



Happy Friday, Farm Friends!

It's been a rather gloomy week here at the farm. Lots of rain (approaching 4 inches), lots of clouds, and stifling humidity.

One might say that it is great donkey weather. Donkey weather? Think of Eeyore. A wet, miserable day would be perfect for him, don't you think?

Well, Brix can assure you that this NOT Donkey weather. She prefers sunny, mild days with lots of grass to eat and a pleasant breeze to keep the flies at bay. Now that's Donkey Weather! Bring it on!



One good thing about the weather this week is that it has been good for planting. More kale, pac choi, arugula, lettuce and swiss chard went into the ground this week. "Farmer Rain," as we call it, makes for pretty good planting -

- but I have to admit that Monday's downpour was a bit more than farmer rain. We have no pictures because it was raining too hard! This weather is a bit more hospitable for transplants than 94-degree days with blinding sunshine.



A Sea of Leaves

As we told you last week, our sweet potatoes are doing extremely well. They are growing like crazy (they love all the water and the heat!) and have created quite a carpet of vines.



But did you know that you can EAT sweet potato leaves? Yep! They are a very nutritious and delicious part of the sweet potato plant (the tubers will be ready in about 3 weeks to harvest and start curing) The edible leaves and stem tips of sweet potato vines are well known in many parts of the world. According

to Texas Cooperative Extension, sweet potato foliage has a rich protein content that helps supplement the nutritional value of the roots and is often considered a “poor man’s food.” Research shows they may enhance immune function, boost metabolism, lower blood sugar, improve eyesight, and act as an anti-inflammatory. Even more information can be found [here](#). Pretty amazing stuff, huh?

Since our vines were doing so well, it was time to share them with our [PlumFresh](#) members.



We always provide recipes for our produce -- especially when it is a less familiar item. Here's a simple one from one of our favorite Extension Agents, Debbie Roos from Chatham County. Debbie shared her recipe for making Sweet Potato Greens Chips (like kale chips) on Facebook. These are super simple and delicious.



Preheat oven to 400°. Wash and dry the leaves. Put them in a big bowl and drizzle a little olive oil over them and lightly mix with your hand to coat the leaves. Spread in a single layer on a baking sheet and lightly sprinkle with salt. Bake for a few minutes, checking often. It doesn't take long for them to crisp up. You may need to bake

them in several batches since they are in a single layer.

Recipe & photo from Debbie Roos

Tomato Tornado!

When we lived in Albuquerque, our church did an annual canned food drive for the local food bank. One year we asked folks to bring canned tomatoes and we called it the Tomato Tornado. Church members donated hundreds of cans of tomatoes -- enough that we built a little house out of the cans.

Every time we have a bumper tomato crop, I always think of the Tomato Tornado. This year, I've been thinking of that a lot! Our crop is beautiful and bountiful and so colorful! And we have grown some of the biggest tomatoes ever! This one is as big as Ray's head!



Growing Great Garlic? Yes Please!



Have you have ever wanted to grow garlic OR grow a better crop of garlic? If so, join us on **Sunday, October 9 from 2-5** for our hands-on workshop that will give you the advantage of our 14 years of experience. This is always one of our most popular workshops and it usually sells out! The class fee is \$40, and it includes all instruction, handouts and 1/2 pound of seed garlic. [Click here](#) for the registration form. The workshop is limited to 10 participants, so make sure you reserve your space soon!

Meet Barney!



An overdue introduction.... Barney is the latest addition to our farm menagerie. He wears Cat Badge #5 but actually he is the lone cat on the house side of the road. Barney is/was a barn cat. We actually found him when

he was a kitten in the barn late last summer. He was very social and started hanging around us. We took pity on him when it got cold and eventually started bringing him inside. Well, now he is an indoor/outdoor cat. I'm pretty sure that he is the first cat to ever live in this 170-year-old farmhouse.

He's a goofy guy that sleeps an inordinate amount of time! And when he's not sleeping, he's talking. A lot. And loud. But we love him and put up with his peculiarities. And he puts up with ours -- and with Gesti.



That's all we've got for you this week, friends! Early Saturday morning is the [Full Harvest Moon](#), Sunday is [Grandparents Day](#) and [Patriot's Day](#). And if you are looking for something to do on Saturday, check out the [48th Annual Stokes Stomp](#) on the banks of the Dan River in Danbury. It's a great FREE event sponsored by the Stokes County Arts Council.

**Until next week,
Cheryl & Ray**
