

October 2017



FALL FAMILY FUN



We are celebrating October with a Fall Family Festival! **October 14th & 15th** will be a cornucopia of fun: hourly specials, face painting, pumpkin painting, a bounce house, huge plant sale and more!

Come see our pumpkin patch, and take a second to snap a family photo.

[Weekly Specials](#)

News and Updates

Aroma

Fall flavors abound in Aroma cafe. Hot caramel apple cider, cinnamon rolls, and pumpkin lattes welcome fall. We also are featuring ice cream from Chocolate Shoppe (Madison, WI). Come in for a scoop to indulge your sweet tooth.

Garden Center/ Nursery

We are full stock with brand new fall product. New Jelly Bean and Sassafras rugs, fall home decore and wreaths can help spruce up the home for fall. Plus pamper yourself with organic soaps, salves, and lotion bars from Moon Valley organics. This line offers the most luxurious and nourishing skin care products using all organic ingredients.

Twisted Trunk

Twisted Trunk is all set for the cool weather cooking season! Baking is the best with a dash of

sweet balsamic frosting or a glaze. Also try and substitute some butter in your fall baking with almond or walnut oil. Our October cooking class is sure to help celebrate fall:
October 17th 2pm or 6pm - "Relish Fall Flavors"



Gardening Spotlight

A garden is only as healthy as the soil. I say it time and time again, but I truly cannot stress enough the importance of a healthy soil in gardening. It seems odd to some to talk about the health of dirt, but the truth is that soil is alive. A truly healthy soil contains high amounts of beneficial bacteria and fungi which aid in breaking down organic material such as leaves. These microscopic workers make nutrients more readily available to plants. They are also an important staple in the "food web" or soil ecology. In other words, imbalances in beneficial microorganisms can leave plants open to an influx of disease pathogens. Higher availability of nutrients and better soil texture can always be achieved with the addition of compost. Compost adds fresh organic material which feed existing soil organisms. Truly some of the best seasonal maintenance to any garden. Fall is the perfect time to top dress with a mixture of compost and garden soil. This will help retain moisture over the winter months while getting the garden ready to plant for spring. Make sure to only dress the root systems (keeping compost away from the crown and basal stems).

Another important factor when talking about soil and plant health is ph. This is the indicator of how acidic the soil is. Often overlooked, this easy home test is an excellent way to ensure plant success. [Learn more about testing soil ph here.](#)

Maintaining healthy soil largely depends on the above factors, but also can be aided by using organic gardening practices as much as possible. Chemical fertilizers, pesticides, and herbicides are very detrimental to soil ecology. Sudden high influxes of nutrients from water



Twisted Trunk Spotlight

Bring on the balsamics! I find fall to be the perfect time to use my dark balsamic vinegar. They are rich, malty, and sweet which make them perfect for slow braised meats, squash, roasted veggies, and desserts. I find there is always a customer or two who says they have a hard time finding a use for vinegar besides salad. I tell them that almost anywhere they put an olive oil, they can use a vinegar too. Fall is the perfect season for a pot roast. Add a dash of Neopolitan herb balsamic in the crock pot. This will help tenderize the meat to perfection.

In short don't be afraid to use a dash of vinegar in your favorite recipes this fall. Balsamic will improve just about any meal. The recipe from Carrie Hillman below uses Traditional balsamic in the broth to add depth, sweetness, and a touch of acidity to truly make this soup taste restaurant professional.

Italian stew with Collards

½ 1-lb. loaf sourdough bread, torn into 2" pieces
1 bunch collard greens, stems removed
1 bunch Tuscan kale, stems removed
½ cup Twisted Trunk Tuscan Herb Olive Oil, divided
2 medium carrots, peeled, finely chopped
2 celery stalks, finely chopped
1 leek, white and pale-green parts only, chopped
4 cloves garlic cloves, chopped
½ teaspoon crushed red pepper flakes
1 28-oz. can whole peeled tomatoes, drain & crush
8 cups low-sodium vegetable or chicken broth
3 15-oz. cans cannellini (white kidney) beans, rinsed
3 tablespoons Twisted Trunk Traditional Balsamic Vinegar
4 sprigs thyme, 1 sprig oregano, 2 bay leaves

soluble fertilizers can cause imbalances in micro-flora, and build up toxins or salts in the soil over time which are fatal to beneficial soil bacteria. Use slow release, organic fertilizers for any plants rooted in the ground.

Use organic weed preventer, such as corn gluten or mulching techniques to reduce the need for chemical herbicides.

Also be very selective with insecticide use. Ground insecticides will greatly affect earthworms and other beneficial insects.

Lastly, inoculate the soil with a healthy dose of microbes. There are several fertilizers and garden soils by Dr. Earth that are great to help feed the soil. This should be done every year to every other year.

Kosher salt and black pepper
Shaved Parmesan (for serving)

Scatter bread on a rimmed baking sheet in a single layer. Let stand at room temperature to slightly dry out, about 2 hours. Working in batches, blanch collards and kale separately in a large pot of boiling salted water, about 3 minutes per batch. Rinse to cool. Squeeze out excess water; chop. Set aside. Heat ¼ cup oil in a large pot over medium heat. Add carrots, celery, and leek; stir often until softened. Add garlic and red pepper flakes. Cook about 1 minute. Add tomatoes, Cook, stirring frequently, until liquid is evaporated, about 10–15 minutes. Add broth, beans, vinegar, thyme, marjoram, bay leaf, and reserved greens; season with salt and pepper. Bring to a boil, reduce heat, and simmer until soup thickens slightly, 40–50 minutes. Discard sprigs and bay leaf. Serve topped with bread, drizzle of olive oil and parmesan

Have questions for our experts? Contact us through social media or our website. We would love to hear comments, questions, and feedback with how we can better serve you.

Contact Us

