

THE SEEDPOD STANDARD

CSA NEWSLETTER

9.4.15



"The real things haven't changed. It's still best to be honest and truthful; to make the most of what we have; to be happy with simple pleasures; and have courage when things go wrong."

Laura Ingalls Wilder

A NOTE FROM SEEDPOD FARM

Dear Partners,

So Labor Day Weekend was quite a weekend around here. Adam and I spent nearly the entire weekend in the garden- trying to catch up on some much needed weeding. The recent storms that have come through combined with the cooler evenings, have put the garden into shut down mode. This means that there are some things coming on strong- like peppers that are starting to set. It also means that it's the end of crops like lettuce that is busy bolting away. I'm collecting seed for next year again. These will be available at our March Event- the Seedpod Farm Seed Swap! This ticketed event will be a bit more intimate....but should be a way for us to share what grow in our gardens. More on this at the Harvest Festival.

Warm Regards,

The Gulletts

The Likely Line-Up: **Potato Medley, Fresh Garlic- Susannah, White Russian Kale, Beet Medley Garden Lettuce, Neon Lights Chard, Lemon Cucumber, Pepper Assortment, Sugar Snack Carrots, Apples, Herbs & more.....**

HARVEST HIGHLIGHT

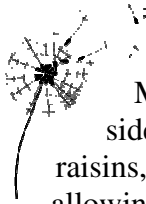


Despite the fact that Adam and I grew up near some of the best apple country in the state- (Greenbluff, Washington)- we are frankly flummoxed with our own orchard's varieties. Unfortunately, the previous owners didn't know the varieties either. What we really need is an apple expert. Do you know one? We have Fuji- lookin' ones, Jonathan looking ones, A Golden Delicious looking one. For sure we have a Transparent apple tree (the early ones that were in the shares)....but alas, we have no clue exactly what varieties are in the orchard. More research to come. Regardless, enjoy the apple

assortment. We may not know what they are- but we know that they taste really good!

FOR YOUR INFORMATION- Just in case you needed a reason to know more about apples- Here are some apple facts according to healthdiaries.com

- There are more than 7500 varieties of apples grown in the world. About 2500 varieties are grown in the United States.
- Red Delicious is the most popular and most-produced apple in the United States. Golden Delicious is the second most popular.
- The only apple native to North America is the crabapple.
- Half the United States apple crop is turned into apple products like applesauce and apple juice.
- Apple trees don't bear their first fruit until they are four or five years old.
- Archaeologists have evidence of people eating apples as far back as 6500 B.C.



Baked Apples- From the Seedpod Farm Kitchen

Melt 2T butter in a round cake pan. Wash and core apples. Place apples snugly in the pan, stem side up. In a separate bowl, mix 2c whole oats, 3/4c brown sugar, 1T cinnamon, 1/2 cranberries or raisins, 1/4c sliced almonds. Mix together with 4T melted butter. Stuff the core of the apples liberally allowing the filling to spill over the top. Bake in a preheated 350 degree oven for approx 25 min or until apple easily pierces with a fork. Serve with warm ice cream.