

We're gearing up for the Labor Day Weekend -- and our Saturday Farm Market will be open! A couple of new things this week: our tender young Summer Squash and the cult fave Snacking Cucumbers have just started producing. Lots more including Figs, Peppers, Potatoes, Okra, Garlic, Eggplant and MORE! Hours are from 9-11 here at the Farm. Details below.



**Happy Friday, Farm Friends!**



While the temps are feeling very un-August, the flowers are putting on a late Summer show. These are [Candyfloss Red Cosmos](#) -- huge flowers with magenta petals. Although we had a few plants left over from the Summer Plant sale, these are volunteers from last year. If there was ever a happy flower, this is it!

### Farmer Ray Celebrates 3 Months!



It's hard to believe that it's been 3 months since Ray's open-heart surgery. We're so happy to report that he is doing very well -- getting stronger and building more stamina bit by bit.

The recovery process is very s-l-o-w. While the incision is all healed up, the biggest challenge has been stamina. Ray can work for 2-3 hours and then he needs to rest. We keep hearing that's common -- but that doesn't make it any easier. Patience, grasshopper.

Another month of cardiac rehab lies ahead and then Ray will be on his own with the exception of scheduled cardiology follow-ups. Such a relief and good news. You never know going in to something like this what you may be facing on the other side.

Again, we are so grateful for your support, prayers, messages, meals, endless volunteer hours and more. Each one of you has helped us come through this scary procedure. Thank you so much for being there for us!

### Gettin' Ready! Fall Plant Sale Prep

It's T minus 7 for our big **Fall Organic Plant Sale**! In just a week, you'll be able to get the only Certified Organic veggie and fruit plants in our area. We've put together a great variety of plants from Arugula to Tokyo Bekana that will perform well in your Fall garden.

We've had such amazing helpers in getting ready -- Maggie and Suzi have been tagging like little fiends! It takes a lot of time -- and focus -- to make sure you are getting the right tag in the right plant. These two are a dynamic duo for the task. Plus, they have a really good time together!



Jonny has been a clearing and cleaning whiz getting the Pavilion shipshape for the event. It had become a bit of a dumping ground for all manner of farm debris and castoffs ("I'll find a proper place to put this soon...") A virtual mountain of seed trays and pots had to be washed along with so much more. And now, it's done! Yay Jonny!



So, make sure your calendar is marked for **Friday and Saturday (9/5 and 9/6) from 9:00 am to 3:00 pm both days**. We're opening the sale a little earlier in the morning this year. ***Please note that our Farm Market will still be open on Saturday morning from 9-11.***

For more information about the Plant Sale, [please visit our website](#). This page also includes a list of all the plants and supplies that we'll have available.

### **Squash Surgery**

After several of our new squash plants started collapsing and dying, it was time to do some investigation. Squash Borers. These wascally worms are laid by a black Vine Borer moth that deposits her eggs on the base of the plant. The worm (caterpillar) emerges quickly and bores into the stem of the squash plant. It will feed there for about 4 weeks, and the plant will wilt and quickly die. At that point, the caterpillar will crawl into the soil and hibernate until next year when it will emerge as a moth.

We found some great information from [NC State Cooperative Extension](#) on this pest and developed a plan of action. First, Ray then cut into the stem of the plant and removed the caterpillar (larvae) that was inside. Then we sprayed the plants with Bt



([DiPel](#)) which is a natural bacteria that will kill any new caterpillars.



The stem was then covered with soil, and a foil collar was wrapped around it to protect the plant from further intrusion. Does your squash plant have bling?



And good news! So far, all the plants are recovering very well from their open stem surgery. Hey - just like Ray!

### **Labor Day Weekend Farm Market**

We'll be open this holiday weekend with a great **On-Farm Market** on **Saturday (8/30) from 9-11**. We've got some new arrivals this week -- tender young **Summer Squash** and **Snacking Cucumbers**!



We'll have FIGS along with and a plethora of Sweet Pepper options. Those sweet, crunchy **Red, Orange and Yellow Picnic Peppers** are pouring in and are ready for

snacking. And the Okra is really starting to produce -- we'll have both green and burgundy varieties.



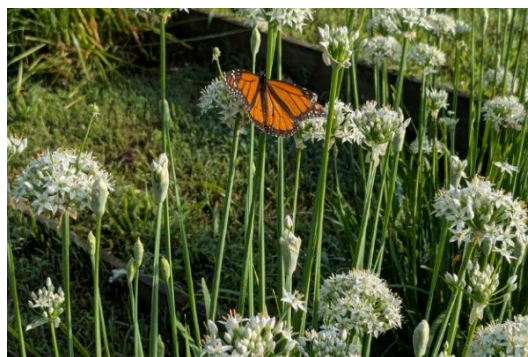
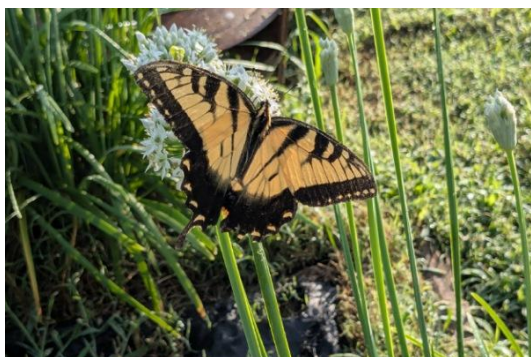
Of course, the Potato Bar will be fully stocked with **LaRatte Fingerling potatoes** and FOUR other varieties (crowd-pleasing German Butterball, low-glycemic Nicola, red potatoes, and low-glycemic Plum Gold) plus Creamers. And we have tons of delicious Organic Eggplant, Aji Dulce peppers, Garlic, Elephant Garlic, Shishitos, Serrano Peppers and MORE!

Our frozen **Fire Roasted Green Chile and Poblanos** will be stocked and we'll also have a few **Slicer Tomatoes** and tasty Fruit Boxes filled with delicious **Grape Tomatoes**.

For your planning purposes, we are planning on continuing these Saturday Markets at the farm through at least the end of September. You'll hear it here first! We hope to see you here at the Farm soon.

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That's our news for this week, friends. Get out and enjoy this beautiful Labor Day Weekend! With temps in the 70s, how can you go wrong? And keep your eyes open for all of the butterflies! Swallowtails and Monarchs are out and about!



Have a great weekend!

Until next week,  
*Cheryl & Ray*

