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Beets: Red
Cucumber
Kale: Green Curly
Leeks
Lettuce: Romaine—Couple
Romaine and Green Leaf--Family
Peppers: Anaheim, Red & Yellow Bell, Jalapeño
Tomatillos
Winter Squash: Buttercup

New Stuff: Kale, leeks, tomatillos, buttercup squash
Choice Box: bell peppers

Kale is highly nutritious, loaded with vitamins A, B, C, calcium and many minerals, and has the highest protein content of any cultivated vegetable. It keeps for a long time in the fridge, but you'll get the most nutrition from it if you use it soon, and eat it raw. Check online for a "green drink" or smoothie incorporating kale.

Kale will stay hydrated best inside a plastic bag with just a little water on it. To prepare kale, cut out most of the center rib (rather fibrous), then chop up as your recipe indicates. Depending on the size of the pieces, kale will cook in 10-20 minutes. You want it soft, just a little chewy but still green in color.

We grow 4 kinds of kale: green curly (the most common), lacinato/dinosaur, red Russian and white Russian. The curly kale tends to be a bit on the bitter side (good for the heart). If a little bitterness is not to your taste, moderate that flavor by blanching the leaves in boiling water for 2 minutes, then proceed with whatever recipe you wish. Frost tends to sweeten the taste of kale, or, in the case of the curly ones, make it less bitter.

Abigail and Arthur's Kale Salad *Serves 4*

1 large bunch kale, center ribs removed, leaves cut into thin strips (chiffonade)
1 shallot, sliced thin, or 2 Tbsp. leeks, sliced thin
1 1/2 Tbsp. freshly squeezed lemon juice
3 Tbsp. extra-virgin olive oil
1 small clove garlic, minced (optional)
1/2 tsp. Kosher salt + more
1/3 cup pine nuts or chopped walnuts, toasted
1/3 cup crumbled feta cheese
1/2 cup small dill sprigs (optional)
Salt and freshly ground black pepper

About 2 hours before you plan to eat, put kale and shallot (or leeks) in a large bowl. In a small bowl, whisk together the lemon juice, olive oil, and 1/2 tsp. salt. Pour the dressing over the kale and toss to coat thoroughly. Let sit for one hour (or more).

To serve, add toasted nuts, feta cheese, and dill sprigs to salad and toss thoroughly. Season with salt and freshly ground black pepper to taste.

Leeks are wonderfully flavorful, and among the most highly prized in the allium family. They can be eaten either cooked or raw, and are high in vitamins A, C, E, K, folate, manganese, iron, calcium, magnesium, copper and potassium. They taste mild, sweet and complex.

Store leeks unwashed in a heavy duty, reclosable bag in your crisper drawer. You want to keep the bag closed because their odor tends to leak out (sorry).

To clean leeks, slice them lengthwise and hold them under cold, running water to wash out any soil (and they will have soil, the rain took care of that). Clean them just before using. You can use leeks and onions interchangeably in any recipe.

If you have potatoes left over from last week, look online for a good leek and potato soup.

Tomatillo means "little tomato". It is shaped like a small tomato enclosed in a papery husk. The fruit starts out small and is completely hidden by the green husk. As it grows, it fills the husk and eventually splits it open. Tomatillo is a member of the nightshade family (solanaceae), as are tomatoes and potatoes. Its Latin name is *physalis philadelphica*. Another *physalis* member is the ground cherry, smaller, sweeter, and often used to make jam and pies.

Tomatillos are a very good source of vitamins C, K, niacin, potassium, manganese and dietary fiber, and a good source of iron, magnesium, phosphorus and copper.

To store tomatillos, pull off the papery husk, wash off any dirt and the sticky residue from the husk under warm water (I roll 3-4 around inside my cupped hands so they bump against each other). Then, drain them briefly and put inside a sealable plastic bag. They'll keep 2 weeks in your vegetable drawer, and still taste good. You can use them raw in salads, put them in stir frys, or in any number of Mexican dishes, like salsa verde or enchiladas.

The cultivar we're growing matures thru green to a light yellow-brown, getting sweeter as it gets older. Most Mexican cooks prefer to use tomatillos when

they're green, as they have the best tart-sweet contrast at this stage.
Here is an easy, delicious salsa verde recipe. I used a combination of green and yellow tomatillos.

Raw Salsa Verde *Makes about 2 cups*

In a blender or food processor, put:

1 lb. (approx.) tomatillos, husks removed, washed and cut into quarters
1 tsp. chopped garlic (or more as you wish)
1 shallot or small onion, coarsely chopped
1/3 cup cilantro, roughly chopped, loosely packed
½ tsp. ground cumin
½ cup Anaheim or Italian pepper, roughly chopped, or 1-2 Tbsp. Jalapeño
salt & freshly ground pepper

Process until the ingredients reach a fine consistency. Serve with corn chips, in tacos, etc.
Buttercup is another delicious winter squash. The flesh is bright orange, dry, but yummy. Bake it as you would any other winter squash. Cut side down with the seeds intact in a 400 degree oven is the best.
This is the last cucumber of the season. It's rare for us to have them this late. Usually, the vines decline after a month or so from diseases and insects. This year, we had little problem with either, thank God.
All of that rain caused some splitting in the peppers as well as the tomatillos. The damage is minimal and easily cut off, if necessary.

Field Notes

Friday and Saturday gave us almost 2" of rain. Since it came down over the course of 3 days, this rain really soaked in. We've been pretty dry these past 2 months, and the next 10 days look fairly dry as well, so this moisture will help the plants a lot.
It also looks like Mother Nature is giving us a warmer fall than normal: no frost so far, which is unusual in our experience and very welcome.
Thursday the crew planted the onions we'll harvest next spring. Later this fall, after the plants have established themselves, they'll mulch these beds with rye straw to help the onions overwinter. Mulch helps insulate the ground, keeping the soil temperature more constant, which prevents quick rises and falls in temperature that could damage or kill the plants.

We're really enjoying these warm days! Makes it so much easier to work outside.
Take Care,
Terry & Chuck