

Dear Friend,

At Round the Bend Farm, one of the highlights during fall is all the extra support and assistance we receive from our friends and teammates with the surplus of vegetables that need harvesting and processing for the long winter ahead. Laura Killingbeck is one of these amazing people. Her depth of knowledge around utilizing and processing farm foods is a joy to witness and infectious to be around. This month she has been busy making cheeses, miso, pickles, fruit sodas, ketchup, bacon and hot sauces.

In the weeks to come, Laura will be using the last harvest of cabbages and root vegetables in various fermentations of kraut and kimchi. Laura spent several weeks this past spring studying under famed fermentor, Sandor Katz. At which time, she was featured alongside Katz in the upcoming fall/winter edition of Modern Farmer – [click here to see the article](#) and a big thanks to Modern Farmer for sharing the article with us. In her free time, Laura has been creating curriculum for food-based educational classes – stay tuned for future workshops by Laura at RTB.

Open Market Day this Saturday, Sept 20th, highlights include:

- Farm Tour at 2PM
- Livestock Farmer, Geoff will be offering various cuts of grass-fed, grass-finished beef and non-GMO pork sausages.
- Produce Farmer, Ashley will be offering Asian pears, chard, kale, cherry tomatoes, potatoes, carrots, lettuce heads, and herb bunches.
- As always, the wood-fired grill will be cooking up some delicious samples for all to enjoy!

With gratitude,

Elizabeth Wiley
Program Manager
Round the Bend Farm - A Center for Restorative Community