

THE ROOT CONNECTION PO Box 267 Woodinville Wa 98072

www.rootconnection.com

(425) 881-1006

root-coop@hotmail.com

Oct 15, 2014

We will still be harvesting next week – (which will be the last week) **Last pickup is week of Oct 22-25.**

NOTE that the last week of Oct, there is no CSA, and winter shares don't start until the week after that – the week of November 5-8.

Winter share signups for November going on now. Please try your best to get me your signup form by Oct 22nd. Postdated checks are fine if you need to- I have to get the form though, as there is a lot of planning that has to happen between then and the first week of November.

Still time to get your Preseason signup in for 2015. We are still short about 60 signups from what we usually have, so if you want to do it, now's the time! We use that money to buy supplies for next season, and I start spending money in November already. What happens if you don't sign up now? We will be sending out both an e-letter and a postal letter during the months of Jan-Feb to coax people to start signing up. I need to have a pretty clear idea of how many people we need to grow for, as we start planting flats of seedlings in the greenhouse the first week of March.

Leeks and potatoes! Wonderful combination – thinking it's time to make some leek and potato soup. If you want "my" recipe, it is on the website recipe file. Simply click on "recipes" page, then choose "Leeks" from the drop-down menu.

Farms for Life news: first, we want to thank everyone who has supported this great non-profit. 2014 was a great year, donating over \$38,000 worth of fresh produce from 5 local farms to over 13 local agencies that help kids and families. How much? Picture around 28 tons for this year! (to visualize, it would take 56 half-ton pickup trucks to move all that food.) That's enough for vegetables in meals to over 80,000 children and adults who do not have access to healthy food.

End of season Fundraiser for Farms for Life: There are several ways you can participate.

Give a gift to the donation jar – if all our members gave just \$10 once, we could raise \$4,000! Wow! (Just 30 cents provides a meal of veggies to a child and supports several local farms as well)

Buy an extra pumpkin – leftover pumpkins on sale for just 20 cents per pound, with proceeds going to FFL.

Use your PCC scrip card – many we have distributed are not being used. This costs you nothing but a few seconds of time to load your card and 5% of what you spend at PCC gets re-bated to FFL. So dig it out and start using!

Sign up for AmazonSmile and Fred Meyer community support. When you shop, a portion of what you spend will go to FFL- we have printouts in the store that explains how to use these programs.

Microsoft Gift Match Fund – Farms for Life is registered as an approved charity, and donations from employees are matched, doubling the amount you donate.

If you wish to make a year- end donation of any amount, you can mail a check to PO Box 1034 Woodinville Wa 98072, or online at www.farms4life.org or simply drop off a check at the Root Connection

The fields are looking pretty empty now – but are they? Ah-ha! We can't see it, but there is an army at work for us. How do plants take up nutrients from the soil? They require the help of creatures like bacteria, fungi, worms and insects to break down the soil so that plants can use the nutrients. Basically like our own digestive system does. Estimates say there is an average of 50 **million** of things like worms and insects, and 50 **billion** bacteria per **teaspoon!** (Unfortunately, chemical farming destroys most of these helpful creatures)

While we are zooming along with our lives, they are working hard to process the soil, make it healthy, and enable the plants that we use to feed ourselves to thrive. **And guess what?** As long as I've been digging around in the soil, I have never noticed armies of nematodes doing battle with the earthworms, territorial disputes between centipedes and beetles, or little puffs of soil bombs coming up from the soil. My human self, looking at all that I cannot control but must trust that it will happen, becomes humbled. Because my higher-life-form self cannot do what they do, and without them, could not live. More later-