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Frost

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Farm News

The weather has been beautiful. Fresh crisp mornings followed by sunny warm days. We love it. This week was fairly uneventful. We have been working hard to get the word out about our pumpkin patch fundraiser. Flyers, newspaper announcements, radio ads, and especially word of mouth are some of the approaches we have taken. We hope it will be a big success. We may have some elementary school classes come to the farm for tours in the next couple of weeks to see the pumpkins.

We have also been noticing some new pests. As it gets colder, more and more deer will find their way down to our little farm. We are working on putting up an electric deer fence around the entire perimeter of the farm to keep them out. That means a lot of digging! Thanks to some regular weekend volunteers and Crista, that task is progressing. Once it is finished and the posts are secure, it should be pretty easy to maintain for the student farmers in the years to come.

We have some pretty big harvest events in the near future. We will be harvesting vast quantities of dry beans, potatoes, and yellow onions soon. Look forward to getting these items in your share.

Some have asked how long the CSA will go. The last pick up dates for the season are Monday, October 18th and Thursday, October 21st. Overall the farm is doing well and we are looking forward to the next four weeks.

Have a great week.
The Students of the Farm
Ashley, Sara, Bethany, and Crista

Frost Dates

Although, the first frost date for our area is not supposed be until around the 25th of this month, we have already had a few minor frosts in our field. A few weeks ago the basil really got some frost damage as did our a few of our pepper plants, cucumbers and squash. The tomatoes in our field really seem to be late this year. We hope that we can extend the season for our frost fragile crops such as our peppers and tomatoes by hooping thick plastic over them. Cross your fingers.
**Volunteer Times**

*Monday*- 7 am-2pm  
*Tuesday*- 7 am-9 am at the farm and 10:00 am-1:30 pm at the campus stand outside the TSC.  
*Wednesday*- Times by arrangement  
*Thursday*- 7 am-2 pm and 4 pm-6pm  
*Friday*- 7 am-9 am at the farm and 10:00 am-1:30 pm at the campus stand outside the TSC.  
*Saturday*- 8 am-noon  
*Sunday*- 10 am-2 pm

**Pumpkin Patch Day**

Pumpkin Patch Day will take place Saturday October 9th between 10:00 am and 5:00 pm at the farm. It is a fundraiser to help the farm afford necessary equipment and materials, seeds, row covers, etc, for the farm next summer. It will be open to the public. We plan on having live music and local vendors at the event. It should be a lot of fun! CSA members are invited to come and pick out a pumpkin for free that day only. We would also really love it if you brought your friends or family and helped us get the word out! Happy pumpkin picking!

**Country Memories**

**Dry Farming Life**

Your wife's the other half. I had a good woman.
Never heard her say if she liked living on the dry farm. She just said, "As long as you're around, I don't care."
*Pierce Hardman, North Logan*

**Bedtime**

My older brother Raleigh always played the mandolin. When we built the new house I remember we'd go to bed, of course, when it was time, and he'd sit there and play the mandolin for us to sleep by. We used to have just a lot of fun.
*Eva Campbell Bube, Providence*

**Spicy Spaghetti Squash Recipe**

**Ingredients**

1 small spaghetti squash, halved and seeded  
1 tablespoon olive oil  
1/2 cup minced onion  
3 cloves garlic, minced  
2 green onions, minced  
12 ounces ground white meat turkey  
2 cups crushed tomatoes  
2 tablespoons red wine  
2 teaspoons capers  
2 teaspoons minced fresh oregano  
2 teaspoons crushed red pepper flakes  
2 tablespoons chopped fresh parsley

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Place each squash half cut side down on a cookie sheet and bake uncovered for about 45 to 60 minutes or until a fork goes easily into the shell. Allow to cool and scoop out the strands of squash with a large spoon and set aside.

Heat the oil in a skillet over medium high heat. Add the onion, garlic and scallions and saute for 2 minutes. Add the turkey and cook for 4 minutes.

Add the tomatoes and wine and bring to a boil, lower the heat and simmer for 20 minutes.

Add the capers, oregano, red pepper flakes and parsley; simmer for 5 minutes. If the squash has cooled too much, reheat it in the microwave, covered for 2 to 3 minutes.

Top the squash with the sauce and serve.

**Spaghetti Squash Recipe**

**Ingredients**

1 spaghetti squash, halved lengthwise and seeded  
2 tablespoons vegetable oil  
1 onion, chopped  
1 clove garlic, minced  
1 1/2 cups chopped tomatoes  
3/4 cup crumbled feta cheese  
3 tablespoons sliced black olives  
2 tablespoons chopped fresh basil

**Directions**

Preheat oven to 350 degrees F. Lightly grease a baking sheet. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Saute onion in oil until tender. Add garlic, and saute for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.

Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sauteed vegetables, feta cheese, olives, and basil. Serve warm.