

## Events

Frog Holler Work Party  
Saturday, July 4 – TODAY!  
1-4 PM

Frog Holler Potluck and Barn Party  
Saturday, July 4 – TODAY!  
4-11 PM

Holler Fest 2009  
August 21-23  
hollerfest.com



## Meet Our Interns: Erin Zoppa

Erin hails from Grand Rapids and after studying nursing in Lansing, is transferring to Grand Valley State University this fall with a major in Natural Resources Management. Looking for “something different to do this summer,” Erin came across the Frog Holler listing in Organic Volunteers. She visited us on a chilly day in early spring, and returned in May to immerse herself in farm life.



So far, Erin's favorite food at Frog Holler is “strawberries right off the vine!” Growing up a city kid, Erin had never seen how broccoli or cauliflower looks when they are growing in the garden. She has enjoyed getting to know veggies from the ground up!

Erin's quick smile and ready laugh reflect her enthusiasm and positive attitude. We're glad she found Frog Holler this summer!



July 4, 2009  
CSA Newsletter #3!  
**Frog Holler Party Today!!**

In the box this week:

- 1. Lettuce**  
(various varieties: Deer Tongue, Oak Leaf, Romaine, Bibb, Red Leaf)
- 2. Mixed Kale bunch**
- 3. Scallions**
- 4. Beets**
- 5. Snow Peas**
- 6. Cilantro/Arugula**
- 7. Asian Greens**
- 8. Purslane**
- 9. Mulberries**

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## Well, I guess I have some splainin' to do!

4. Beets – You all have either some or all Chioggia Beets, a specialty variety known for its sweet flavor and distinctive red and white concentric rings on the inside. Nice in any beet dish; very pretty in a cold beet salad.

6. Salad shares did not get arugula (young plants in baggies) but everyone got cilantro – salsa anyone?

7. Asian Greens – a mix of baby Pac Choi and Tat Soi (darker green). These are tender, slightly spicy greens that will go nicely into salads, soups and stir fries.

8. Purslane – Some of you may have said “Ah!” when you saw the purslane; some of you may have said “Wha?” Or you might have just weeded it all out of your garden only to find it coming back to haunt you in your box. Purslane is actually a revered vegetable in many cuisines around the world. Often called “Gandhi’s favorite vegetable”, it is said that Gandhi encouraged cultivation of purslane so that the Indian people could become more self-sufficient. If you are gardeners, you know how easily and abundantly purslane grows, especially when the weather warms. But it is also a nutritional powerhouse. Its leaves are high in alpha-linolenic acid, an omega-3 fatty acid we usually get from fish or flaxseed. It also contains small amounts of EPA and DHA, longer-chain omega-3s rarely found in any food except fish and fish oil. Purslane is also a source of calcium, potassium, iron, glutathione, essential amino acids, and vitamins E, C and A. (Pregnant women should avoid purslane because it is said to sometimes make the uterine muscles contract.)

Purslane’s leaves are tender and succulent; its flavor has been described as peppery cucumber. Experiment with it and see what you think!

For a flavorful salad, toss raw purslane with other lettuces, like arugula, butter lettuce, spinach, mache or romaine. Add a lightly sweet and tart dressing, such as honey mustard.

- Enhance ordinary mayonnaise-based salads — chicken, egg, tuna, shrimp and turkey — by replacing celery with chopped purslane sprigs and stems.
- Use purslane in sandwiches instead of lettuce.
- Raw purslane makes an attractive garnish.
- In recipes that call for watercress, try purslane instead.
- Stir purslane into soups and stews, just as you would use spinach.
- To cook, steam purslane for one to two minutes. Or sauté it in a hot pan with olive oil until it’s lightly wilted. Serve as a side dish.

9. Mulberries! This subtle-tasting little tree fruit also turns out to be loaded with nutrients. The lowly mulberry is high in Vitamin C, Vitamin K, Iron, Dietary Fiber, Riboflavin, Magnesium and Potassium. It also contains resveratrol, an antioxidant also found in red wine and grapes, that has been heavily publicized for its positive health benefits. These benefits include lowering cholesterol, preventing cancer, blood clots and diabetes, aiding in weight loss and increasing longevity! Google tells us that “Persons with graying hair can also get benefited by regular intake of Mulberry. Mulberry juice applied directly on head also promotes healthy growth of hair and blackening.” Who’s first?

Mulberries are nice tossed into pancake batter or muffins. For a refreshing nutritious treat, try a Mulberry Smoothie: 2 bananas, 1 c. fruit juice, 1 c. flavored yogurt (strawberry is nice), 1+ c. mulberries. Blend and enjoy. A votre sante!

I have several good recipes this week, two of them submitted by members. Space allows only one, so I’ll share a scrumptious kale recipe with you next week. For this week:

### Beet Soup with Savory Share Box Stock

The stock is the secret ingredient for this recipe, and I’ll give you the directions right from our member:

You can save the makings for this stock with the leftovers from last week’s CSA box, but when I get my box from Frog Holler I cut off the top 1/4 of the green onions (so they will fit in fridge) I also cut off the beet leaves (save the thicker part of the stems to cook with the beets for later because they will really make the stock very red.) Most of the thick part of the chards and kales get cut off. I cut off the bulky stock of the broccoli and what ever else and cut it up.

I sauté an onion and all onion greens. I throw in the garlic scapes or bulb garlic and enough water to cover. Add some salt and a bunch of herbs right from the garden. Be careful! The aroma will carry you away! But that is ok because it needs to simmer for a while.

When it is cool I spoon out the cooked ingredients into a colander and mash it a bit to get everything good out. I put all the stock through the colander and then it is ready for adding to soups, sauces or freezing.

Once you have made the stock, cube the beets and some potatoes and simmer them in the stock until they are soft. Adjust salt and seasoning to taste.

This soup can be served warm or cool. A dollop of yogurt or sour cream in either version would be just fine!

I love this recipe because it comes right out of the Frog Holler CSA box and is a great way to use every smidgen of your share. Thanks Patty!