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U-pick greens are ready. In case you missed the newsletter last week, here is a repeat:

**U-Pick Fall Greens open now. 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.

**In the Shares:** Fall stuff. **Leeks** this week. **Winter squash** will start being distributed soon. **Pumpkins not ready yet** but we'll let you know. Still have lots of **extra sprouting onions**, so help yourself – . Tomatoes – we're waiting to see if they will continue to ripen as the weather warms up this week. At this point, not sure if there will be any in the shares this week or how many.

**Reminder not to pick anything that doesn't have a u-pick sign on it.**

**Recipes:** get ready for those fall crops. Spaghetti squash is something new we will have this week. One website I think is really easy to use is **cooks.com** You can select a vegetable and they give you easy options for oven, stovetop or micro.