

Notes from the farm

Have you noticed it has been a cool moist Spring? Regular rainfall has kept the early spring leafy crops very happy. As we move through June, we are winding up our spring seedling season, harvesting spring crops and strawberries, finishing our big spring planting push, and weeding weeding weeding! (Weeds like rain too!)

We are fortunate this year to have a good crew of interns helping us get the work done. We'll feature an intern each week so you can get to know them too!

Meet Our Interns: Christina Barkel

Christina joined us in early May, after graduating from U-M with a joint degree between the School of Natural Resources and LS&A called "Program in the Environment." As an athlete, Christina played soccer and ultimate Frisbee; she is now brushing up on her volleyball skills since Frog Holler is surrounded by avid volleyball players. Christina says she is learning a lot on the farm and mentions sorrel and garlic scapes as two discoveries since she has been here. (After picking two bushels of garlic scapes, she definitely now knows what they are!) Christina also says that so far her time working on the farm has been fun and enjoyable. We appreciate Christina's "can-do" attitude and are glad she is doing graduate work in Frog Holler's program in the environment!



Questions and feedback

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June 20, 2009
CSA Newsletter #1!

Greetings all, and thanks for being part of the 2009 Frog Holler Farm CSA. Here's what's in your box this week:

- 1. Lettuce: Anuenue and/or Deer Tongue
(explanations to follow!)**
- 2. Kale: Red Russian**
- 3. Beets**
- 4. Radishes**
- 5. Scallions**
- 6. Arugula**
- 7. Garden Mint**
- 8. Garlic scapes**
- 9. Rhubarb**
- 10. Strawberries!**
- 11. Spinach (non-salad mix shares)**

Okay – explanations and information...

1. Anuenue (ah-noo-ee-noo-ee) is a Hawaiian lettuce variety whose name means “rainbow” (although I don’t know why), but it calls up pleasant images that go along with the sweet crunchiness of this delicious semi-head lettuce. If you don’t have salad mix in your share, you also have Deer Tongue lettuce, and old-fashioned variety that I guarantee you will not see in the stores, due to its extreme tenderness. A bit of crunch at the center just adds to the delicious quality of this beautiful lettuce.

2. Red Russian Kale is an heirloom variety of kale, introduced to Canada in the late 19th century by Russian traders. It is a little tenderer than curly kale and keeps its good kale flavor right through the heat of summer. Nutritional value is just as high as curly kale: One cup of kale has 33 calories, double your daily beta-carotene and 6 times of the recommended amount of vitamin K (K is good for your bones and blood). It also has plenty of vitamin C, calcium and potassium.

3. Beets were at the top of last year’s list from the New York Times: “The 11 Best Foods You Aren’t Eating.” <http://well.blogs.nytimes.com/2008/06/30/the-11-best-foods-you-arent-eating/> And beet greens should even go ahead of beets on the list, as they are bigger nutritional powerhouses. Here’s the healthy scoop: Beets are loaded with vitamins A, B1, B2, B6 and C. The greens have a higher content of iron compared to spinach. They are also an excellent source of calcium, magnesium, copper, phosphorus, sodium and iron and chlorophyll. While the sweet beet root has some of the minerals in its greens to a lesser degree, it is also a remarkable source of chlorine, folic acid, iodine, manganese, organic sodium, potassium, fiber and carbohydrates in the form of natural digestible sugars.

4. Radishes: Here is my first recipe, and it’s an easy one – Radish Sandwiches! Take one slice of dense bread – Mill Pond Multigrain is a fine choice. Spread liberally with good butter. Top with slices of radish, maybe a sprinkle of salt, and enjoy! I’ve always understood that this is a traditional German treat, accompanied by steins of good German beer. But now, thanks to the wonders of the web, I find this is also a French delicacy. So whether you’re a wine or beer or water person, you can enjoy a radish sandwich!

8. Those funny-looking curly thingies are “garlic scapes”, traditionally popular for Chinese cuisine, but gaining appreciation for use in any dish that calls for a light fresh garlic flavor. Simply chop and add to stir-fry, salsa, soup, and more. You can use all of the neck up to the little bulb, but the scape gets tough after that. And just what is a “garlic scape?” It’s the flower stem that garlic produces before the bulbs mature. We cut the scapes so that the growing energy can go down into the bulb. It helps the plant and we help ourselves to an early garlicky treat!

9 & 10. Rhubarb and strawberries! Well, probably the best thing to do with the strawberries is to sit down and relish them fresh and whole, one by one. Oh, go ahead and share them too! But if you have some extra berries from somewhere else, here is a recipe for Rhubarb-Strawberry Crisp that is mighty tasty. It was also very easy and I reduced the sugar with still excellent results! Ice cream or yogurt are very nice with it.

1 1/2 c. sugar

4 tbsp. flour

4 c. rhubarb

4 c. strawberries

3 c. oatmeal

1 1/2 c. brown sugar

3/4 c. melted butter

Combine sugar and flour. Add rhubarb and strawberries, stir. Put in 9 x 13 pan. Combine other ingredients and sprinkle over top. Bake at 350 degrees for 40 minutes. Can be served warm with vanilla ice cream.

I’m sure you can figure out delicious things to do with everything else! I’m always interested in the creative ways our members use their produce; feel free to let me know.

CSA Work Party followed by Party Party

Saturday, July 4

Join us for field work: anytime between 1-4 PM
(Details in next newsletter)

Join us for farm walks, games, swimming 4-6 PM

Potluck, bonfire 7 - ? PM

Campers welcome

Yoga in the Barn Sunday AM

We’ll provide drinks and snacks for the workers

Hope you can make it!