

We'll have LOTS of Orange under the Purple Tent tomorrow. Oodles of crunchy sweet Carrots and heaps of sweet and healthy Sweet Potatoes. Other colors will be represented too -- Baby Ginger, Fennel, Garlic and a plethora of Peppers. Check out the details of what we'll be bringing to Cobblestone below.



Happy Friday, Farm Friends! Welcome November!



Our beautiful marigolds are in perfect form for [Dia de los Muertos](#). Marigolds are widely used as decorations for the altars to the departed that are prepared during this celebration. Their bright color and strong fragrance are said to beckon souls back from the afterlife.

This two-day celebration is the total opposite of the gore of Halloween. With roots in [All Saints Day](#) and [All Souls Day](#), Dia de los Muertos goes even further back to pre-Columbian indigenous cultures in Mexico, such as the Aztecs, Maya, and Purépecha. These civilizations had elaborate and deep-rooted beliefs about death and the afterlife. Death was not viewed as an end but rather as a continuation of life in another form.

Today, Dias de los Muertos has evolved into a vibrant and colorful celebration. [Communities throughout Mexico](#), and now in various parts of the world, participate in parades, processions, dances, music, and art exhibitions that celebrate the continuity of life and death. Our old hometown of [Albuquerque, New Mexico](#) has amped up celebration of the tradition and is

embracing its cultural roots with this holiday.



Sharing the Love of Ginger

Last week, Ray was honored to participate in the [NC A & T Ginger Production Field Day](#). Billed as A&T's "spiciest Field Day yet," this event featured the research that Dr. Gouchen Yang and his team are doing with ginger.

It all started in March, 2018, when Dr. Yang visited our farm as part of an Extension tour of small farms. Dr. Yang was surprised to see ginger growing in North Carolina. When he heard that there was only one source of seed ginger and that the quality and availability was often poor, he quickly saw an opportunity to leverage his tissue culture lab to help North Carolina farmers. Dr. Yang had already perfected the process for producing Black Cohash seedlings, so he was certain he could do the same for ginger.

The process involves taking tiny bits of the tips of ginger and planting them a special medium in a very controlled environment to grow healthy, disease free transplants. He's been growing and studying results in the greenhouse and high tunnels ever since. He enlisted Ray as his first farmer partner to find as many different varieties of ginger as possible and to see how University research translates to the field.

Since his start, disease-free ginger seed pieces have become harder to come by. And while we used to have several varieties to choose from, now there is only one. We're especially fortunate that Dr. Yang and his team have saved so many varieties of ginger for research and potential production.

This Field Day highlighted different growing methods, resulting yield, variety strength, and how much active ingredient (gingerols) they contained. The day ended with a presentation by a farmer who grew baby ginger for wholesale, and Ray talked about our 16 years of growing baby ginger for retail (that's you!). The day also celebrated Dr. Yang's 30th anniversary with A&T and the awesome work that he is doing there! Go Team Ginger!



And They're Off!

The Garlic Field is taking shape! The landscape fabric is installed in its new home and the first cloves of garlic are tucked into the ground. Hooray!

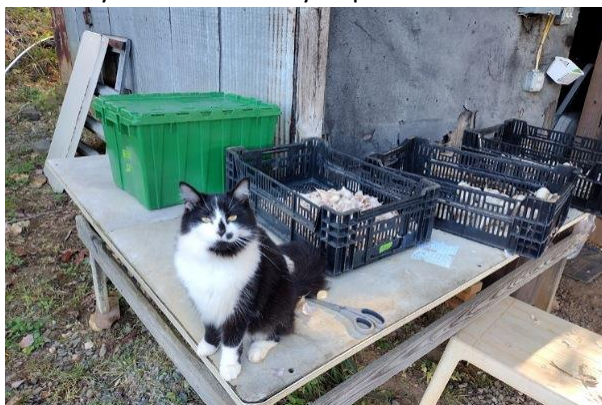
After laying the drip irrigation lines on Tuesday, Ray and Jonny moved the sanitized landscape fabric to the new field and started installation. This year we will be holding the fabric down solely with rock bags. This method worked very well last year, and we have learned how to secure the fabric without sod staples.

The rock bags are pretty hefty -- they weigh in at about 18 pounds each and we place them about every 5 feet along the seam (where 2 pieces of fabric overlap) and also at both ends of the field. There's about 5,400 pounds of ballast out there!



Not only is the fabric down, we've even gotten one bed of garlic planted -- earliest ever! Our plan for 2025 is to plant around 6,500 cloves -- that's a decrease from last year but we are hoping to increase our seed garlic production by focusing on fewer -- but larger -- bulbs.

Tuxie says that he is ready to plant!



Cobblestone Farmers Market Update

Hey! We won the Vendor Costume Contest last week! Thanks so much to everyone for your votes!! And for supporting Cobblestone's Food Access Program!



You'll be seeing lots of **ORANGE** at our tent tomorrow! Our fall Carrots are coming in and they'll be stacked high!



There will also be oodles of our delicious **Sweet Potatoes!** We'll have the rich and caramel-y NC-122 and the sweet and creamy Bayou Belle. It's pretty easy to eat sweet potatoes every day and not repeat the same dish twice!



Lots more **Baby Ginger** again this week -- some lovely hands of this delicacy await you. If Baby Ginger is new to you, it is a fresher, brighter version of ginger. The rhizome is smooth, not fibrous -- if you've ever had pickled ginger at a sushi restaurant, that is baby ginger. It is an awesome ingredient in SO many dishes -- and we also have a handout for caring for it once it's in your kitchen plus some great recipes. BTW, Ginger freezes beautifully!



We'll also have **Fennel, Snacking Cucumbers, Celery,** and **Garlic** including the popular **Garlic Sampler Bags**. We'll also be bringing **Seed Garlic** for planting.

And **Peppers** -- from Sweet to Spicy! We'll have the full line-up of **Green Chile** -- from MILD to Extra Hot plus the spicier peppers (Jalapeno, Serrano, Aji Amarillo, Aji Limo, Chinese Five Color and Habanero). We'll also have **Sweet Peppers** -- Corno di Toro and Picnic Peppers. **Ready-to-Go Fire-Roasted Sweet Peppers (Pimento and Sweet Italian) and Green Chile will also be available.**

Don't forget, ALL of our produce is Certified Organic, and we are the only Organic vendor at Cobblestone.

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!

That's all we've got for you this week, Friends!

Don't forget that Daylight Savings Time ends on Sunday! Snag that extra hour of sleep -- and mourn the loss of longer evening daylight.



And even more importantly, you've only got TWO more days to vote Early! **Early Voting runs through Saturday, November 2 at 3 p.m.** Find your Early Voting polling place [here](#). On Election Day (11/5), polls are open from 6:30 a.m. until 7:30 p.m.



We did our civic duty on Monday -- easy-peasy! Just don't forget to bring a photo ID! Thanks for doing your part for democracy.

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

