

Week 19 – Summer CSA

October 10 – October 16, 2022

Hi everyone,

This week on the farm we still have warm and dry weather to get work done and haul food out of our fields before rain arrives. Lately the largest efforts have been harvesting potatoes, turnips, carrots, winter squash and other storage crops, like those in this week's box. At the same time, we are starting to enjoy lots more colorful greens hitting their stride – particularly our kale plantings, which we'd decided to enlarge for this year's fall and winter harvest. Red Russian kale, included in your box this week, is a class of kales that many find to be tender and inviting, especially compared to the more robust green or purple curly kales. Red Russian varieties are a *Brassica napus* species of kale, rather than a *Brassica oleracea* species; and even within the Ruso-Siberian kales, there are a range of different seeds that offer different growing and eating qualities. Please visit our farmers market booths or our farmstand this fall, if you'd like to experience more of the amazing diversity of kales..!

Be well in your week, and enjoy the scenery as it dons its festive autumn bronze.

Box contents, Week 19:

- Red Kabocha
- Celery
- Red Russian Kale
- Shallot
- Yellow Onions
- Yellow Potatoes
- Carrots, loose
- Jalapeño
- Purple Top Turnips
- Lettuce

