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The Only Way To Get Produce Fresher is if You Grow It Yourself!

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News From The Farm

This week on the farm the rain is falling. Everything is starting to green up again. Tomatoes are coming to an end. Fall is definitely here. We are working to get the fields worked down and ready for the end of the season. This time of year there is not a shortage of work.

We are looking forward to seeing many of you

on Sunday the 4th on the farm. If anyone gets lost please call me at (920) 379-9004.

Have a great week!

Your dedicated farmers,

Dick and Tracy



This week's box contains:

- Turnips
- Mixed Greens
- Storage Onions
- Spinach
- Egg Plant / Kohlrabi (some will get one and some will get the other)
- Peppers
- Tomatoes
- Stripetti Winter Squash (it is a cross between a spaghetti and a delicata) therefore it is a sweet and nutty spaghetti squash - very tasty.

The staff at Olden Produce looks forward to developing long lasting relationships with all the families we serve. You are always welcome to visit us at our farm and see for yourself the value of knowing where your food comes from.


Autumn is a second spring when every leaf is a flower.
~Albert Camus

Don't Squash the Squash!


www.foodsubs.com

Winter squash come in many sizes and shapes, but all have hard outer rinds that surround sweet, often orange flesh. Winter squash arrive late in the growing season and they have a long shelf life, so they've long been a staple in winter and spring, when other vegetables are harder to come by. Unlike summer

squash, winter squash must be cooked. They're usually baked or steamed, and then sometimes pureed. Select squash that are heavy for their size.

 **acorn squash:** These are popular because of their small size --one squash can be cut in half and baked to make two generous

servings. The biggest drawback to this variety is that the rind is quite hard, and therefore difficult to cut. Select acorn squash with as much green on the rind as possible.

 **banana squash:** This variety is so large that grocers usually cut into smaller before putting it out. It's (continued on page 5)

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www.dogquotes.com

Melbourne's Caper of the Week

Dog Superstitions

- According to Matt Groening, a dog with seven toes can see ghosts.
- Dogs have always been credited with the power of sensing supernatural influences, and seeing ghosts, spirits, faeries or deities which are invisible to human eye. Dogs are believed to be aware of the presence of ghosts, and their barking, whimpering or howling is often the first warning of supernatural occurrences.
- There are many instances of black dog ghosts which are said to haunt lanes, bridges, crossroads, footpaths and gates. Some black dogs are said to be

unquiet ghosts of wicked souls, but others are friendly guides and protectors to travelers. Packs of ghostly hounds have also been recorded all over Britain, often heard howling as they pass by on stormy nights rather than actually seen. These hounds generally foretell death, or at least disaster if they are seen. The proper action is to drop face-down onto the ground to avoid spotting them.

- Dogs were feared as possible carriers of rabies. Sometimes even a healthy dog was killed if it had bitten someone because of the belief that if the dog later developed rabies, even many years afterwards, the bitten person would also be afflicted. Remedies for the bite of a mad dog often included the patient being forced to eat a part of the dog in question, such as its hairs or a piece of its cooked liver.

- Dogs were used to cure illnesses. One old charm was to take some of the patient's hairs and feed them to a dog in between slices of bread and butter. The ailment was believed to transfer to the animal, healing the patient.

- In Scotland, a strange dog coming to the house means a new friendship; in England, to meet a spotted or black and white dog on your way to a business appointment is lucky. Three white dogs seen together are considered lucky in some areas; black dogs are generally considered unlucky, especially if they cross a traveler's path or follow someone and refuse to be driven away. Fishermen traditionally regard dogs as unlucky and will not take one out in a boat, or mention the word 'dog' while at sea.

Harvest Moon

<http://science.nasa.gov>

How many moons does Earth have?

Let's count:

The Wolf Moon, the Snow Moon, the Worm Moon, the Pink Moon, the Flower Moon, the Strawberry Moon, the Buck Moon, the Sturgeon Moon, the Harvest Moon, the Hunter's Moon, the Beaver Moon, and the Cold Moon.

Twelve.

They're really all the same Moon, of course, but long before the advent of modern calendars people

named the full Moons of a year to keep track of time. These fanciful names have been handed down through the generations and they are still a part of modern Moon lore.

[This year on October 4 you can see the Harvest Moon.]

The Harvest Moon is no ordinary full moon; it behaves in a special way. Throughout the year the Moon rises, on average, about 50 minutes later each day. But near

the autumnal equinox, which [came} this year on Sept. 22nd, the day-to-day difference in the local time of moonrise is only 30 minutes. The [Harvest] Moon will rise around sunset--and not long after sunset for the next few evenings.



That comes in handy for northern farmers who are working long days to harvest their crops before autumn. The extra dose of lighting afforded by the full Moon closest to the equinox is what gives the Harvest Moon its name.

Full Moon Names and Their Meanings

<http://gramato7.multiply.com>

- Full Moon names date back to Native Americans, of what is now the northern and eastern United States. The tribes kept track of the seasons by giving distinctive names to each recurring full Moon. Their names were applied to the entire month in which each occurred. Since the lunar month is only 29 days long on the average, the full Moon dates shift from year to year. Here is the Farmers Almanac's list of the full Moon names.

- **Full Wolf Moon - January...** Amid the cold and deep snows of midwinter, the wolf packs howled hungrily outside Indian villages. Thus, the name for January's full Moon. Sometimes it was also referred to as the Old Moon, or the Moon After Yule. Some called it the Full Snow Moon, but most tribes applied that name to the next Moon.
- **Full Snow Moon - February....** Since the heaviest snow usually falls during this month, native tribes of the north and east most often called February's full Moon the Full Snow Moon. Some tribes also referred to this Moon as the Full Hunger Moon, since harsh weather conditions in their areas made hunting very difficult.
- **Full Worm Moon - March....** As the temperature begins to warm and the ground begins to thaw, earthworm casts appear, heralding the return of the robins. The more northern tribes knew this Moon as the Full Crow Moon, when the cawing of crows signaled the end of winter; or the

Full Crust Moon, because the snow cover becomes crusted from thawing by day and freezing at night. The Full Sap Moon, marking the time of tapping maple trees, is another variation. To the settlers, it was also known as the Lenten Moon, and was considered to be the last full Moon of winter.

- **Full Pink Moon - April....** This name came from the herb moss pink, or wild ground phlox, which is one of the earliest widespread flowers of the spring. Other names for this month's celestial body include the Full Sprouting Grass Moon, the Egg Moon, and among coastal tribes the Full Fish Moon, because this was the time that the shad swam upstream to spawn.
- **Full Flower Moon - May....** In most areas, flowers are abundant everywhere during this time. Thus, the name of this Moon. Other names include the Full Corn Planting Moon, or the Milk Moon.
- **Full Strawberry Moon - June....** This name was universal to every Algonquin tribe. However, in Europe they called it the Rose Moon. Also because the relatively short season for harvesting strawberries comes each year during the month of June . . . so the full Moon that occurs during that month was christened for the strawberry!

- **The Full Buck Moon - July....** July is normally the month when the new antlers of buck deer push out of their foreheads in coatings of velvety fur. It was also often called the Full Thunder Moon, for the reason that thunderstorms are most frequent during this time. Another name for this month's Moon was the Full Hay Moon.
- **Full Sturgeon Moon - August....** The fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. A few tribes knew it as the Full Red Moon because, as the Moon rises, it appears reddish through any sultry haze. It was also called the Green Corn Moon or Grain Moon.



- **Full Corn Moon - September....** This full moon's name is attributed to Native Americans because it marked when corn was supposed to be harvested. Most often, the September full moon is actually the Harvest Moon ready for gathering.
- **Full Harvest Moon - October....** This is the full Moon that occurs closest to the autumn equinox. In two years out of three, the Harvest Moon comes in September, but in some years it occurs in October. At the peak of harvest, farmers can work late into the night by the light of this Moon.

Do-It-Yourself Weather Forecasting

<http://www.almanac.com>

Ready for do-it-yourself weather predicting? Long before meteorologists had sophisticated technology to help them predict the weather, people made forecasts based on their observations of the sky, animals, and nature. Many of the traditional sayings they used, called proverbs, are accurate. Try out some old-fashioned forecasting—that still works today!

Rainbow in the morning gives you fair warning.

A rainbow in the morning indicates that a shower is west of us and we will probably get it.

The higher the clouds, the finer the weather.

If you spot wispy, thin clouds up where jet airplanes fly, expect a spell of pleasant weather.

Clear moon, frost soon.

When the night sky is clear,

Earth's surface cools rapidly—there is no cloud cover to keep the heat in. If the night is clear enough to see the Moon and the temperature drops enough, frost will form.

When clouds appear like towers, the Earth is refreshed by frequent showers.

When you spy large, cauliflower-like clouds that look like castles in the sky, there is probably lots of dynamic weather going on inside. Innocent clouds look like billowy cotton, not towers.

Ring around the moon? Rain real soon.

A ring around the moon usually indicates an advancing warm front, which means precipitation. Under those conditions, high, thin clouds get lower and thicker as they pass over the moon. Ice crystals are reflected by the moon's light, causing a halo to appear.

Rain foretold, long last. Short notice, soon will pass.

If you find yourself toting an umbrella around for days "just in case," rain will stick around for several hours when it finally comes. The gray overcast dominating the horizon means a large area is affected. Conversely, if you get caught in a surprise shower, it's likely to be short-lived.

Red sky at night, sailors delight. Red sky in morning, sailors take warning.

A reddish sunset means that the air is dusty and dry. Since weather in North American latitudes usually moves from west to east, a red sky at sunset means drive weather—good for sailing—is moving east. Conversely, a reddish sunrise means that dry air from the west has already passed over us on their way east, clearing the way for a storm to move in.

The Turnip: A Russian Folk Tale

An old man planted a turnip. The turnip grew to be enormous. The old man started to pull the turnip out of the ground.

He pulled and pulled, but couldn't pull it out. So he called the old woman over.

The old woman took hold of the old man, the old man took hold of the turnip, they pulled and pulled, but couldn't pull it out. So the old woman called the granddaughter over.

The granddaughter took hold of

the old woman, the old woman took hold of the old man, the old man took hold of the turnip, they

pulled and pulled, but couldn't pull it out. So the granddaughter called the dog over.

The dog took hold of the granddaughter, the granddaughter took

hold of the old woman, the old woman took hold of the old man, the old man took hold of the turnip, they pulled and pulled, but couldn't pull it out. So the dog called the cat over.

The cat took hold of the dog, the dog took hold of the granddaughter, the granddaughter took hold of the old woman, the old woman took hold of the old man, the old man took hold of the turnip, they pulled and pulled, but couldn't pull it out. So the cat called the mouse over.

The mouse took hold of the cat, the cat took hold of the dog, the dog took hold of the granddaughter, the granddaughter took hold of the old woman, the old woman took hold of the old man, the old man took hold of the turnip, they pulled and pulled --and finally pulled out the turnip!



davidwentzel.com

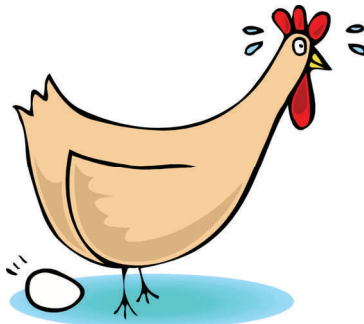
It's The Chicken And The Egg

www.motherearthnews.com

The results are coming in from *Mother Earth News'* latest round of pastured egg nutrient tests. Once again, pastured egg producers are kicking the commercial industry's butt — yippee, go free range! Our previous tests found that eggs from hens raised on pasture — as compared to the official USDA data for factory-farm eggs — contain:

- 1/3 less cholesterol
- 1/4 less saturated fat
- 2/3 more vitamin A
- Two times more omega-3 fatty acids
- Three times more vitamin E

Seven times more beta carotene. Now we're looking at vitamin D, of which many people don't get enough. New research is showing that this common vitamin deficiency may be related to much more than just weak bones — from diabetes and cancer to heart disease and multiple sclerosis. (You can read more about this important health issue in *Vitamin D: Sunshine and So Much More.*) Our bodies can get vitamin D in two ways: when sunlight strikes



our skin, or from our diet. Eggs are one of a small list of foods that are naturally rich in vitamin D. The USDA says supermarket eggs contain an average of 34 International Units per 100 grams. Our tests of eggs from four pastured farms in Texas, Kansas, Kentucky and Pennsylvania found that their eggs contained *three to six times as much vitamin D as typical supermarket eggs.* This means two scrambled eggs from pastured hens may give you 63 to 126 percent of the recommended daily intake of 200 IU of vitamin D.

Don't Squash the Squash! (continued from page 1)

but its biggest virtue is the beautiful golden color of its flesh.



buttercup squash:

With sweet and creamy orange flesh, the buttercup is one of

the more highly regarded winter squashes. The biggest shortcoming is that it tends to be a bit dry. Choose specimens that are heavy for their size.



butternut squash:

This variety is very popular because it's so easy to use. It's small enough to serve a normal family without leftovers, and the rind is thin enough to peel off with a vegetable peeler. As an added bonus, the flavor is sweet, moist, and pleasantly nutty.



delicata squash

(sweet potato squash, Bohemian squash):

This is one of the tastier winter squashes, with creamy pulp that tastes a bit like sweet potatoes.



golden nugget squash

(Oriental pumpkin, gold nugget squash): This has a pleasant flavor,

but it doesn't have as much flesh as other squashes and the heavy rind makes it hard to cut before cooking. Select specimens that are heavy for their size, and that have a dull finish. Those with shiny rinds were probably picked too young, and won't be as sweet.



Hubbard squash:

This variety has tasty flesh, but it's too large for many families to hand

and the rind is hard to cut though. Some grocers cut them into smaller pieces before putting them out.



kabocha squash

(Japanese squash, Japanese pumpkin, nam gwa,

sweet mama, kabachi): This orange-fleshed winter squash has a striated green rind. It's sweeter, drier, and less fibrous than other winter squash, and it tastes a bit like sweet potatoes.



Pumpkin:

Use the small sugar pumpkin/pie pumpkin for pies; the larger jack o'lantern pumpkin is too watery. Canned

pumpkin purée is convenient and a good substitute for fresh.



spaghetti squash

(calabash, vegetable spaghetti): After it's cooked, you can dig a

fork into the flesh of a spaghetti squash and pull out long yellow strands that resemble spaghetti.

Stuffed Peppers

A little oil	1/2 t allspice
2 cloves garlic, minced	1/2 c almonds, chopped
2 onions, chopped	1 c chopped tomatoes
3 c raw brown rice	3/4 lb. cheddar cheese, grated
6 c water, chicken, vegetable stock or tomato juice	9 large peppers, tops cut off, seeds removed

Heat oil in large skillet; add and sauté garlic and onions. Add rice and brown about 5 min. Add desired liquid and allspice. Cover and cook until rice is done, about 40 minutes. Toast almonds in dry skillet or hot oven several minutes, tossing often. Stir in tomatoes, cheese, almonds, and salt and pepper to taste. Cook peppers in boiling water 2 minutes. Drain and stuff peppers with rice mixture. Bake at 350 degrees 30 minutes. Makes 9 servings.

Lizzie Breuer, Zephyr Community Farm Member

Peppers may be frozen. Wash and dry peppers. Cut into bite sized pieces and place in airtight container or zip-lock freezer bag. Peppers will soften when thawed, so take out only the amount you need and replace the rest in the freezer.

MASAC Cookbook

Hold tomatoes at room temperature for up to 1 week; longer if still ripening. Do not refrigerate.

MACSAC Cookbook

Tomato Soup

1 T butter	Pinch of sugar
2 cloves garlic, minced	1/2 c fresh basil
2 carrots, chopped	Salt and pepper to taste
2 stalks celery, chopped	grated Parmesan cheese
2 qt canned tomatoes, or equivalent in fresh tomatoes and water	

Heat butter in skillet; sauté garlic, carrots and celery. Add tomatoes and simmer 20 minutes. Add sugar, basil, salt and pepper. Simmer 5-10 minutes longer. Top with Parmesan. Makes 8 servings.

MASAC Cookbook

Full Moon Names... (continued from page 3)

Usually the full Moon rises an average of 50 minutes later each night, but for the few nights around the Harvest Moon, the Moon seems to rise at nearly the same time each night: just 25 to 30 minutes later across the U.S., and only 10 to 20 minutes later for much of Canada and Europe.

- **Full Beaver Moon - Novem-**

ber.... This was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. Another interpretation suggests that the name Full Beaver Moon comes from the fact that the beavers are now actively preparing for winter. It is sometimes also referred to as the Frosty Moon.

- **The Full Cold Moon; or the Full Long Nights Moon - De-**

cember.... During this month the winter cold fastens its grip, and nights are at their longest and darkest. It is also sometimes called the Moon before Yule. The term Long Night Moon is a doubly appropriate name because the midwinter night is indeed long, and because the Moon is above the horizon for a long time. The midwinter full Moon has a high trajectory across the sky because it is opposite a low Sun.

Olden Kids



Have you heard of the restaurant on the moon?

Great food, but no atmosphere!

Harvest Moons



- 2 c peanut butter
 - 1 1/3 c honey
 - 2 c raisins
 - 2 c dry milk
 - 3 1/2 c graham cracker crumbs (keep 1/2 c. separate)
1. Mix dry milk, raisins, and 3 c. graham cracker crumbs
 2. Add honey and peanut butter, mix will (hands do best)
 3. Roll into small balls
 4. Place remaining 1/2 c. of graham cracker crumbs in a large baggie.
 5. Place several balls at a time into the baggie and shake, then place on a cookie sheet.
 6. Chill then eat.

www.atozkidsstuff.com/

Hello Gourd-eous!

These little folks will put a whole new face on decorating for the season.

MATERIALS

- an assortment of gourds or ornamental pumpkins
- a variety of natural trimmings, (pine needles, pinecones, leaves, seeds)
- glue gun

Once you've gathered your supplies, play around with how to arrange them, starting with the body. Next, try out some features. We used leaves for Maude's hair, Frank's bow tie, and Myrtle's arms, while our gallery of noses includes a berry for Frances, a single pinecone scale for Myrtle, a peanut shell for Neville, and a piece of a stem for Harriet. Small, round items, such as beans, berries, and Indian corn kernels, make great eyes, noses, and buttons, while sticks and stems work well for hair, arms, and smiles.



If you're using multiple gourds, glue them together (remove the stems from the lower ones first), then add the features. You can also connect them with round toothpicks or trimmed skewers (use a small nail to make pilot holes if necessary). If you plan to sandwich leaves between two stacked gourds, as with Neville's and Myrtle's collars, be sure to glue the foliage to the bottom gourd before gluing the top one in place. Gourd wobbly? Glue nutshells or small pinecones to its base to help stabilize it, as we did with both Frank and Neville. Your fall friends will likely last two to four weeks in a cool, dry spot.

<http://familyfun.com>



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