

Notes From the Field Trip

By Christina Barkel – Frog Holler intern and guest editor for the next few weeks while Team Holler Fest cranks into gear.

Last Tuesday, the Frog Holler interns were lucky enough to attend a lecture on permaculture by Bill Wilson of Midwest Permaculture. Sustainable agriculture, meaningful work and an engaged community are central to permaculture practice, as well as creativity in the use of resources – think vertical gardens crawling up the sides of buildings, and tractors that use chickens to mow grass! Wilson presented permaculture practices in a variety of locations, from rain gardens in rural Illinois, to eco-villages in India and neighborhood co-operatives in California and Ohio. We interns had fun brainstorming permaculture ideas for Frog Holler, but concluded that we weren't quite ready to power our trailer via outhouse by-products.

As members of an organic CSA, you're already participating in a great model for sustainable agriculture. Southeast Michigan is becoming a hot-spot for urban greening and permaculture projects – if you'd like to learn more and get in on the action, check out these resources: www.midwestpermaculture.com - www.transitionannarbor.org - www.detroitagriculture.org



What's Cooking – Broccoli!

Emerging fresh and green from the back field, broccoli is back! Here are some ideas to help you enjoy the abundant vitamins, minerals and phytonutrients packed into every floret:

Roasted Broccoli with Lemon

Preheat your oven to 450 degrees F. Chop your bunch of broccoli into bite-sized pieces – use a vegetable peeler to peel the outer layer of stem. Toss pieces with enough extra-virgin olive-oil to coat, and season to taste with salt and pepper. Add a clove of finely minced garlic and/or chili flakes, if you're feeling zesty. Spread onto a baking sheet and roast until crispy and slightly blackened, about 10-12 minutes. Serve immediately with a squeeze of fresh lemon juice.

Easy Cheese Sauce for Children and Other Reluctant Broccoli Eaters

Melt 2 tablespoons of butter over medium heat. Stir 2 tablespoons flour into the melted butter, stirring until smooth. Add 1 cup of milk into the mix and cook, stirring continuously. The mix will thicken, and when it reaches the consistency of pancake batter, turn the heat to low and begin to add $\frac{3}{4}$ to 1 cup grated cheese, a little bit at a time. When the sauce reaches the taste and thickness you like, remove from heat and season to taste with salt and pepper. Pour over steamed broccoli and enjoy.



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In the box this week:

1. Lettuce – several varieties or Salad Mix/lettuce
2. Curly or Russian Kale
3. Green Beans
4. Zucchini or Summer Squash
5. Asian Greens – Pac Choi or Tat Soi
6. Carrots
7. Broccoli
8. Beets – Red or Chioggia (red/white rings inside)
9. Basil – Genovese or Fine Leaf
10. Purslane – see recipe inside!
11. Italian Parsley – in the non-salad share boxes

Three weeks until Hollerfest 2009! Preparations are under way here at the farm. Good with kids? Like organization? Dream about being part of a security squad or kitchen crew? No matter what your talents, they will be appreciated at Hollerfest! You can volunteer to use your strengths as a part of this very special event. Visit hollerfest.com for details and a sign-up form.

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Featured Volunteer: Leah Hagamen

Leah has pitched in several times this season, including a very helpful stint at our Farmer's Market stall, and a very helpful delivery of cookies to our market stall!



Leah comes to us from Deerfield, Massachusetts – after attending Colby College in Maine, she graduated from the MGH Institute of Health Professions (Boston, MA) with a Doctor of Physical Therapy degree. Leah is finishing a year-long physical therapy internship at the U of M Health Services in Ann Arbor, and plans to start work as a pediatric physical therapist at Mott Children's Hospital in the fall. All things apple catch Leah's attention, and some of her favorite activities include collecting apple peeler corers at Kiwanis and foraging for wild apples around Washtenaw County.

Biking to the farm from Ann Arbor, Leah loves swimming in the pond and cultivating the new strawberry patch (which she expects to be bountiful and delicious next year). She and her six housemates also had a blast at the Fourth of July party! The farm allows Leah to be surrounded by great, knowledgeable people, as well as the physical and emotional satisfaction of crawling in the dirt. In her words, "I take great pleasure in knowing my food as intimately as I know my friends."

The Joy of the Carrot by Leah Hagamen

You can take them on your bike
Or, if you prefer, on a hike.
They last for weeks in the fridge
And with each crunch sweet nectar seeps from the tooth-cut ridge.
They taste great all alone
And may cause some to moan.
"Oh, how well they complement their neighbor
Adding color and never asking for a favor!"
And best of all, I must utter
They are a vehicle for peanut butter!

Dancing carrots



In addition to being a great volunteer, Leah (and her housemates) are also CSA members. They've offered us two recipes recently prepared from their boxes. We'll feature the recipe that includes purslane, and save the other delicious recipe for a later newsletter.

Spicy Sesame Noodles with Chopped Peanuts, Thai Basil AND PURSLANE

Adapted from Bon Appétit | July 2007

This recipe is inspired by Ralph Waldo Emerson's quote "A weed is a plant whose virtues have not yet been discovered." After consuming handfuls of raw Purslane, this recipe was created.

This simple vegetarian pasta is perfect for a summertime picnic.

Yield: Makes 4 to 6 servings

2 tablespoons peanut oil
2 tablespoons minced peeled fresh ginger (more if you really like ginger)
2 garlic cloves, minced
Purslane (or other greens), large stems removed (rough chop if using greens)
3 tablespoons sesame oil
2 tablespoons soy sauce
2 tablespoons balsamic vinegar
1 1/2 tablespoons sugar
1 tablespoon (or more) hot chili oil (or other spice to taste)
1 1/2 teaspoons salt
1 pound pasta (a long thin noodle works best)
12 green onions, thinly sliced (if using regular onions, sauté)
1/2 cup coarsely chopped roasted peanuts
1/4 cup thinly sliced fresh Thai basil leaves (regular basil works too)

Heat peanut oil in skillet over medium heat. Add ginger, garlic and purslane (leaves and small stems); sauté until tender (you may need to add a little water and a lid). Transfer to large bowl. Add next 6 ingredients; whisk to blend.

Cook noodles in large pot of boiling water until just tender, stirring occasionally. Drain and rinse under cold water until cool. Drain thoroughly and transfer to bowl with sauce. Add sliced green onions and toss to coat noodles. Let stand at room temperature until noodles have absorbed dressing, tossing occasionally, about 1 hour. Stir in peanuts and basil; toss again. Season to taste with salt and pepper. Serve at room temperature. If you're feeling festive, try it with a side of pineapple.