

Notes from the field:

5. Zucchini has arrived in force! We eat a lot of summer squash and zucchini at Frog Holler. Teamed up with fresh basil and sautéed with a scallion or two, it makes summer official. Some of you will have dark green zucchini, others will have the lighter colored middle eastern variety, appreciated for its tender skin when making stuffed zucchini dishes.

6. & 7. These little bulb onions make nice additions to the kabob skewer. Remember to use the greens for your soup stock!

8. Asian greens – appearing again this week in all their tasty and nutritious glory. These greens are high in carotenoids, vitamins A and C, calcium, iron, magnesium, fiber and also contain a good dose of anti-oxidants. The Frog Holler correspondent in Japan, Joan Bailey, offers our CSA members some interesting information and suggestions for preparing these greens the Japanese way. See Joan's feature later in the newsletter.

4th of July party!

We thank members Judith Heady, Faye Ogasawara, Leah Hagamen and housemates, and friend Karen for good weeding in the strawberry patch that we will pick next year. Some of those berries will have their names on them! If you missed your chance to join in the weeding fun, stay tuned for future work party dates.

We had a nice group for the Party Party and for Yoga in the Barn. Our next social gathering will be Holler Fest, August 21-23 – mark your calendars!



July 11, 2009
CSA Newsletter #4!

In the box this week:

- 1. Lettuce**
(Red Leaf and/or Green Leaf and/or Red Bibb)
- 2. Kale – Curly or Russian**
- 3. Beets**
- 4. Snow peas – last week for these**
- 5. Zucchini – new!**
- 6. Scallions**
- 7. Summer cooking onions**
- 8. Mixed baby Asian greens**
- 9. Sweet basil – new!**
- 10. Cilantro**
- 11. Arugula – non-salad**

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Meet Our (Former) Interns - Joan Bailey

Many of you remember Joan's smiling face at the stall last year. She helped us at the farm and market last summer and then up and moved to Japan with her husband Richard in March! Joan is having a blast experiencing Japanese vegetables from the ground up. You can read about her adventures and see lots of nifty photos at Joan's blog: <http://popcornhomestead.blogspot.com/>



Joan and Richard

So what are you and Richard up to, Joan?

Richard is teaching English at Asia University in Tokyo, and I'm working for an organic grower also in Tokyo. (Seriously, the farm's address is Tokyo. We are two blocks, give or take, from the train station!).

Any favorite memories from your time at Frog Holler?

Weeding with the whole gang, and Sparky the Cat joining to help pick Swiss Chard. (I've got a million favorite memories. Are you kidding? How about helping Elisabeth back the truck up or riding in with Edwin and Elisabeth? Oh, I loved working there. Every moment.)

Any insights into Japanese food and agriculture?

I'm fascinated by the Japanese focus on seasonality. When strawberry season is over those little red gems don't return until the following Spring. And I'm daily amazed at the fact that the Takashi Farm is in a bustling metropolitan area. The Takashi family has farmed here for what sounds like forever. One of the barns is nearly 150 years old, meaning it survived the massive Canto Quake in the early 1920's along with heavy bombing of the area during World War II.

The Japanese like their vegetables fresh. If it was picked yesterday, it's almost not edible. A little over-ripe? Not acceptable. It's also a bit shocking at how expensive fruits and vegetables are here. A 200 gram bag of mini-tomatoes (a.k.a. the cherry tomato) sells for about 299 yen (roughly \$2.99).

Joan added this in her email: The growing season in Tokyo is longer than in Michigan, so Joan (the RAT!) has already been long enjoying eggplants, green beans (crazy long ones at that!), and eating the first ripening blueberries. Of course, she's quite happily growing some kale and Green Zebra tomatoes in the little garden plot the Takashi's offered her. It's not home if there isn't kale on the table, says Joan.

Joan sends us this recipe from Japan for preparing Asian Greens:

Simple Sauteed Bok Choi

Ingredients:

Bok choi
Cooking sake (if you've got it. If not, I've used cooking wine to the same effect.)
Two cloves of garlic
A wee bit of ginger
Green onion
Soba or other noodle (something like spaghetti but from an alternative flour)

Chop up the bok choi, and quickly saute/stir fry it in a little bit of oil. Remove from heat and place in a separate bowl.

Finely mince the garlic. (Joan left her garlic press in Michigan, and craves it on a daily basis.) Pop it into the tablespoon of vegetable oil already heating in the pan. Toss in the onion - all of it chopped up from white stem to green stem - and swish around.

Meanwhile, boil the pasta, drain, and run cool water over it. Toss the pasta in with the garlic, ginger, and green onion, and flop about. Throw in the cooking sake - about a tablespoon - along with some soy sauce - a little less than a tablespoon - and stir a bit more.

Toss the still crunchy bok choi on top, and enjoy!

We understand that the CSA movement originated in Japan, and appreciate this little window into the Japanese veggie style.

Thanks, Joan! Sounds very tasty. We miss you!

CSA details:

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