



What's in the box today?

Broccoli
Carrots
Cucumbers, Pickling
Kohlrabi
Lettuce
Onions, Red
Tomatoes, cherries, and
slicers
Sweet corn
Swiss Chard



The packing line on Wednesday is a great place to see the sum total of the week's work all nicely packed up for delivery. From left to right, Kris Becker, Patrick Whalen, Carol Borgenhagen, Sara Heuer, Jill Becker, and Danielle Wierikko smile as the boxes come down the line seeing the food they harvested throughout the week is shipping out to all our family members. Well done everyone!



Dave Heidel (left) volunteered to pick sweet corn with us this week after telling him how much fun it was. Didn't bother to mention to him that it was hard work too. He found that out after pulling the first bag load out of the field with about forty cobs.

Fortunately Dave is no stranger to hard work. A certified organic dairy farmer for Organic Valley, coming out to pick corn for an afternoon was a good change of pace. Thanks Dave for lending a hand, actually both hands picking corn.

With our corn harvest for the year close to it's end we just wanted to say we hope you enjoyed the meals you had with corn on the cob. You may find corn ear worms in some of your cobs and some may be rather large. Good news is they're harmless and most of the time they're kind enough to leave most of the cob for your consumption. Sometimes I get

***" Our food system belongs in the hands of many family farmers.
not under the control of a handful of corporations"***

-Willie Nelson, singer/songwriter

discouraged by looking at crop infestation and how they mar the appearance of the vegetable. I know from experience that some people will never be able to get over it when one of these monsters comes popping out on you. "That's really gross man" you might say. But perhaps many of you can overlook the hideousness of a worm eating and pooping his way through your cob for the comfort and assurance your farmer is using little if any insecticides. As our general practice with our sweet corn as well as all our vegetables we keep our spraying to a minimum.

The corn this week is fully mature and it's sweetness may be just slightly down from last week but it's still great for recipes like my Uncle's recipe for "cream style corn". Just perfect for this kind of corn and other recipes too where cut the kernels off the cob and put it into a recipe. Find something to do with it, and while your at it find something good to do with that worm. Have a great week!



Sweet Corn Sage Soup

5 medium **corn on the cob** (to yield 4 cups of corn)

4 cups vegetable stock

1 Tbsp. olive oil

1 Tbsp. butter, unsalted

1 medium **onion**, finely chopped

1 large yukon gold potato, diced small

1 medium red bell pepper, diced small

1 teaspoon salt

¼ teaspoon freshly ground black pepper

1 teaspoon fresh sage, finely chopped

2 cloves garlic, grated

Cut the corn from the cobs, set aside. * see note Add the cobs to a large saucepan and cover with the vegetable stock. Bring to a simmer and cook for 20 minutes covered. Turn off the heat and strain the stock, discard the cobs. To large soup pan add the olive oil and butter, heat over medium heat. Add the onions and cook until they start to soften. Add the potatoes, bell peppers, corn, salt and pepper and chopped sage. Add the garlic and stir for 1 minute. Add the vegetable stock and bring to a simmer. Cook for about 20 minutes until the potatoes are very soft and start to break down (this will help thicken the soup and make it creamy).

Uncle Jim's Cream Corn

10 ears of **sweet corn**

2 Tbsp. butter, melted

2 Tbsp. flour, (use rice or chickpea flour for a gluten free version)

1/4 tsp. salt

water

Cut kernels off cob with a knife. Cut about half way down the kernel and then scrape the rest of the kernel off the cob with the back side of the knife. Mix all ingredients together. Simmer or heat at low temp until it's hot enough to serve. If the corn is too thick you can add a little water, or milk. Serve over fresh mashed potatoes.