

Subject: FW: Farm Newsletter Week of September 24th-29th  
Date: Wednesday, September 24, 2008 9:05 AM  
From: Liz Sumner <liz@findyourwaycoaching.com>  
To: <home@ne.rr.com>  
Conversation: Farm Newsletter Week of September 24th-29th

From: Tracie M. Smith [mailto:farmertracie@hotmail.com]  
Sent: Wednesday, September 24, 2008 7:03 AM  
Subject: Farm Newsletter Week of September 24th-29th

There is only one week of vegetables left after this week. If you take the top off of the beets, and use the greens right away, the beets will last for months as well as the carrots. This time of year the vegetables start to slow down due to the cooler weather. There are still storage vegetables coming and we didn't get a frost last week so we still have tomatoes, peppers and eggplant! If you want to do any last minute canning we have some low quality tomatoes we are practically giving away. The tomatoes are getting more and more diseased with each picking so try to use the tomatoes that are the softest, have blemishes or bruises first, and let the others ripen.

We received a few questions on the squash that was sent last week. If you received a round squash that was white with green stripes that is a winter squash called sweet dumpling. If you received an oblong squash that was delicata, the dark green round spaceship is buttercup and the grey squash is baby blue hubbard. You can use squash in place of pumpkin in your pumpkin pie and bread. If you received a pie pumpkin don't forget to use the nutritious sweet flesh. If you haven't picked up your pumpkins yet, there are still pumpkins out in the field under the sunflowers to the west of the greenhouses. Feel free to help yourself before we get too hard of a frost!

For those of you wondering what you are going to do when all the veggies stop coming, we have finally decided how the season will be extended this year. There are some vegetables that will be available on an order basis when the deliveries are over. I will send out an order list each week via email. If you want to order something you can email me your order a few days prior to the pick up date. The vegetables will be available for pick up at the farm and most likely a drop off point in Keene. Bread, eggs, honey and maple syrup will be available though a minimum order needs to be met each week for bread so I am hoping some of you can commit to getting bread each week so we can guarantee bread delivery. Let me know if you are interested in bread (and from who either Orchard Hill in Alstead and/or Sandra's Bread in Fitzwilliam) and eggs. Bread will be \$5 per loaf and eggs \$4.25 per dozen.

We are planting spinach outside for overwintering and the greenhouse is beginning to go up so we will be planting greens in there as well. We will

begin harvesting these in March to shorten the gap of a long winter without fresh greens! I will send out emails when they are ready in the spring for ordering these as well.

If you haven't yet done so please fill out the end of the year survey that can be accessed at the address below or was sent as a printed version to you. We appreciate any feedback you can give. It helps with next year's decision making on what to grow and how to do things.

[http://www.surveymonkey.com/s.aspx?sm=bJHGTPzc6foFPYrYNkNSyg\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=bJHGTPzc6foFPYrYNkNSyg_3d_3d)

This week's harvest: Mesclun, Lettuce, Peppers, Eggplant?, Tomatoes, Leeks, Swiss Chard, Beets, Potatoes from Stonewall Farm, Basil?

Next week's harvest: Mesclun, Spinach, Lettuce, radishes, tomatoes, peppers?, parsley, celery, carrots, brussel sprouts, sweet potatoes, let me know if you'd like chives, lemon balm, cilantro, mint, parsley, dill, oregano or savory, basil if frost hasn't gotten it!

Elephant Rock Farm Trail Clearing (Date correction!)

When: Saturday October 18, 1:00 – 5:00 pm

Tracie Smith

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