

A busy weekend in the Triad -- and for the Farm! It's a double duty Saturday for us. We're back at Cobblestone for Pepper Day and we'll also have our Saturday On-Farm Market. New this week: Sweet Potatoes! Plus, there's lots of other fresh, organic goodies for you in BOTH locations. Details below.



**Happy Friday, Farm Friends! Welcome to Autumn!**



The raindrops on the Morning Glories were a welcome sight this morning. We got a nice rain Wednesday and Thursday nights, and things are already starting to green up. Things had gotten so dry that you could almost hear the ground sucking in that inch of moisture!

## Breaking News! Ray Graduates!



We don't know if he was the class valedictorian, but Ray has completed his 12 weeks of Cardiac Rehab! Hooray!

Thursday was his last day of this program of intensive, supervised exercise and education. Three days a week, one hour per day for twelve weeks = 36 hours of commitment. But for getting Ray's heart back in shape, that's a pretty small price to pay.

Not everyone wears a cap and gown to his/her final Rehab session, but you know Ray - always the class clown.

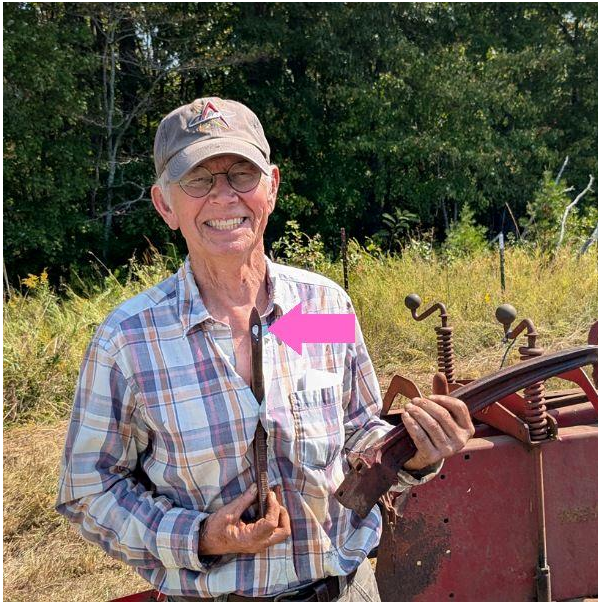
And although this milestone has been reached, there's still a lot of work to do in order to get Ray back to normal. Patience is the mantra.

Congratulations on this BIG achievement Ray! We ♥ You!

## The Missing Needle?

Hmmm... Speaking of heart surgery -- was a needle forgotten after they stitched Ray up?





Well, we hope not -- and, if so we certainly hope it wasn't a needle like this! This is one of two needles from the hay baler that bind the bales together with baling twine. This needle broke when it hit a large branch that had been raked up along with the grass. This is a sizable piece of hefty steel!



And the bale that had the branch in it? The branch was cut clean. Scary! When you are working with farm equipment, you definitely need to be extra cautious! All of those warning tags mean serious business.



The good news is that no one was hurt, Ray got the baler repaired, and all the hay got baled and stored before Wednesday's rain. Win, win, win!

### **One Person's Trash is Another's Dinner**

Harvesting crops generates lots of plant debris. Vine-y things like sweet potatoes really create a lot of mass that needs to be removed from the field. No worries -- we have an answer to that!



Enter Cara, Mia and BB.

They LOVE sweet potato vines. This truckload fed them for about 3 days. Not bad!





### **Wanna Grow Great Garlic? Here's Your Chance!**

With the official arrival of Fall this week, we're getting closer to garlic planting time. But don't rush out to plant now -- garlic shouldn't be planted here until mid-October.

If you want to grow garlic this year, you've come to the right place. Our most popular workshop, **Growing Great Garlic at Home**, will be held on **Sunday, October 12**. We focus on giving participants a foundation of what garlic needs to thrive and how it grows. The workshop includes a growing guide, classroom and hands-on instruction, and seed garlic. [Click here](#) to register. Don't delay -- the class is limited to 10 people and we usually sell out!



### **Saturday Market Update -- Pepper Party in Two Locations!**

Tomorrow is going to be a busy day -- Ray along with friends, Kelley and Jack, will be at Cobblestone celebrating Pepper Day. Cheryl and Maggie will be here at the Farm with a full array of goodies - just no roaster.



Yes! Tomorrow is Pepper Day at [Cobblestone Farmers Market](#)! We always get excited about this day because we get to bring our pepper roaster to market and fill the air with the intoxicating aroma of roasting peppers.



While the pepper roaster will be at Cobblestone, we'll have ALL the peppers at both locations. Since our green chile crop was hit with blight this year, we mostly have Sweet Peppers -- Corno di Toro Sweet Italian Peppers, Pimento Peppers, Picnic Peppers and Jimmy Nardellos. These are all awesome roasted - or not!



There are some spicier options too -- Jalapeno, Serrano and Poblano will be available. Don't forget the **Shishitos** and **Aji Dulce Spice Peppers**. And even though this year's crop of Chile was sad, we will have lots of **Frozen Fire-Roasted Green Chile** that is vacuum packed and ready to go.

And if you don't like peppers -- don't worry! We've got **Sweet Potatoes!** Yes, the potatoes are all "cured", and they are ready to eat. We can vouch for their tastiness -- we tried a couple this week. Yum!



And there's more! Our terrific **Baby Ginger** was a hit last week and we'll have more along with care instructions and lots of yummy recipes.





And there's EVEN more! We'll also have our famous **Snacking Cucumbers**, **Pickling Cucumbers**, tender young **Yellow Squash** along with lots of **Okra (baby and regular-size)**, **Eggplant**, **Garlic**, and **Elephant Garlic**.

And don't forget **The Potato Bar**! The Bar will be loaded with SIX varieties of Organic Potatoes including Fingerlings, low-glycemic Nicola and Plum Gold, the super popular German Butterball along with Red Potatoes and Russet Bakers plus quarts of Creamer Potatoes. So many choices to make it a super spud-tastic day!

And, of course, everything we grow is Certified Organic.

At Cobblestone, you'll find us under the **Purple Tent** at the market entrance. Cobblestone is located in the parking lot of **1007 Marshall Street SW at Salem Avenue. The hours are from 8:30-noon.** Parking is available in the lots surrounding the market and along the street. **Unfortunately, parking is no longer permitted at the Enrichment Center.** Please make sure to not park in reserved areas or block entrances.

Our Farm Market is located here at the farm (1041 Flat Shoals Road) at the Tobacco Barn across from the farmhouse. Our hours are **Saturday from 9-11.**

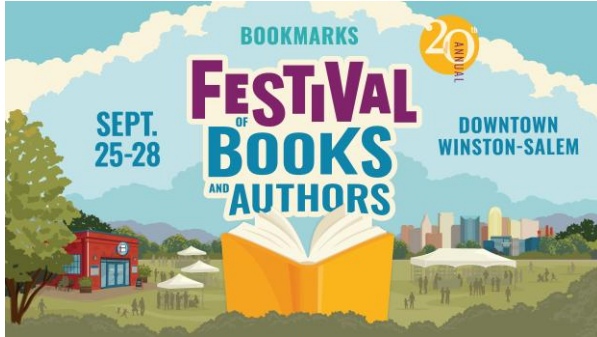
So, you've got TWO opportunities to get our delicious Organic produce this Saturday. We hope to see you at one (or both!)

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That's the news for this week, friends. It may be a bit rainy but we definitely need it. Grab your rainboots and jacket and head out -- we're waterproof, right?



So many things are happening this weekend around the area. One event of interest is the [Bookmarks Festival of Books & Authors](#). This is the 20th anniversary of the event and there is an amazing line-up of activities to celebrate books and authors. The Saturday event (9:30 am - 5 pm) is FREE and is located in Downtown Winston-Salem (Poplar St, Holly Ave, and Spruce St.). Check out the free author panels, book signing opportunities, and family-friendly activities all day!



**Have a great weekend!**

**Until next week,  
Cheryl & Ray**

