



Winter squash and root vegetables are in season now at Frog's Song Farm. Photo/Marie Arey

## Daystalls offer autumn freshness and creativity

to showcase local, certified organic fruits and vegetables, including many heirloom varieties, proudly grown by farmers such as Nate O'Neil and Shannon Dignum on their 12-acre Frog's Song Farm near Mount Vernon.

"We're selling several pumpkin varieties including the giant-sized Jack-O'-Lantern which is great for carving," said Shannon Dignum. "We also offer sugar pie pumpkins and the blazing, vivid red Rouge Vif D'Etampes, also known as the Cinderella pumpkin, for cooking."

But it's not just pumpkins.

"We'll also be selling about seven varieties of squash, eight kinds of root vegetables, plus spinach and salad greens, kale and chard and Asian pears," Dignum said.

"The Jarrahdale squash, with an amazing contrast of bright, thick orange flesh and a glossy blue-grey exterior, has long storage," she said. "Other colorful squash include Kobocho with a dark, forest green exterior and orange flesh, the multi-color Carnival squash and Sweet Dumpling's yellow flesh and multi-green exterior."

Through October, customers can plan on Delicata, a long cylindrical-shaped squash with yellow flesh and perennial favorite Spaghetti squash.

"Patty Pan availability depends on the weather," said Dignum. "Once the freeze hits, and we never know when that's going to be, this small, yellow-colored summer squash's gone for the season."

Count on the following root vegetables from Frog's Song Farm.

"We've four beet varieties including one

with a red and white bulls-eye pattern inside, three carrot varieties including yellow-colored heirloom Stone, four potato varieties and two onion varieties," she said. "We'll also have two varieties each of cabbage, chard, kohlrabi and shallots, plus spinach and our salad greens mix which contains pansies," Dignum said.

And don't forget Asian pears.

"We offer three varieties, including the big one that often weighs over a pound a pear."

Why organic?

"There was no question about it when things started 10 years ago," she said. "Nate's mom started him off organic by always doing her landscaping organic."

Special orders are accepted by telephone: 360 445-3054.

### Play and stay young

Celebrate October, the official month to "play dress up," with quality children's costumes and adult capes and wizard robes from Laura Daughenbaugh and Tom Graham of Just Horsin' Around, Vashon Island, who know people get old because they stop playing.

"You don't stop playing because you get old," said Daughenbaugh. "You get old because you stop playing."

To thwart aging and assist playing, Daughenbaugh and Graham, business partners and spouses, offer thoughtfully designed and carefully created costumes for children, toddlers through age eight, a herd of unique stick horses, jester hats and adult-sized capes and wizard robes.

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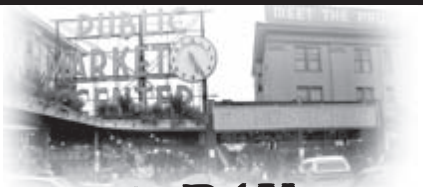
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Keith Boro

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