

6 days till Holler Fest!

Hollerfest is only a week away! Come out to the farm August 21-23 to enjoy plenty of music, fresh homemade meals and fun activities in a beautiful setting. Folk musicians will hit the stage all weekend, in addition to the acoustic sets performed in the cabin. Listen for Orpheum Bell, Dick Siegel, Breathe Owl Breathe, Misty Lyn, and Joe Reilly, among many more. Breakfast, lunch and dinner will be served from the rustic outdoor kitchen – with an emphasis on local, organic cuisine of course! Classic Indian Summer recipes will be prepared, along with Silvio's organic pizza. If you need a break from all that action, you can participate in a number of other activities, including yoga workshops, nature walks, bonfires and drum circles.

Hollerfest is a family friendly event, and everyone is welcome to camp on the farm – facilities are rustic. And don't forget, volunteers are still encouraged to join us in the planning and execution of this special event. We hope to see you all there next weekend! Visit hollerfest.com for the full scoop.



Frog Holler helps Natalie, Erin and Holly modeling the Holler Fest 2009 shirts! Available at the festival or at market for \$10.

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CSA Newsletter #9!

In the box this week:

1. Salad Mix or Parsley, Arugula and Edible Flowers!
2. Russian or Tuscan Kale
3. Beets
4. Carrots
5. Potatoes
6. Green and yellow beans
7. Green or Middle Eastern zucchini or summer squash
8. Sweet basil
9. Italian eggplant (round) or Oriental eggplant (long and thin)
10. Red onion or leeks
11. Garlic



The Friday crew in their Holler Fest 2009 shirts!

Recipes

Last Saturday it poured rain all morning at the farm. While the weather brought much-needed moisture to the soil, it prevented us interns from doing our usual Saturday morning cultivating. Still, we managed to cope with our unexpected day off by baking these tasty beet muffins.

Double Chocolate Beet Muffins

1 c. whole wheat flour
1 c. all-purpose flour
2 tsp. baking powder
1 t. baking soda
1/2 tsp. salt
1/2 c. bittersweet chocolate chips
1/4 c. butter
2/3 c. bittersweet chocolate chips
3/4 c. brown sugar
2 eggs, lightly beaten
1 c. beet puree*
2/3 c. buttermilk
1 tsp. vanilla extract

*To make beet puree: Remove greens from beets and boil for 35-40 minutes. When cool, the skins should slip right off. Puree beets, adding a little bit of the cooking water, until they reach the consistency of applesauce.

1. Preheat oven to 375 degrees.
2. Grease a 12-cup muffin tin or line it with paper cups; set aside.
3. In a large bowl, whisk together first 5 ingredients until well combined. Stir in the half cup chocolate chips; set aside.
4. In a small saucepan, melt the other 2/3 cup chocolate chips and butter over very low heat. Stir to combine and set aside to cool until lukewarm.
5. In a medium bowl, whisk together eggs, brown sugar, beet puree, buttermilk, vanilla and melted chocolate.
6. Pour the chocolate mixture into the dry ingredients and stir with a spoon until just combined.

Immediately spoon batter into 12 well-greased or paper-lined muffin cups. Batter should completely fill the cups.

Place muffin pan in the oven and bake for 18-20 minutes.

Cool muffins for 10 minutes in pan then remove them to a wire rack to cool completely. Garnish with an edible flower, and enjoy!

Potato and Leek Soup

3 tablespoons butter
2 leeks (white and pale green parts only), halved lengthwise, thinly sliced
3-4 potatoes (about 18 ounces total), peeled, diced
2-3 cloves garlic, minced
4 1/2 cups vegetable or chicken stock
1 bay leaf
1/ tsp dried thyme
2 tablespoons chopped fresh chives

Heat the butter with a splash of extra-virgin olive oil in a heavy pot. Sauté the leeks and garlic until the leeks are tender. Add potatoes and cook until they begin to soften, but before they start to brown. Add the stock, bay leaf and thyme, and simmer until potatoes are very tender, about 30 minutes. Use an immersion blender or food processor to blend soup until it is smooth and creamy. Garnish with fresh chives, if desired.

Notes From The Field

This week the Frog Holler staff completed the fall onion harvest on a beautiful and sunny Wednesday afternoon. These onions were planted in the early spring, and have now reached a mature size for picking. During harvest, each onion is gently pulled from the ground and laid out in the sun to dry. A few days of dry, sunny weather transform the onions into a perfect state for storage. Beautiful red and golden onions await you.

So far this summer has been cooler than any in recent memory. In fact, several cities across Michigan reported the coldest July on record. Here at the farm, we're seeing the effect of cool days and chilly nights most prominently in our tomato patch – the tomatoes are late! However, while most of the fruits are hanging tantalizingly and tauntingly green, some ripe tomatoes have appeared on the vine – and on the Frog Holler lunch table. So don't worry, the delicious flavors of heirlooms like Volkov and Cherokee Purple tomatoes, while delayed, lie in the not-so-distant future...

In the box this week is a special bag of our edible violas for you to enjoy. You've probably seen these delicate flowers in our salad mix – we pick them every Friday as one of the last steps in the salad making process. They come in a wide variety of beautiful colors, and you can use them to garnish just about any plate. Edible violas also make a gorgeous decoration for cakes, cupcakes, or beet muffins.

CSA details:

Thanks folks for bringing your boxes back. You can also return the little pint boxes. You can see previous CSA newsletters from this year at <http://froghollerorganic.com/csa.htm>