



Naturally growing food for a better tomorrow



This Saturday was crazy!! Josh went to the Old Town Market, but we had quite a few mishaps along the way. 1. Our printer ran out of ink, so we couldn't print the labels for the salsa the night before. I ended up

doing it the morning of market, and then delivering them to Josh. At the time I delivered the labels, everything was going fine, so I left to take care of all the tasks at home, but then...2. Josh ran out of batteries on both the I-Pad and the I-Phone within minutes, so we couldn't process credit card purchases. Josh and Colton had to write down every cash purchase on a paper bag, so I could enter them in square later. 3. Josh blew out a trailer tire on the way home. Whew! Not exactly a successful day, but not all days are perfect, now are they? Good news? Everyone got home safe, and we're working on carving our pumpkins as we speak. Carving pumpkins is a family tradition. Unfortunately, we don't have enough room to actually grow pumpkins, so we get them every year from Mike's Fresh Produce. Mike sells at the Kansas Grown Farmer's Market, and he's another one of our fellow organic producers.



This week on the farm, we've been busy harvesting our root herbs before the storm comes in on Monday. If you didn't see our market posts this week, you might have missed that we had ginger and turmeric at market yesterday. These are excellent herbs for things like

relieving pain, reducing nausea, and reducing inflammation. I cannot tell you how important it is to cook with as many herbs as you possibly can. They add such depth to simple dishes, and they add so many different health benefits. And what's even cooler...one of our wonderful CSA members provided us a recipe that includes both ginger and turmeric: sour chickpeas also called [Khatte chhole](#). Since my family is not a "clove and cinnamon" family which is what the spice mix of garam masala includes, I was worried about this recipe, but we were all



pleasantly surprised. The lemon and pepper offset the sweet perfectly. It was absolutely wonderful!! Keep the recipes coming! I love it. ❤️

And we have NOT had the "pleasure" of having to cover any crops just yet, but it's coming. Josh has been watching the weather very carefully. I expect the frost blankets will be coming out this Monday when you all come to pick up your CSA shares. Yikes! Monday night is going to have a low of 23 degrees. Let's hope no one wants a tour on Monday. All you'll get to see is blankets. Not much green going on right now. 😞



In addition to sour chickpeas, we ate Chinese stir fry with pork chops, roasted beets with quinoa, and cornmeal biscuits with chorizo gravy this week. [Chinese Okra Stir Fry](#)? Not the greatest thing I've ever eaten.



[Roasted Beets with Garlic Vinaigrette](#)? Yes please. Every day of the week. And just a tidbit...quinoa actually have 8 grams of protein! You don't always have to eat meat to get your protein.



[Cornbread Biscuits with Chorizo Gravy](#)? Yes, yes, yes! Especially with the homemade [hot sauce](#) you can make with our peppers.

This week full shares will receive **spinach, beets, Bok choy, jalapenos, and okra**. Half shares receive the first three products listed: spinach, beets, and Bok choy. 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 11/02: bell peppers, salad mix, rosemary/thyme mix, turnips, turmeric, and red mizuna. Half shares will receive the bell peppers, salad mix, rosemary/thyme mix, and turmeric. Full shares will get a bit more turmeric than the half shares will.

Happy Halloween!! Eat your veggies before the candy. 😊