

**More farm crew members:
Elisabeth**

Favorite event of this week: the garlic harvest.

Highlights of this season: staking and tying tomatoes; Manchester 4th of July fireworks.



Elisabeth in the tomato patch

Hopes for the harvest: that the heirloom corn and beans are as pretty as they are on the package and that the sweet potatoes are extra sweet.

Suggested reading: “The Fatal Harvest Reader,” by Andrew Kimbrell(editor); Acres USA: The Voice of Eco-Agriculture; “The Botany of Desire,” by Michael Pollan.

Most successful kitchen experiments: Four berry pancakes; roasted beets with olive oil, tarragon and goat cheese; zucchini bread with cherries, chocolate chips and flax seeds; daily doses of garden mint tea with local raw honey.

Elisabeth has taken personal responsibility for taming the unruly tomato plants, staking and tying them into tidy and harvestable rows. We appreciate her dedication and look forward to her good work bearing fruit!



The tomato patch – staked, tied up, and ready to grow



**July 25, 2009
CSA Newsletter #6!**

In the box this week:

- 1. Lettuce – romaine, leaf, bibb, and/or head**
- 2. Salad Mix – every share gets to try our flavorful and flowerful salad mix**
- 3. Cabbage – new!**
- 4. Beets**
- 5. Kale – Curly or Russian**
- 6. Asian Greens – Tat Soi (dark green) or Pac Choi**
- 7. Carrots**
- 8. Arugula**
- 9. Beans**
- 10. Zucchini or summer squash or patty pan**
- 11. Sorrel (in the non salad mix share boxes)**

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Notes from the field

The cool nights seem to have delayed the tomato ripening. Some pinkish grape tomatoes have been spotted; they're coming!

This marks the final harvest from our first beet patch. This generous patch has supplied us with beets on Wednesday and Saturday for almost six weeks. We have to thank Elisabeth, who was on a mission in the early days of the patch to keep it weeded and cultivated. The beets definitely responded! But don't despair, beet lovers, our second planting of beets is almost ready!

We harvested the first half of our garlic crop this week. Elisabeth suggested a new (to us) method for tying and hanging the bunches of garlic. Garlic appreciates good air circulation to dry properly and the bunched garlic should do well hanging under the shade cloth in the greenhouse. Watch your boxes for garlic in the near future!



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>



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

What's cooking...beets!

REFRESHING BEET SALAD

1 bunch beets: boil or roast, then cool and remove skins

1 orange: peel and section; chop orange sections in chunks
or

1 small can mandarin orange slices (packed in fruit juice): drain

1 c. blanched almond pieces or chopped walnuts

Add your favorite vinaigrette dressing and mix gently. Salt and pepper to taste.

SATISFYING BEET SALAD (a favorite from last year's CSA recipe file)

1 bunch beets: boil or roast, then cool and remove skins

½ medium-sized: onion slice thin

½ c. walnuts: toast slightly (more if you like walnuts)

1 bunch arugula: wash, pat dry and tear into bite-sized pieces

Add you favorite vinaigrette and mix gently. Allow flavors to blend, then sprinkle generously with Feta cheese and fresh black pepper before serving.

ADDICTING BEET SPREAD, aka BEET CAVIAR (another favorite from last year)

1 bunch beets, boil or roast, then cool and remove skins

½ c. walnuts: grind in blender or food processor (you may toast first but not necessary)

2-4 cloves of minced or pressed garlic, your call

Grate beets and mix everything together with one-quarter to one-third cup mayonnaise.

Salt and pepper to taste.

Serve as a dip or spread with some good crackers. Incredibly tasty!