

A WINDOW ON OUR WORK: A REMARKABLE LOCAL CREW

Cali. Jodi. Rainy. Sadie. Tierney. Tiffany. These are the people (listed A-Z!) who formed the core of our farm crew this season. Seeding, transplanting, trellising, pruning, weeding, harvesting, washing, weighing, packing, driving you name it - this year more than ever before our staff team has helped to keep you all fed. Between the pandemic, the heatwaves, and an especially busy time for our family, this was a demanding year. We have leaned on these folks to work with the kind of care, joy, and attention to detail that makes our farm what it is. You have tasted the fruits of their dedication and effort. Working alongside exceptional local people is something that we try not to take for granted. There is a farm labour crisis right across the country. More and more farms, even small farms like ours, now rely on temporary foreign labour. Meanwhile, employing local people - especially young people - matters to us. We strive to create an empowering workplace and are heartened that most staff stay with us for many seasons. What they do is heavy work - body and mind. It is also largely invisible and uncelebrated. We are full of gratitude for our team and would love you to lift a glass to them this week!

CARTWHEEL HOTO NABE: MISO SOUP WITH VEGETABLES AND NOODLES

Even with the sun still shining and warmer weather holding out, this seems somehow like the right week to share our annual cold weather soup recipe. Usually we do this after the year's first snow, but this harvest just begs for soup. I also just love the idea this soup being eaten on porches in big cozy sweaters under the October sun. The recipe is our take on a traditional soup from the Yazmanashi prefecture in Japan. It has been prepared since the 16th century. A proper version would use dashi stock and flat hoto noodles. Vegetable broth and locally available udon noodles will do the trick, though. Sweet Japanese Kabocha squash is the start of this dish. Asian greens and Japanese turnip also shine. Tofu, poached egg, or thinly sliced beef would all make great additions. If you have leftover roasted or steamed squash cubes, this can come together very quickly for instant comfort!

PREP TIME: 15 min COOK TIME: 15 min TOTAL TIME: 30 min

INGREDIENTS:

- Kabocha Squash, Cubed and Steamed
- Mustard Greens, Thinly Sliced
- Pac Choi, Whole Leaves
- Turnip, Thinly Half Moon Slices
- Dashi Stock or Vegetable Broth
- Scallions, Sliced
- Udon or Other Noodles
- Miso

INSTRUCTIONS:

- Heat broth or stock to a simmer. Whisk in miso to taste.
- Add noodles, squash, and pac choi leaves. Heat until cooked through. Add mustard greens, scallions, and turnips just before serving. Slurp noodles with abandon!



Cartwheel Farm

little fields. local foods.

Red Kabocha Squash

Italian Sweet Peppers

Mini Pac Choi Greens

Mustard Greens

Napa Cabbage

Japanese Salad Turnips

Baby Scallions

Carrots

Cilantro

Long English Cucumber

FRESH "KIMCHI"

Kimchi is fermented cabbage condiment at the heart of Korean cuisine. It is most often made using Napa cabbage and Korean Gochugaru chili flakes, with a combination of other veg and ingredients. It can be fermented for extended periods depending on the recipe. You can also take glorious fresh veg and and prepare a fresh version to be served immediately. Quarter a whole Napa cabbage, bathe it in cold water and 1/3 cup Kosher salt for 30 minutes to an hour. Meanwhile slice, grate, or matchstick the turnips and carrots.

Slice the scallions into inch long pieces. Make a paste of the remaining ingredients. Then drain the cabbage and rinse it well. Massage the veggies in the spice paste and enjoy!

Napa Cabbage; Salad Turnips;

Carrots; Scallions; Garlic; Chili Flakes; Fish Sauce; Sesame Seeds.