

News from the farm: I'm still waiting for a signal; one very important sign indicating that gardening season is nearly over--and that's the first killing frost (see Did You Know? below). With the exception of last year, we've had a hard frost by October 15th for the previous 10 years we've been in Acme. I'm a mild weathered creature so I certainly don't mind the extra warmth during the day, but I do get a little concerned when we miss big milestones like this. It may seem minor, but it really has an impact on our livelihood and the cycles of our season. The cool-to-warm pattern we've had this fall has made it very hard to trick the storage crops into dormancy. We've had a lot of spoilage which will impact the variety and content of your fall boxes and the longevity of our income generating potential. We rely on the cool weather this time of year to deter spoilage and to kill insects and larva in the soil for the following season. These are good reminders to keep an open mind and a willing heart when it comes to global climate and our impact on the environment.

Here's what's in your box: carrots, salad mix, celeriac, sunchokes, yellow onions, garlic, collard greens, apples, delicata squash, & a sprig of rosemary

Did you know?

A light frost occurs when the temperature drops to below **32 degrees** Fahrenheit, and refers to the conditions that allow a layer of ice crystals to form when water vapor condenses and freezes without first becoming dew. A hard freeze is a period of at least four consecutive hours of air temperatures that are below **25 degrees** Fahrenheit. Many plants can survive a brief frost, but very few can survive a hard freeze.

Anecdotal Info from Farmer's Almanac: "My farmer grandfather said frosts generally come on or after the full moon, which pulls in high air pressure from the north-west."

The biggest barrier to dealing with climate change is us: our own attachment to habits that are hard to shift, and our great ability to park or ignore uncomfortable choices.

Geoff Mulgan

Recipe: **ROASTED VEGGIES**

Roasted veggies are so versatile. Try them as a side dish, as a sandwich filling with aioli, on pasta, as a layer in lasagna, over rice. The possibilities are endless. And, they make excellent leftovers so roast away!

- 2 carrots, cubed
 - 3 sunchokes, cubed
 - 1 onion, quartered and pieces separated
 - 1 celeriac root, sliced 1-inch thick
 - 1 delicate squash, peels opt, cubed
 - 1 tablespoon fresh thyme, chopped (1 tsp. dried)
 - 2 tablespoons fresh rosemary, chopped (2 tsp. dried)
 - 1 teaspoon dried basil (optional)
 - 3 teaspoons garlic, minced
 - $\frac{1}{4}$ cup olive oil
 - 2 tablespoons balsamic vinegar
 - salt (a shake or two)
 - black pepper (a shake or two)
1. Chop all the vegetables to a consistent size
 2. Preheat oven to 450 degrees F.
 3. Mix thyme, rosemary, basil (if using), garlic, olive oil, balsamic vinegar, salt, and pepper together in a bowl; set aside.
 4. Put the chopped vegetables in a large bowl, then pour the oil/vinegar/herb mixture over the vegetables.
 5. Stir until all the vegetables are coated evenly.
 6. Lightly spray pan with cooking spray.
 7. Spread the vegetables evenly on the pan and pour the remaining oil/vinegar/herb mixture on top (you can also put additional salt and/or pepper on now, if you want to).
 8. Roast for 40 minutes, stirring every 15-20 minutes, or until potatoes are soft when poked with a fork.