Hello Fresh Food Fans,

September feels a little strange this year, Yes?

Kids are going back to school, sort of, but the return is tinged with anxiety because we don't know what the school year will bring and beloved fall traditions like county fairs and festivals have been cancelled.



What hasn't changed is September's beauty and abundance. With so much uncertainty in our lives right now, I find comfort in nature's rhythms. The first leaves are turning, early morning walks now call for a fleece, and farmers markets are overflowing with produce.

What's in season in September in Maine? The short answer is just about everything.

Apples, Beans, Beets, Blueberries, Broccoli, Cabbage, Cantaloupe, Carrots, Cauliflower, Celery, Chard, Chili peppers, Corn, Cucumbers, Delicata squash, Eggplant, Fennel, Garlic, Greens, Herbs, Kale, Kohlrabi, Lettuce, Melons, Onions, Peppers, Potatoes, Pumpkins, Scallions, Spinach, Squash, Raspberries, Tomatoes, Turnips, Watermelon, Zucchini.

Because ours is a weekday market, shoppers tend to be on a mission, rushing in to grab a dozen eggs or a pint of berries before heading onto the next task. This September, maybe you have just a little more time? Take an extra minute this Thursday to take in all that nature and skilled farmers have provided for us. Maine's growing season is short, but prolific.

And if you're inclined to save and preserve what you take home, I came across a great resource from the University of Maine's Cooperative Extension. They're offering Food Preservation Webinars every Tuesday in September. Here's the link to learn more:

See ya Thursday!
--Amy