



Week of September 19 2017

Anticipated Produce

- ~ *Beets*
- ~ *Carrots*
- ~ *Garlic*
- ~ *Kale, Collards or Chard*
- ~ *Liberty Apples*
- ~ *Peppers: Sweet & Hot*
- ~ *Squash—Delicata*
- ~ *Tomatoes*
- ~ *Fresh Herbs:*
Cilantro, Parsley & Shiso

Field Notes

A glorious week of weather is in store for us! Our work will include converting another high tunnel from tomato production to winter greens. We will be sowing crops of spinach, baby leaf kale, arugula, claytonia and mesclun mix. Most of these crops will be ready to start harvesting in mid to late October and will continue to yield throughout most of the winter. Tomato production is waning—both in terms of quality and

and quantity, but we expect to have some tomatoes in the share until the first frost, which typically comes by mid October. We will also be buying in a large quantity of potatoes from Tidas Yoder's farm near Belleville. These potatoes are certified organic by PCO and we will be offering them frequently throughout the fall and winter.

If you need to have your share boxed, please e-mail Ali at aascherio@gmail.com

Farm Fresh Recipe

Fried Sweet Peppers with Balsamic Vinegar

- 6 Large Sweet Peppers (use different colors)
- 1/3 Cup Extra Virgin Olive Oil
- 2 Garlic Cloves, Peeled & Minced
- 1/3 C. Balsamic Vinegar
- Salt & Pepper
- 1/3 C. Fresh Chopped Parsley



- ~ Wash and dry the peppers, then remove the seeds, stems, and membranes. Cut the peppers into 1 inch strips.
- ~ Heat the oil in a large heavy bottomed skillet and add the peppers, stirring well to coat in the oil.
- ~ Cook the peppers over medium heat until they begin to soften and brown, stirring often, about 10 minutes.
- ~ Add the garlic and cook another minute or two until fragrant.
- ~ Add the balsamic vinegar, season with salt and pepper and mix well. Cook another 3 to 4 minutes until the peppers have absorbed all of the vinegar.
- ~ Toss with the fresh chopped parsley and place on a platter to serve.

These peppers would be great on an antipasti tray, or served with grilled or roasted meats and sausages

From: ItalianFoodForever.com

At The Harvest Shop & Greenhouse

Fall Food Festival September 23 ~ 2 to 4pm

Join us for this delicious and seasonally-inspired culinary event! We will be sampling and sharing recipes for our very favorite fall foods, including easy appetizers, sensational salads, savory main dishes, fruit-filled desserts, autumn drinks, and more.

Farm Calendar

Community Harvest members receive a 10% discount on Harvest Shop & Greenhouse purchases (excluding consignment & sale items).

Compost Collection

Compost will be accepted on Distribution days only. Please empty your bucket into the bins that are on the way to distribution.

Clean Grocery Bags Needed

Please follow our Facebook page at: [Facebook.com/TaitFarmAgriculture](https://www.facebook.com/TaitFarmAgriculture) (Meg posts lots of nice photos!).