

**News from the farm:** The days are getting shorter but the farm is staying as busy as ever. Fall brings on a whole new slate of projects that are oriented towards getting the current season wrapped up and the next season properly underway. Last week, I mentioned that Geoff was tilling under all the remnants of summer crops. Once that was complete, we successfully got our cover crop sown and rolled BEFORE the rain started! This is always the plan, but rarely is it realized so yay for us! We've also been prepping new garlic ground for next year's crop. We routinely plant garlic in a new location every year to avoid disease. Garlic is an aggressive feeder so it will really thrive if it's got a good supply of natural nutrients & energy. We compost all of our chicken & veggie waste for a year before it fully breaks down and is ready for the garden so we are just now applying last year's pile to next year's garlic. In addition, we are the pleased recipients of spent grain from Bellingham's newest craft brewery--Structures. They will be offering small batch, barrel-aged beer in the very near future. In the meantime, you can rest easy knowing that you are eating veggies grown on the grain used to make their fine, craft beer. That's almost a full circle. Hooray!

**Here's what's in your box:** Collard greens, fennel bulb, sweet potatoes, scallions, cilantro, apples, garlic, tomatillos, jalapenos, and bunched arugula

#### Did you know?

Garlic is a well known supplement that can boost immune function. Since cold & flu season are here, let's look at some studies about garlic and the common cold:

- One large 12-week study found that a daily garlic supplement reduced the number of colds by 63% compared with placebo
- The average length of cold symptoms was reduced by 70%, from 5 days in placebo to just 1.5 days in the garlic group.
- Another study found that a high dose of garlic extract (2.56 grams per day) can reduce the number of days sick with cold or flu by 61%

#### Tomatillo Grilled Cheese and Bacon Sandwiches

- 12 slices (1/2 in. thick) ciabatta bread
- About 1/4 cup butter, softened
- 4 ounces sharp cheddar cheese, thinly sliced
- About 4 tomatillos (6 oz.), husks removed, rinsed, and cut into 1/4-in.-thick slices
- jalapenos, sliced and pan-fried
- 8 slices cooked bacon, broken into thirds
- 1/4 cup cilantro sprigs
- 6 ounces mozzarella, cut into thin wedges

1. Spread a side of each bread slice with butter. Turn 6 slices over; top with cheddar, then tomatillos, bacon, jalapeno, cilantro, and mozzarella. Top with remaining bread, buttered side up.
2. Cook sandwiches in a large nonstick frying pan (work in batches or use 2 pans) over medium-low heat until golden on both sides and cheese melts, 7 minutes total.

#### Roasted Sweet Potato with Cilantro Salsa

- 3-4 sweet potatoes, peeled& cut into thin wedges
- 6 Tbsp olive oil, divided
- 2 tsp salt, divided
- 2 cups packed cilantro leaves
- 1 garlic clove, chopped
- juice and zest of 1 lime
- 1/2 tsp freshly ground pepper

In a large bowl, combine sweet potato wedges, 2 Tbsp oil and 1 tsp salt. Toss to coat and lay potatoes out on baking sheet. Bake at 375 degrees until crispy and potatoes are cooked through, about 15-20 minutes, tossing once or twice with tongs during cooking. While potatoes bake, combine cilantro, garlic, lime juice and zest, remaining 1 tsp salt and pepper in a food processor and process until well chopped. With processor running, stream in remaining 4 Tbsp oil and lime juice and zest. Season to taste with additional salt and pepper if desired. Remove potatoes from oven and return to large mixing bowl. Add pesto and toss to coat. Serve immediately.