

## THE ROOT CONNECTION PO Box 267 Woodinville Wa 98072

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Dear Members, with the season change comes changes in the farm crops. Below is info about things many of you have wanted to know about.

**U-Pick Fall Greens open now. Corn is gone, and greens are in!** See maps in the farmstore for location. **Limit is 10 leaves of each kind.** We have Collards, Winterbor, Scarlet and Siberian Kales, Green and Red Mustards.

**The limit of 10 leaves of each kind is per membership/per week.** We all have to share. If you only like one kind, then you still get only 10 leaves of that kind per week. If you share your membership with someone else, you can only pick when it is your pickup week.

When picking the greens, please make sure to use scissors. The roots are delicate and it's real easy damage the roots or pull the plant out if you are pulling on the leaf stems to pick them.

**We have a plethora of onions!** And a lot of them are pre-maturely sprouting.

Putting out baskets of "extras" for members every week. See the recipe in the store for sprouted- onion soup that you can easily prepare and freeze. Think of all those gray, wet, cold days ahead (or maybe not...) and how wonderful it would be to reach into your freezer and get the makings for hot soup! And if you don't want to make soup, just cut the sprout off the top of the onion and throw it raw into salads – (green means lots of vitamins!) Nothing wrong with the onions – this is normal growth pattern of an onion. Once they've bulbed up, the next step is for them to start sprouting. If they were in the ground still, a seed pod would eventually form at the top of the sprouts, and the bulb of the onion would break apart and produce food for the developing greens and seeds. Cool!

**Drop site folks:** if you want me to put a bag of extra onions in, call in with your name, phone, and bag number.

**Tomatoes: are ripening more slowly now.** Last week only the Wed/Thurs group got cherry tomatoes, this week is Fri/Sat. May have to do that with the regular tomatoes too. (We also did the same thing in the beginning of the tomato picking as they were just starting to ripen)

**Winter squash soon!** New this year is spaghetti squash. Look it up on the internet, I'm sure there are a ton of recipes, and instructions on how to cook it, so you can be prepared to use it when you get it. It's really fun!

**Apples and potatoes:** We will be letting members order boxes, just a little too soon yet. Local apples just now starting, and more varieties will be available soon. More news on that later.

**Field News:** a little short on lettuce, but that should be resolved by next week. Also, the greens, and up-coming turnips, kohlrabi, etc will have more bug damage than normal. Reason? All these things were planted during the last two weeks of July which was really hot! In order to keep the seedlings alive, we had to run water on them every day, and didn't dare cover them up with row cover until they got strong roots on. Even so, we lost some of the crops, and the bugs got a chance to get in there and do their thing before we could cover them. Don't be picky- just remember over 40% of good crops are thrown away (national average) for cosmetic reasons like a bug hole or whatever. And another 50% of what's left is sent for processing into other things. So all those processed and canned foods we eat have those less-than-perfect things in them anyway. It is really shameful that we have gotten to that point where only "perfect" will do.

So this makes sense as a lead in to special newsletter titled "Farms for Life – Closing the Circle". If you missed "Can faith do it?- The Root Connection Story", and "The Rest of the Story", those special newsletters (along with all the regular newsletters) are archived on our website. (home page, find the link mid-page)

