

**News from the farm:** By the measure of the calendar and the tell tale signs outside, fall is officially here. We are settling into the rhythm of the season and adjusting to the reality that our days lengths are shrinking but our work load is not. AAA batteries and a good headlamp make the best companion any farmer could ask for this time of year.

Things should be slowing down soon though and here's a milestone to prove it--a 'last' milestone. The last batch of meat birds arrived today and, to cap the season, we decided to end with ducks. This means two things: 1) our livestock production has an end in sight(oh yeah!) and 2) prepare your holiday feasts for pastured duck.

One final note: **This is the last week of our B Session.** For those of you who are signed up for the C Session, you're all set to delight in the treats of fall. If you haven't signed up but you'd like to, there's still time. Just visit our website or send me an email. Thank you.

**Here's what's in your box:** Red Beets, Leeks, Russet Potatoes, Delicata Squash, Sage, Eggplant, Heirloom Tomato, Red Russian Kale, Fennel & Reliance Grapes

**Did you know?** If you run out of chocolate, Reliance grapes might save the day. Believe me. I tried. Yesterday. I had but one thought--chocolate. But when you live deep out in the county, you don't just scratch a craving like you do an itch. I'm a solid 40 minutes from quality chocolate so I was going to have to rough it. But then, Geoff came to my office door with a cheesy grin and a huge haul of grapes. Not just any grapes--they were Reliance grapes. Grapes he grafted, planted, faithfully tended, pruned and now finally, for the first time...(drum roll please!)... harvested!! Thank you spring for being so awesome.

Both the Reliance and Interlaken are, hands down, my favorites. They both belong to a class of grapes called 'slip-skins'. Pop one in your mouth and you'll see why. The flavor is out of this world--fruity, sweet, musky, spicy. Try one and you'll never want to go back to those big, boring washed out globes you find in the grocery store. The trade-off for good flavor is poor portability. These guys don't hold up to transport and storage so you will generally only find them very locally for only a short window of time. Savor and enjoy!

#### Quote:

"We should all do what, in the long run, gives us joy, even if it is only picking grapes or sorting the laundry"

*E. B. White*

#### Recipe:

##### DELICATA RINGS WITH SAGE

Makes: 4 servings

Prep: 10 mins

Cook: 25 mins

#### Ingredients

- 1 cup fresh breadcrumbs
- 2 tablespoons chopped fresh sage
- 1/4 cup plus 2 Tb olive oil
- salt and pepper
- 1 delicata squash (about 3/4 lb)
- freshly grated parmesan, for garnish

#### Directions

1. In a small bowl, toss the breadcrumbs, sage and 2 Tb olive oil. Transfer to a medium skillet and cook, stirring, over medium heat until golden and crisp, 6 to 8 minutes. Season with salt and pepper.
2. Wash the squash well, but don't peel. Slice off one end of each and, using a long spoon, scrape out the seeds. Cut crosswise into 1/2-inch-thick rounds.
3. In a large skillet, heat the remaining 1/4 cup olive oil over medium-high heat. Working in batches, add the squash rounds and cook, undisturbed, until golden and crisp around the edges, about 5 minutes. Flip and cook until tender when pierced with a fork, about 3 minutes more. Drain on a paper towel.
4. Transfer the squash rings to a platter and season with salt and pepper. Garnish with the breadcrumbs and parmesan.