

The time is finally here! SWEET POTATO TIME! We'll have the first of our Organic Sweet Taters at Cobblestone on Saturday along with lots more culinary delights. See the details below.



Happy Friday, Farm Friends! Welcome October!



Okra flowers have a special place in my heart. Their beauty is often overlooked -- maybe because they are the flowering precursor to the much-maligned vegetable. I love them both. [Okra lovers unite!](#)

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This has been a difficult week. Hurricane Helene hit us hard emotionally. We've been wrestling with sadness, anxiety and guilt over the incomprehensible destruction in Western North Carolina. How can we help? What can be done? How will people come out of this?

The news from the area has been overwhelming. So much destruction and loss. But there is good news. People there have come together to support each other as a strong community. Town by town, there are amazing stories of how neighbors are helping neighbors. And there are so many people coming forward to help. Donations of money and supplies have been pouring in. People are supporting causes close to them: farmers, artists, restaurant workers, animals, small businesses...

One thing you'll hear a lot is that this is a marathon. There will be no quick recovery and rebuild. I am reminded of Katrina in this situation. After the hurricane, we volunteered in

New Orleans to help rebuild a couple of houses. We went in July -- and things were still in bad shape a full 10 months after the storm. Helene will be like that. Recovery and rebuilding take time. These communities will need our help and support in the months to come.

If you are trying to sort through the myriad of donation options out there, here are a couple of reputable guides:

- Carolina Farm Stewardship Association has put together a comprehensive list of resources that they are updating on an ongoing basis. [This guide](#) covers everything from donating money or supplies and how to volunteer.
- Blue Ridge Public Radio has been a lifeline to the people in Western North Carolina this past week. As a radio station, they have been the only source of news that folks have had since other news sources have not been accessible. BPR has been providing frequent updates to their community about where to seek help in Helene's aftermath. They have also [compiled a list of ways to help](#).

In these times of divisiveness, it is so comforting to see that when a crisis arises, people can still work together for mutual aid.

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### Sweet Tater Time!



More sweet potatoes came out of the field this week. All of the Bayou Belles have been harvested and are staying warm in the greenhouse. The last two beds weren't as productive as the first two, but we still ended up with an awesome yield -- a total of about 2,400 pounds for those 4 beds! Now that's SWEET!

The first round of Bayou Belles is now cured and ready to go! We'll have them on our tables

tomorrow at Market!



### **Last Call! Garlic Workshop is Next Sunday!**

Just a few more days left to register for our popular Garlic Workshop and space is very limited. If you have been frustrated by your garlic crops or want to try something new in your garden, this hands-on workshop is for you. We'll discuss all of the details of growing garlic, and then you'll get to learn how to plant it in one of our Demo Garden beds -- everyone always enjoys this activity! ***Growing Great Garlic at Home***, will be held here at the farm on **Sunday, October 13**. The class fee is \$50 and includes seed garlic. [Click here](#) to register. Don't delay! The class is limited to 10 people, and we usually sell out!



### **Cobblestone Farmers Market Update**

Thanks so much to everyone who stopped by our tent last Saturday for Pepper Day! We had a blast [roasting up peppers](#) and chatting with so many of you about New Mexico! Under the roasting tent, it was like a little ex-pat society for homesick New Mexicans!

Saturday's forecast looks amazing! How about sunny and 70 degrees? I'll take it!

The stars of our tent will be those delicious **Sweet Potatoes!** We can say that for sure since we've had them for dinner at least twice this week! Sweet potatoes aren't just for sweet dishes --we'll have some great recipes to share with you.





We'll also have **Tomatoes** (Slicers and Fruit Boxes), **Okra**, **Eggplant**, **Summer Spinach**, **Celery**, and lots of **Garlic** including the popular **Garlic Sampler Bags**.



Don't forget the **Peppers** -- from Sweet to Spicy! We'll have the full line-up of **Green Chile** -- from Medium to Extra Hot along with spicier peppers (Jalapeno, Serrano, Aji Amarillo, Aji Limo, Chinese Five Color and Habanero). We'll also have **Sweet Peppers** -- Corno di Toro, Picnic and Lipstick Peppers. **Ready-to-Go Fire-Roasted Sweet Peppers (Pimento and Sweet Italian) and Green Chile will also be available.**

We look forward to seeing you! [Cobblestone Farmers Market](#) is **open from 8:30-noon every Saturday**. It is located at 1007 Marshall Street SW (at the intersection of Salem Avenue). Plenty of parking surrounds market but make sure not to block entrances or park on grass or other landscaping. Just look for the **Purple Tent** when you get into the Market area -- we are next to the white building!

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That's it for this week, Friends! As Fall gets going in earnest, more and more events hit the calendar. A Farm Favorite -- [The Carolina Classic Fair](#) -- begins today. Check out their schedule of activities here -- as they say, it's 10 days of Awesome! I know someone who is mighty interested in the Brown Swiss Dairy Cow show on Monday. She's sure she'd win that one --

hooves down!



**Have a great Weekend!**  
**Until next week,**  
***Cheryl & Ray***

