

Notes from the field:

Did you know that when rain comes down really hard, as it did last Saturday morning, it tends to 'bounce' off the fields and make no appreciable difference? So despite being very dry, we appreciate the bounty of vegetables represented in your share this week! And we appreciate our team member who spends most of his time these days dragging irrigation hoses from field to field!

1. Lettuce or salad mix - Fresh young lettuce from a new patch. Salad mix shares will see more flowers in the mix each week. Bright orange calendula petals are added this week. If you ever want to switch from non-salad to salad share or vice versa, just let us know.
2. Kale - There have been requests for kale recipes – two good ones are included in the newsletter.
9. Sorrel - a tender lemon-flavored herb with many uses. We put lots in the salad mix, but also use it wherever a lemon flavor might serve, especially if we're out of lemons. In tabooli? Yes! In hummus? Tasty! Potato Salad? Definitely! In soup? A recipe is included!

Meet Our Interns – Kristie Kachler

Kristie grew up in Maysville, Kentucky and attended Centre College, where she received her BA in Anthropology. Kristie came to Ann Arbor to earn her MFA in Creative Writing in 2008. In '08-'09, Kristie was a Zell Post-Graduate Fellow in poetry at the University of Michigan.



Kristie was drawn to the farm by the desire to spend time outside and off the computer! While at the farm, Kristie has enjoyed tuning into the small and engrossing scale of vegetable maintenance, such as combing through small weed forests, or uncovering little fennel worlds. She has also appreciated hearing people plan their gardens during the spring bedding plant season at the farmer's market. We have enjoyed Kristie's unique and often funny perspective on her experiences, and, although she hasn't written a poem about Frog Holler yet, we hope this summer provides creative input for the years ahead.



July 18, 2009
CSA Newsletter #5!

In the box this week:

1. Lettuce or salad mix
2. Curly or Russian Kale
3. Beans – new!
4. Zucchini or summer squash
5. Summer cooking onions
6. Cucumbers – new!
7. Carrots – new!
8. Potatoes – new!
9. French Sorrel
10. Sweet Basil
11. Cilantro
12. Arugula (for the non-salad share boxes)

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What's cooking

GREENS IN PEANUT SAUCE

(originally in "Simply in Season," Lind and Hockman)

Member Judy Heady sends us this recipe from her daughter's Wisconsin CSA. These are Judy's words, straight from the CSA box!

Can be served on polenta; serves 4-6.

1 medium onion, chopped

2-3 cloves garlic, minced

In large pot/skillet saute in 1 T. oil [I used olive oil]

1 medium tomato, diced (opt.) [I think necessary and in fact could use more than 1]

add to pot and cook 2-4 minutes

1/2t. ground coriander [I used cut up fresh]

1/2t. cumin

1/4t. salt or to taste

1/8t. ground cloves [I did not use]

[Can also use Italian herbs or curry powder]

1 lb. Kale, Collards or other greens [I used all Kale in 6-27 share - 1/2lb. and about halved the other ingredients]

Add a bit of water so does not get dry after add all to the pot -steam until tender, but not mushy

Mix occasionally to coat the greens with the spices.

When done mix in 1-3 T. of crunchy peanut butter and a T. or 2 of hot water and serve. (We used a can of diced tomatoes, and the higher portion of peanut butter. Tasty!)

Judy adds that it was good as leftovers a day later. Thanks, Judy!

Holler Fest 2009!

Friday through Sunday, August 21-23

Performances by Dick Siegel and the Brandos, Misty Lyn & The Big Beautiful, Joshua Davis, Breathe Owl Breathe, Orpheum Bell, Joe Reilly and many more.

Camping Friday and Saturday night - Kids activities - Yoga - Nature walks

Details at hollerfest.com

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>

From the Frog Holler lunch counter:

KALE CHIPS

1 bunch kale - wash, remove stems, and tear into 3 to 4 inch pieces.

2 tablespoons grated parmesan cheese, or for a vegan version use nutritional yeast.

1/2 tablespoon apple cider vinegar.

1 tablespoon olive oil.

Pinch of sea salt.

Heat oven to 375 degrees. Mix vinegar and oil, pour over kale and toss to coat.

Sprinkle in cheese/yeast and salt. Toss again until kale is evenly coated. Spread onto a baking sheet, and bake for approximately 15 minutes or until crispy and brown around the edges.

Enjoy by themselves, or try crumbling them up over baked potatoes, pasta dishes, or salads. We used nutritional yeast and more than a pinch of salt - delicious!

A little cayenne pepper would be good if you like things spicy. Martha Stewart even approves of kale chips, so if you have never had them, get baking! You will quickly use up your kale this way.

CREAM OF SORREL SOUP

The citrusy tartness of sorrel is nicely balanced with the small amount of cream to make a refreshing soup served equally well hot or cold.

Ingredients

1 onion

2 medium potatoes (or 1 large)

2 tablespoons olive oil

1 bunch sorrel

3 cups stock

1/2 cup cream

salt and pepper

Directions

Scrub the potatoes; chop the potatoes and onion. Heat olive oil in a large pan. Cook potato and onion, lightly salted, in the oil, stirring occasionally for about 5 minutes. Meanwhile, rinse the sorrel and strip out the center stems. Add stock and sorrel to the pot. Cover and cook until sorrel, potato and onion are soft - about 10 minutes. Remove from heat and add cream. Purée, working in small batches so as not to get splattered by hot liquid. Serve hot, or chill and serve cold.