

We're getting near Thanksgiving planning crunch time! It's time to make sure you've got the goods for your holiday feast. Make sure you've got plenty of Sweet Potatoes and Garlic in your larder. But there are lots of meals to prep between now and the holiday, so don't forget Carrots, Baby Ginger, Fennel, and a plethora of Greens. Check out the details below!



Happy Friday, Farm Friends!



Sometimes nature does something to catch your eye -- just in a small way but, if you are paying attention, you'll see something that is just ... different. When I was packing up veggies at the Tobacco Barn last week, I happened to look down to see this oak leaf perfectly positioned on a rock. The placement was so exact that it looks like it must have been placed there by human hands -- but I knew that it hadn't. Stopping to observe nature -- in all of its forms -- is a good practice. As farmers, we are fortunate to be able to have more opportunities to do this than most other folks.

I'm so glad I took a moment and stopped to see this lovely tableau.

#### **Topsy Turvy, Upside Down!**

Things here at the farm have been a bit unusual this week. All of our normal schedules and weekly rhythms are completely out of whack.

Bright and early on Monday morning, Cheryl had her right hip replaced. Ouch. Which even knowing that it is major surgery, it seems even \*more\* major now that I've gone through it.

I consider myself very fortunate to have been able to get this done. My Grandmother Ferguson (Granny Daisy) was in severe pain all the time that I knew her. I actually never saw her walk and I imagine it was because of severe arthritis in her hips. It's kind of a family tradition -- both my dad and brother had hip replacements. Great family history, huh?

I had a great care team with Dr. David Howe and his associates at Kimel Park Surgical Center and OrthoCarolina. It was outpatient surgery which meant I was tucked in bed at home by 1 p.m. Amazing!

The hardest part (other than the pain) is being so completely reliant on Ray to do things. He is an excellent caregiver but I'm also pretty independent and it's hard to ask for help. I'm getting better with the walker but I'm still pretty weak and tire easily.

Everyone says my prognosis is great because I am fit and active and (relatively) young. I'm counting on that! I've got a LOT of adventures ahead and don't want a bum hip to keep me from moving at top speed!

Thanks so much to those of you who have offered your prayers and well-wishes -- they mean so very much!



### **Time for a Quick Field Walk!**

Yes, despite the less than stellar walking capabilities of your humble correspondent, we find a way to get things done! And pictures taken!



The garlic is popping!! The rain and warmer temperatures this week have really helped it rocket out of their holes! Woo-hoo!



A cold, rainy day like Thursday was perfect weather for a couple of good friends to snuggle.

BB's favorite day of the week is Friday. She gets most of the trimmings from what we harvest for market. Her current favorites? Ginger tops and fennel. I guess she likes aromatics!



### **Cobblestone Farmers Market Update**

We're getting closer to Thanksgiving and our last TWO markets of the season! But LOTS of wonderful veggies are heading your way -- even a few unexpected Summery surprises!

Now's a great time to stock up on **Sweet Potatoes!** They hold well in storage -- [up to 6 months in the dark at about 55 degrees.](#) Don't store sweet potatoes in the refrigerator as they will

develop a hard center and an odd taste. Our two varieties are the rich and caramel-y NC-122 and the sweet and creamy Bayou Belle.

**Garlic** is another storage crop to snag now. It too likes cool, dark conditions with good ventilation. We are coming near the end of our fresh garlic crop, so we'll likely sell out by next week. We'll have Inchelium Red, Chesnok Red, and Elephant Garlic on the tables this week. Coming soon: Garlic Powder and Granules!

We'll have lots more of our terrific fall **Carrots** with their beautiful tops along with **Fennel**, **Celery**, and **Snacking Cucumbers**.



At market, check out our recipe sheets for great ideas to make our Organic goodies really shine like this **Stir-Fried Baby Bok Choy** (aka Pac Choi) that uses both our **Baby Ginger** and our beautiful Pac Choi and garlic. Yum!

**Baby Ginger** is another one of those great storage crops -- it freezes beautifully and is so easy to use straight from the freezer.

It's still Summer under the Purple Tent! We'll have a few other goodies on our tables including **Okra** (just a few), **Snow Peas**, **Eggplant** and **Tomatoes** -- both Slicers and Fruit Boxes. Not bad for mid-November, eh?



And Pepper Season just keeps on going at Plum Granny Farm! 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) also will be on tap. 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!

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That's this week's news for you, Friends!

Tonight is the November Full Moon -- the 4th and last Supermoon of 2024. This moon, known as the [Full Beaver Moon](#), will rise at 4:53 this evening. The forecast looks good for clear viewing of this big and extra bright moon!



Let us all pray for peace.

**Be kind to your neighbors.**  
**Until next week,**  
***Cheryl & Ray***

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