

**Quote:**

Imagine if trees gave off wifi signals. We would be planting so many trees and we'd probably save the planet too.

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Too bad they only produce the oxygen we breathe.

**Recipe:**

**Ground Cherry Chutney**

1 cup sugar  
2 tbsp water  
1/2 white onion, minced  
1/4 cup apple cider vinegar  
1 cup ground cherries  
salt & pepper to taste

On the stove, caramelize the sugar and water. It will become gooey, sticky, and golden after a few minutes. Now add the onion and vinegar. This will cause the mixture to boil up and bubble. After a few stirs, the concoction will subside. Finally, tumble in a cup of ground cherries. Let the fruit cook through, add salt & pepper to taste, and let cool. 1) This is a really tasty accent to salmon, chicken, and pork.

2) You could also serve naan bread and chutney along with this tasty (and simple) meat-free Indian Eggplant dish--[Baingan Bharta \(click for recipe\)](#).

3) Or top some brown rice with **braising greens** and a nice dollop of your chutney.

- 2 Tbsp peanut oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 pound Braising mix
- 1 tsp smoked paprika
- 1/4 cup stock or water
- 1/2 lemon, juiced
- Salt and pepper

In a large, high-sided sauté pan, heat oil over medium high heat. • When shimmering add onions and cook until translucent, about 3-4 minutes. • Add garlic and sauté briefly. • Add in braising mix, tossing to mix. • Sprinkle with paprika and add stock, covering and reducing heat to low. Cook until lightly wilted, about another 3-4 minutes. • Remove from heat and sprinkle with lemon juice, season with salt and pepper and serve.

**News from the farm:** This gorgeous fall weather has allowed for one final cutting of hay. An unprecedented late fall cutting. The field will be tilled tomorrow and baled up before the incoming rain at the end of the week. The folks who hay our field usually try to talk us into trading bales with them because their cows love the taste of our grass. Something about the chicken rotations thru the pasture--the contributions of poo and the bits of scattered livestock feed--makes the grass sweet. The grass is cut green and dries a chestnutty brown color and it literally smells like sweet caramel. Well, we never take the trade option. Instead we'll use these bales to feed our sheep throughout the winter, line our chicken coops, & mulch our garlic. All of the nutrients in the hay will get recycled back into the farm via the sheep grazing the pasture (and dropping little deposits along the way), by making compost for the garden out of soiled chicken coop bedding, and also tilling the mulch back into the soil once the garlic is harvested.

**Here's what's in your box:** Braising Mix, Ground Cherries, Bok Choi, Chives, Red Potatoes, Yellow Onion, Japanese Eggplants, Cherry Tomatoes, and bulk carrots

**Did you know?** What tastes like a cherry tomato injected with mango and pineapple juice, and looks like an orange pearl encased in a miniature paper lantern? Ground cherries!

These little gems are in the same genus as tomatillos hence the similar papery husk—and the same family as tomatoes. Ground cherries taste slightly sweet and tropical, with a texture that's somewhere between a tomato and a grape. Their common name comes from the fact that the fruit falls to the ground when it is ripe. They also go by other monikers like "husk cherries," "winter cherries," or "strawberry tomatoes."

Ground cherries are very versatile, suitable in both sweet and savory dishes. You can just unwrap the fruits and eat them raw, like cherry tomatoes, or try your hand at jam or the chutney recipe to the right→