



# WEEK TWENTY ONE

## MOLES & VOLES

Tyler and I spent an entire weekend in September leveling our yard and spreading grass seed, only to start seeing mounds of dirt springing up before the seeds had a chance to germinate. Even though I truly believe mother nature has a purpose for each being, coexisting with wildlife certainly has its challenges, emotional and physical. Growing up on a farm, wildlife was always a part of our surroundings. Mice and other small creatures were abundant, but the most feared by kids was a mongoose. Anything that can kill and eat a cobra without getting bitten had to be feared, and we always kept a close watch for a mongoose stepping out of its burrow. Thankfully, I don't have to worry about mongooses out here in the Northwest. However, moles and voles are plenty and can present some unique challenges.

Moles are carnivores, eat earthworms, beetle grubs, and cicada larvae. They dig tunnels and create volcano-like mounds of soil at tunnel entrances. Voles eat plants, any part they can get to. They can dig tunnels and live underground, or live aboveground if they have enough brush cover to keep them hidden from predators. Although they are both considered 'lawn wrecking crew', they do help aerate the soil and control the grub population. Here are a few recommended ways to control their population I thought could be useful (Reference: [diynetworks.com](http://diynetworks.com))  
**Get Tidy:** Moles and voles like to stay hidden whenever possible. Keeping mulch on the thin side and never piled against plant stems can help. Working regularly in planting beds also helps keep voles feeling exposed and uncertain.

**Welcome Predators:** Owls and hawks like to eat moles and especially voles. Give raptors a place to hang out in your yard by erecting a perch. Other good predators include foxes, snakes, and cats. Billy at the farm is helping us keep these pests in check.



At the farm, winter prep is underway. We are expecting broccoli and cabbage to be ready soon. I am including a recipe for Delicata Squash that makes a delicious side dish in just a few baking steps. Hope you enjoy it!

Until next week, Stay Safe, Stay Healthy  
 Ruby

## WHAT'S IN THE BOX

- \*Strawberries
- \*Carrots
- \*Yellow Onion
- \*Green Bell Pepper
- \*Jalapeno Pepper
- \*Collard Greens
- \*Delicata Squash
- \*Sweet Potatoes

## RECIPE

### Roasted Maple Delicata Squash

Reference: [thesweetpotato.ca](http://thesweetpotato.ca)

- 2 delicata squash
- 1 tbsp olive oil or melted butter plus a little extra for greasing the baking sheet
- 2 tbsp maple syrup
- dash of cinnamon
- sea salt & black pepper to taste

Preheat oven to 400 degrees and coat a baking sheet lightly with olive oil or butter

Cut the squashes in half and scoop out the seeds with a spoon. Cut into half-inch slices.

Combine the olive oil (or melted butter) with maple syrup and a dash of cinnamon; whisk until well combined.

Toss the squash slices in maple syrup mix and place onto the baking sheet. Season with a bit of sea salt and black pepper to taste.

Bake for about 8 minutes, then flip. Continue baking for another 8-10 minutes, then flip the squash again. Continue baking for a few more minutes until the squash is fork tender. Finish under the broiler for 45-90 seconds or until the skin becomes a bit crispy. Watch carefully to ensure the squash doesn't burn.

Remove from the oven and let cool for a few minutes before serving.

## ABOUT CSA CREDIT

If you have CSA Credit and would like to use it this season, here are the options and prices.

Please send an email to [riverlandfamilyfarms@gmail.com](mailto:riverlandfamilyfarms@gmail.com) by Saturday 9 pm to place an order to be picked up with your produce box on Tuesday/Wednesday. All produce subject to availability.

Produce Item	Quantity	Credit Equivalent
Red Potatoes	10 lbs	\$20
Sunshine Squash	14 lbs	\$20
Delicata Squash	14 lbs	\$20
Butternut Squash (available mid Nov)	14lbs	\$20
Sweet Potatoes	7 lbs	\$20
Fresh Ginger	1.25 lbs	\$20
Fresh Turmeric (available mid Nov)	1.25 lbs	\$20
Strawberry	Half Flat	\$20
Strawberry	Full Flat	\$35
Extra Harvest Box upon request	1 box	1 credit