

News from the farm: It's always a race against time. We just barely pulled all of our storage crops in under cover before the heavy rains hit. Potatoes and fingerlings are tucked away in the barn under a dark blanket of burlap. Garlic and onions are organized, crated, and stored on shelves in the pump house. Our winter squash has been harvested, washed, sorted, and stored in large wooden crates in the tractor house. And, all the hay was baled and wrapped with just a few hours to spare. And then, it rained!

When the next dry spell hits, we'll be armed and ready to sow our fall cover crop and prepared to plant next year's garlic crop. Those are two important fall benchmarks. But in the meantime, the rainy weather will give us plenty of opportunity to take down tomato trellising, pull up what seems like miles and miles of drip tape, and to remove, fold, and store any landscaping fabric that we used. Once that is complete, the chickens can hunker down in the empty greenhouses and dine on the fallen fruits of summer.

Here's what's in your box: Cauliflower, Mexican Sour Gherkins, Sweet Potatoes, Scallion, Tomatillo, Cilantro, Garlic, Jalapeno, Spicy Salad Mix, & Red Beets

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%

Quote:

It always seems impossible until it's done.

Nelson Mandela

Recipe: Oven-Roasted Cauliflower Rice

Serves 2-4 | Prep 10 minutes | Cook 25 minutes

Ingredients:

- 1 head cauliflower
- 1 tablespoon coconut oil, melted
- 3/4 teaspoon salt

Directions:

1. Preheat oven to 425F. Cover a large, rimmed baking sheet with aluminum foil.
2. Break the cauliflower into florets, removing the stems. Place the florets in the food processor bowl and pulse until the cauliflower looks like rice. This takes about 10 to 15 one-second pulses. You may need to do this in two batches to avoid overcrowding.
2. Place the cauliflower rice in a large bowl, add the melted coconut oil and salt. Toss with two wooden spoons until the rice is coated with the oil. Spread in a single layer on the baking sheet and roast until tender and beginning to get a few brown spots, about 25 minutes.
3. Serve with anything that needs a lovely bed of rice. (Meatballs are always a good choice.)

Mouth-watering meal idea:

Sweet potato, black bean burrito with the [all raw version of salsa verde](#) smothered on top (so simple!)

[Lime Cilantro Cauliflower Rice](#)