



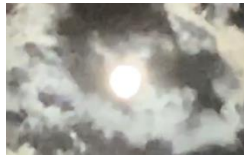
Naturally growing food for a better tomorrow



Welcome to the fall season of Strong Roots Healthy Farming's 2020 CSA! Most people like the Spring and Summer CSA's due to the variety of vegetables those seasons can offer, but fall is definitely my favorite season.

Beets, carrots, spinach, kohlrabi and salad turnips are just a few of my favorite things, and those are just a few of the things that will be gracing your bags in the weeks to come.

I hope you spent some time outside this week and took a beautiful fall walk. The slight chill in the air has been invigorating! And last Thursday was the first October full moon. Yes, October actually has TWO full



moons this year. The second one is on Oct 31st. What does that mean? It means that if you believe in moon magic, this month is an extremely powerful month. Here at Strong Roots Healthy Farming, we believe that every natural element plays a part in our food, and that includes the moon. So maybe, just maybe, you'll have some extra "moon" energy in the vegetables you receive from us this month. Even the pests must have gotten a little extra something from the moon, because Colton found a tomato horn worm this week that was the size of my hand!! No worries though. The chickens took care of this big guy without any complaints.



Another way that moon magic worked in our favor this week was the apple cider vinegar tincture that has been soaking up the wonderful herbs of motherwort, lemon balm, and holy basil. This wonderful little herbal combination was put together to help our family "let go." All of these herbs are used to reduce stress in different ways. Motherwort is used to support heart issues such as irregular heartbeat. Since holy basil acts as an adaptogen, it can be used to help anxiousness. Lemon balm boosts your mood and is commonly used as an anti-depressant. Now that the tincture has been sitting in the window sill for 6 weeks now, it's time to strain it and bottle it up. The whole family is going to try it, and see



if we can "let go" of what was, and embrace what is to come.



The full moon certainly must have done something to the spinach. Josh brought it in for our dinner on Thursday night, and he was munching on it before I even had a chance to wash it. In fact, all the boys were reaching for a leaf or two once they saw it come in from harvest. I'm lucky I even had any spinach left for the [Fall Spinach Salad](#) we made that evening. It did not disappoint. Although it's pretty common to cook spinach into a myriad of recipes, I would suggest you find a recipe that allows you to eat it raw this time around. It's really, really sweet!

This week was soup and salad week at the Molello house. To celebrate the Fall weather (and my birthday), we ate my favorite [Fall Minestrone Soup](#). I LOVE this recipe with some good French bread to dip it in, and again, the amount of vegetables in one serving is a really great way to keep the family healthy during the cold & flu season. The boys



really like it which is more than I can say for my last recipe. ☹️ I'm sorry to say that the [broccoli microgreen soup](#) was not such a hit with the kids, but Josh and I enjoyed it. A little ham and cheese sandwich to eat with it would have been the perfect touch.

This week's full share bags include **spinach, cherry tomatoes, kale, celery, and broccoli microgreens**. Half shares will receive the spinach, cherry tomatoes, and broccoli microgreens. If you want any additional items in your bag, don't forget to visit our [online marketplace](#).

For those of you who like to plan ahead, next week's bags will include **sweet potatoes, salad mix, slicer tomatoes, radishes, and pea shoot microgreens**. Half shares will receive the salad mix, radishes, and pea shoots.

Thanks again for everyone who decided to join us for the Fall Season! We have so much to look forward to! Stay hungry, my friends, stay hungry!