope somehow either as CSA members, or as online shoppers at our webstore, that you'll continue to support us in whatever way you see possible. We just want to provide all our customers with the best food we can possibly grow and to get it to you in a convenient and economical way.

Look for all the details on our 2017 CSA program in October when our website will be updated with all relevant information. Have a healthy and happy week!

Quick Eggplant and Tomato Sauté

2 Tbsp. olive oil
2 cups. chopped **onion**
2 cups. chopped **bell peppers** (use two different colors for contrast)
2 tsp. minced garlic
5 ½ cups peeled diced **eggplant**
½ tsp. kosher salt
½ tsp. freshly ground black pepper
2 cups fresh peeled diced **tomatoes**

Heat oil in a large nonstick saucepan over medium-heat. Add onion and bell peppers; sauté for 3 minutes. Add garlic, and sauté for 1 minute. Add the eggplant, salt, black pepper, and tomatoes; stir to combine. Cover, reduce heat, and simmer 5 minutes.

This serves 12 with a serving size or ½ cups.

Sage Biscuits

2 cups flour
2 tsp. baking powder
1/2 tsp. baking soda
1 tsp. salt
6 Tbsp. butter, chilled
1/4 cups chopped **sage**
3/4 cups + 1 Tbsp. buttermilk
1 Tbsp. melted butter

Mix together flour, baking powder, baking soda and salt. Dice butter and add to flour mixture along with sage. Cut in with a pastry cutter or fork (should be very coarse). Stir in buttermilk until just combined. Turn out onto a lightly floured surface and with lightly floured hands, knead a few times. Shape into a square and cut into 9 biscuits.

Place on baking sheet and brush tops with melted butter. Bake at 450° for 12-14 minutes, until golden brown.

Carrot and Kohlrabi Gratin

3 **carrots**
1 **kohlrabi**
1 **onion**
1 sprig **sage**
1 Tbsp. canola oil
2 allspice berries
3 Tbsp. rich broth
2 eggs
9 ounces low-fat quark
5 Tbsp. low-fat milk
1 package mixed herbs (italian herb mix, frozen, 50 grams)
Salt
Pepper
2 Tbsp. sunflower seeds (30 grams)

Rinse and peel carrots and kohlrabi. Cut carrots into thin slices. Cut kohlrabi into sticks. Peel and chop the onion. Rinse sage and shake dry. Heat the canola oil in a pot. Sauté onion until soft over medium heat. Add carrots and kohlrabi and sauté for about 2 minutes. Add sage, allspice and broth. Cook over medium heat for 10-12 minutes. Remove from heat and let cool slightly. Meanwhile, mix eggs, quark, milk and herbs in a bowl. Season with salt and pepper. Add carrots and kohlrabi to the herb-egg mixture and mix well. Pour into a baking dish and smooth the surface. Bake in preheated oven at 180°C (fan 160°C, gas mark 2-3) (approximately 350°F/convection 325°F) on the middle rack for about 25 minutes. Meanwhile, toast the sunflower seeds in a pan. Sprinkle over the gratin and serve.