



Naturally growing food for a better tomorrow



If you haven't taken a tour of the farm lately, you may want to peek at the greenhouse this time of year, because this is when it includes the most diversity. We have a few summer crops still holding on (tomatoes

and bell peppers), and we have all our fall crops going in (kohlrabi, arugula, leeks, lettuce & cabbage). Yay for diversity! A diverse farm is a healthy farm. Despite our best efforts, however, things can and do go wrong. That's a fair warning before I get to this week's news.

Strong Roots Healthy Farming is built on the belief that things grown naturally are better for you, but...sometimes that means produce can get contaminated with natural pests and diseases. We try to catch these problems before the produce gets in the hands of our customers, but we aren't always that lucky. For example, I've noticed a few of our peppers have had some mold issues. This occurs because the cell walls are weak, and the cell walls are weak due to inefficient magnesium and calcium. We've had our soil tested, and we have naturally high calcium in our soil, but rather low magnesium content. We attempt to rectify our soil by adding composted manure which is naturally rich in magnesium. Unfortunately, that doesn't always work. And sometimes, bad spots are good at hiding from us.



In the picture above, what appears to be a perfectly good pepper has mold spots on the bottom of it. I wouldn't have known the mold was even there until I cut it open. That does not mean, however, that our customers should suffer for it. If you get bad product, don't hesitate to tell us! We can make it right and provide you new produce or additional produce to make up for it.



The other very sad issue that we had this week is that we lost two of our chicks to a hawk. Kansas has hawks everywhere; if you listen, you can hear hawk calls all day long! Typically we run lines above the chicken area to discourage hawks from visiting our chickens. The theory is that they don't want

to risk getting their wings caught up in the ropes, but...we didn't prioritize it in time. 😞 Our ropes are up now, but our hearts are sad. Having animals is such a blessing on our small farm, but it is also a HUGE responsibility.

Due to our diversity this week, I have four recipes for you.

1. [Prosciutto & Arugula Pizza](#)

We have arugula pizza quite a bit in the Fall season. This is because for a month or two, we typically have fresh tomatoes and fresh arugula available to us.



2. [Braised Turnips with Greens](#)

Nothing special here. On busy nights, grilled chicken and braised turnips with greens is an easy and healthy way to get the kids out the door for sporting events.



3. [Kielbasa with Peppers and Potatoes](#)

Did I mention, we had three home games this week? One JV football game and two varsity soccer ones. That means I had to find a few quick and easy dinners to contribute this week. Very simple, and yet very appetizing.



4. [Pineapple Fried Rice](#)

And how about a Thai Seasoned stir fry to round off the week? I never thought I would like pineapple in my fried rice, but I LOVED it. And please ask us about our homemade Thai seasoning blend with our very own ground turmeric and ginger. Yum!



This week full shares will receive **arugula, turnips, bell peppers, green onions, and mizuna**. Half shares will receive arugula, turnips, and bell peppers. As always, if you want additional items, please visit our [online marketplace](#).

For those of you who like to plan in advance, we have the following products listed for 10/25: spinach, beets, Bok choy, jalapenos, and okra. Half shares receive the first three products listed: spinach, beets, and Bok choy.

Since Autumn has finally decided to grace us with its chilly but stunning weather, I leave you with Diana Gabaldon's fabulous writing capabilities. "It was a beautiful, bright autumn day, with air like cider, and a sky so blue you could drown in it."