



Housekeeping

Just a few tips and reminders for deliveries.....

- ☀ Thanks for your support this season! This is the last week we will be making deliveries.
- ☀ Did you know you can pay with a credit card? Call Johnice and give her your credit card number and your bill will be paid automatically each time you order.



Rainbow at Sunflower Fields

Johnice Cross, Coordinator
563.380.9848
POB 41
Decorah, IA 52101
www.grownlocally.com
info@grownlocally.com

What's Available:

- ◆ Yellow Onions
- ◆ White Onions
- ◆ Sweet Yellow Onions
- ◆ Red Onions
- ◆ Beets
- ◆ Chard
- ◆ Potatoes
- ◆ Green Bell Peppers
- ◆ Winter Squash
- ◆ Fresh Garlic
- ◆ Eggs
- ◆ Herbs
- ◆ Kale
- ◆ Salad Mix
- ◆ Eggplant
- ◆ Slicing Tomatoes
- ◆ Jalapeno Peppers
- ◆ Apples
- ◆ Meats - Pork, Beef, Lamb and Chicken
- ◆ Watermelon
- ◆ Red Roasting Peppers
- ◆ Roma Tomatoes
- ◆ Carrots
- ◆ Radishes
- ◆ Cabbage
- ◆ Kohlrabi
- ◆ Broccoli
- ◆ Lettuce



Clippings and Gatherings

Down on the Farm.....

A Word from Sunflower Fields.....

Many of you know that Michael and I are planning to move our farming operation to Upstate New York after this season. We wrote about the many factors that went into our choice in a past newsletter, so we won't belabor them here. But suffice to say that we thank you for the opportunity to serve you, and we wish you the very best in coming seasons. We promise to stay in touch! - Solveig & Michael

The last week of the delivery season is always a milestone. It signals a change of pace, from the tight schedule of organization, harvest, washing, packing, and delivering that has made up my life for 8 years now (longer for Michael). By mid October, it's usually a welcome change, an opportunity to dive into fall field work, to move a bit more with the weather and our energy levels than our delivery commitments. It's a time to take a long breakfast over hot cups of coffee, reflect and kvetch and laugh about the past season, spin out ideas about the coming season, and wait till the frosty air warms just a touch before starting up the tractors.

And some of those things will happen this year; I'm sure we'll have a few long breakfasts, and we'll certainly still have field work to do. But this will be different, and I am tugged between welcoming the difference and craving the comfort of sameness.

(Continued Next Page)

A Note from Sunflower Fields, Continued from Page 1

Yet I know, and believe, that this situation - like all situations, really - holds incredible opportunities. Foremost for me is the opportunity to step out of the ruts I've worn for myself over the past years, to see which ones I'd like to keep - if I can - and which I'd like to fill with soil dug from another path. What I know so far is this: I am built to work for good purpose, and I am truly fortunate to have found a partner who is built the same. I like to be active, work toward goals, and feel the energy of a plan in progress.

But I've also found out, and what has helped to prompt this move, is that I'm also built to grow. I need space not just to reflect but to try new things, imagine, find new ways for my passion to fit both my surroundings and myself.

I hope that this milestone in our lives leaves you, yes, with fond memories of great meals and relationships. But more than that, I hope our work has opened you to some new foods, ideas, or opportunities, maybe bounced you out of a rut or two. And even more than that, I hope you take that opening and make it grow, like we will in our new community, to fit the way you need to grow.

I thank you all so much and wish you the best of the season's change.
- Solveig



Solveig with the four-legged members of the Sunflower Fields crew

Recipes.....

More Winter Squash Recipes...

Honey-Roasted Delicata Squash Rings

From the Roasted Vegetable Cookbook
by Andrea Chesman

What I like best about these squash is their shape and tender skins. They can be easily cut into rings and roasted with the skin still on.

1 1/2 to 2 pounds delicata squash
3 Tbsp butter, melted
1 Tbsp honey

Preheat the oven to 375 degrees. Lightly oil a rimmed baking sheet.

Slice off the ends of the squash and scoop out the seeds and fibers with a spoon. Cut the squash into 1 1/2 inch thick rings and place on the baking sheet. Brush the rings on both sides with the butter; you will not use all of it.

Roast for 15 minutes.

Add the honey to the remaining butter. Turn the squash over, brush with the honey-butter mixture, and roast for another 5 minutes, until tender.

Serve hot.

Serves 4

Cider-Glazed Acorn Squash

From the Roasted Vegetable Cookbook
by Andrea Chesman

In the cavity of each roasted squash half sits a sweetly delicious pool of cider, butter, and maple syrup. As you scrape each forkful of flesh from the skin, dip the fork into the syrup. This is one of the best ways I know to enjoy winter squash.

2 medium-size acorn squash, halved and seeded
1 1/2 cups apple cider
3 Tbsp butter
1/4 cup pure maple syrup or honey

Preheat the oven to 375 degrees.

Place the squash halves cut side down in a baking dish just large enough to hold them. Add about 1 inch of water to the dish.

Roast for 30 minutes.

Meanwhile, boil the cider in a small saucepan over high heat until it is reduced to about 1/2 cup. It will become quite thick and syrupy. Stir in the butter and maple syrup until the butter melts.

Remove the squash from the baking dish and pour out any water that remains. Arrange the squash cut side up in the dish. Brush the cider sauce over the flesh. Pour the remaining syrup into the cavity of each squash half. If you have any extra syrup, reserve it for the table.

Roast for another 15 minutes, until the squash is completely tender.

Serve hot, passing any extra syrup at the table.