

## Greetings from Twisting Twig Gardens and Orchard!

I love the season of fall! Like many, it is my favorite time of the year. I enjoy the comfortable daytime temperatures and cool nights. I enjoy the earthy smells of leaves decomposing and ripe apples lying under the trees. I enjoy the vibrant colors as trees are readying for winter. But most of all, I enjoy the bounty and variety of foods available this time of year. This is the best time of year for eating!



At this point, things are starting to slow down a little at the farm. All of the garlic and shallots have been harvested and are drying down. The tomato crop will be coming to an end as the cool weather continues. During the next month, we will be harvesting apples, parsley, and daikon radishes. We will be cleaning up the gardens and prepping beds for garlic planting at the end of October. Overall, our yields have been mixed this season. We had beautiful lettuce this spring/summer and an above average garlic crop, but the wet spring delayed our shallot planting which led to shallots that never sized-up. The recent wet weather created a perfect environment for blight to spread rapidly through our outdoor tomato plants. I love what I do, but growing food can be frustrating when large amounts of time and effort lead to disappointing yields.



New this year at Twisting Twig, we are diversifying our farm by offering a yurt rental through AirBnB. We updated the yurt that we lived in for years, and we have tried to create a quiet, relaxing space tucked away on our small farm.



It has been such a pleasure getting to meet many of our guests and having an opportunity to share our land and vision (and food). So far, we are very pleased with our first agri-tourism project. It seems to be a great option for farms to promote themselves and create an income stream that is likely more dependable than growing crops. Check out our yurt at [twistingtwig.com](http://twistingtwig.com).

I sincerely hope that you all have been enjoying your CSA boxes this season. Get ready for some beautiful, heavy boxes of fall veggies to finish the season. If you are not already signed-up, please consider joining us for our winter CSA season. Thank you for supporting us, and enjoy the best time of year for eating!

Eat well and be well,

**Rob**



Arlo and Rob at work in the hoophouse!



## **RECIPE CHALLENGE!**

This will be the last week of green beans for the season, so the recipe this week will call for these crispy treats. Got other ideas for them? Share on with others on Facebook!

## **FRIENDLY REMINDERS!**

- Please return your boxes each week! We will reuse them as long as they remain in good condition.
- When you return your boxes to your pick-up location, please be courteous and break them down. There are many sites where boxes stack up quickly and take up a lot of space.
- **Winter CSA is just around the corner!** Contact Evan if you are interested ([csamanager@bayfieldfoodproducers.org](mailto:csamanager@bayfieldfoodproducers.org)).

## WHAT'S IN THE BOX

### VEGGIE BOXES

~ **Great Oak Farm** ~

Carrots, Green Beans, Onions, Cabbage,  
Cucumbers

~ **River Road Farm** ~

Slicer Tomatoes, Peppers, Head Lettuce OR  
Napa Cabbage

~ **Yoman Farm** ~

Potatoes, Cilantro

~ **Twisting Twig Gardens** ~

Roma Tomatoes

### MINI VEGGIE

~ **Great Oak Farm** ~

Green Beans, Cucumbers

~ **River Road Farm** ~

Slicer Tomatoes, Head Lettuce OR  
Napa Cabbage

### MEAT BOXES

~ **Hidden Vue Farm + Griggs Cattle Co** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

### MINI MEAT BOXES

~ **Hidden Vue Farm + Griggs Cattle Co** ~

Assorted Beef

~ **Maple Hill Farm** ~

Assorted Pork

### PLUS ITEM

~ **Spirit Creek Farm** ~

Kraut

### FRUIT BOXES

Pears, Jam

**September 26th + 27th, 2018**

## **How To Store Your Produce**

**Pears:** Store your apples in the refrigerator in the packaging it is delivered in.

**Carrots:** Tightly seal unwashed carrots in a plastic bag in the coolest part refrigerator.

**Cilantro:** Trim bottom of the stem and put in a small cup of water and place in the refrigerator.

**Cucumber:** Put in a sealed plastic bag in crisper drawer of the refrigerator for up to a week.

**Garlic:** Garlic bulbs can be kept in a mesh or wire basket, a small bowl with ventilation holes or even a paper bag. Do not store fresh garlic bulbs in plastic bags or sealed containers. This can cause mold and sprouting.

**Green Beans:** Store the green beans in the bag in which they came in the crisper drawer of your fridge. Should keep well for the week.

**Lettuce:** Store lettuce in the crisper drawer in your fridge—use within a week.

**Napa Cabbage:** Napa will typically keep longer than a head of lettuce, you can store it the same way. Feel free to peel back outer leaves if they have wilted in storage.

**Peppers:** Simply store in fridge as is. Peppers will easily last a week.

**Potatoes:** Colder temperatures lower than 50 degrees such as a lower level pantry.

**Tomatoes:** Do not refrigerate tomatoes; cold temperatures deplete their flavor & texture. Putting dry tomatoes in a brown paper bag may accelerate the ripening process.

Recipe on the next page!

## SNEAK PEEK AT NEXT WEEK

October 3rd, 2018

### VEGGIE BOXES

~ Great Oak Farm ~

Carrots, Cabbage, Delicata Squash, Onions

~ River Road Farm ~

Spinach, Kale OR Cauliflower

~ Yoman Farm ~

Potatoes, Leeks

~ Maple Hill Farm ~

Slicer Tomatoes

### MINI VEGGIE

~ Great Oak Farm ~

Carrots, Delicata Squash

~ Yoman Farm ~

Potatoes

~ River Road Farm ~

Spinach

### MEAT BOXES

~ Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

### MINI MEAT BOXES

~ Hidden Vue Farm + Griggs Cattle Co ~

Assorted Beef

~ Maple Hill Farm ~

Assorted Pork

~ Bodin Fisheries ~

Whitefish

### PLUS ITEM

~ Heritage Acres ~

Maple Syrup

~ Maple Hill Farm ~

Pancake Mix

### FRUIT BOXES

Apples

## Honey Ginger Green Beans

*Ingredients: Green Beans, Soy Sauce, Garlic, Ginger, Honey, Salt + Pepper*

This has been my go-to way to prepare my green beans this summer—it's pretty simple and delicious! Typically I like to fry up some bacon on the side and cut it in to small pieces to toss in as well.

**Step 1:** Trim the stems off your green beans (using between 1 and 2 pounds). While you are prepping the beans, bring a pot of water to boil. Add beans to boiling water and let cook until bright green and tender, likely no more than 5 minutes (I like to make sure the beans stay a little crispy). Drain and rinse under cool water.

**Step 2:** Heat 3/4 cup soy sauce in a large skillet over medium heat. Cook (stirring often) 1 tablespoon of minced garlic and 1 teaspoon of fresh ginger root in the soy sauce. (I have also used powder ginger when I don't have the fresh root and it turns out alright).

**Step 3:** Once the ginger and garlic become fragrant after a couple minutes, stir in 1/2 cup of honey and quickly toss the green beans in to coat. Reduce heat to medium-low and let simmer for another 5 minutes.

Check out what Mary is cookin' up in the **Cookery Maven** blog for more recipes including other fruits, veggies and meats!