

Frog Holler Work Party – Saturday, July 4.

If you don't already have plans for the 4th of July weekend, consider spending your holiday getting a close-up view of where your produce comes from. We will set aside 1-4 PM for most likely weeding, and will also be happy to show you the farm and fields. Light snacks/refreshments at 4 PM; feel free to bring something. Also bring gardening gloves if you have them, and maybe some sunscreen.

Working on the farm is not a requirement of being a member of the Frog Holler CSA, but some folks have asked about coming out to help. We will schedule more work parties throughout the season.

We would appreciate knowing if you are coming to work on the 4th!

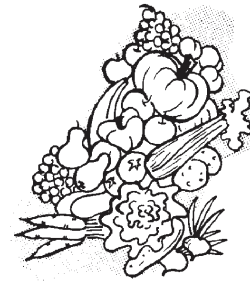
Meet Our Interns: Jana Vander Goot

Jana is from Grand Rapids, and received a Bachelor of Architecture from the University of Notre Dame. This fall Jana will enter the Master of Architecture program with a specialty in landscape architecture at U. of Virginia. Jana and her husband Mike have a small architecture office called VanderGoot Ezban Studio where they have done mostly projects that address buildings as they interface with agriculture, gardening, and land preservation techniques.



Jana was interested in working on Frog Holler in order to get a better sense of the growing season so she can take it back to her work as an architect. Since being on the farm, Jana has discovered garlic scapes, Chioggia beets, and the satisfaction of seeing teeny little seedlings grow into big healthy produce.

We appreciate Jana's enthusiasm and openness to the farm experience and hope that her "hands-on" summer will be useful for her future studies and work.



FROG HOLLER CSA



June 27, 2009
CSA Newsletter #2!

In the box this week:

1. A variety of lettuce
2. Mixed Kale bunch
3. Rainbow Chard bunch
4. Scallions
5. Beets
6. Arugula
7. Broccoli – new!
8. Snow peas – new!
9. Strawberries

Questions and feedback

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Information and explanations:

1. Several types of lettuce including the old-fashioned varieties, Deer Tongue and Oak Leaf, the new-fashioned Anuenue, and some of you have Romaine and Bibb. I wondered about the nutritional value of lettuce and, thanks to Google, found that lettuce leaves, especially the dark ones, are rich in folate and contain useful amounts of beta-carotene as well as vitamin C and potassium. What I didn't know is that lettuce contains "certain phyto-chemicals (coumarins, flavonoids and lactucin) that act as a mild sedative, especially when eaten with bread." Well, so much for sandwiches for the work crew lunches!

2. Three types of kale in the mixed bunch: Curly, Red Russian and Tuscan (also called dinosaur or Lacinato kale). I think they'll all get along just fine. The Curly usually takes the longest to cook, but these are all fairly young leaves and are quite tender as kale goes.

3. Rainbow Chard is a newer variety of chard that has quickly become a standard. Who can resist those colors? Cook like spinach or use fresh in salad for a splash of flavor and color. The stems are edible and tender, although they take a bit longer to cook than the leaves.

4. One of my favorite things to do with scallions is to simply sauté them and then add cooked rice, continuing to stir and sauté the scallions and rice together. Simple, tasty and satisfying. A more elaborate variation on that theme:

Sesame-Rice Lettuce Cups

Toast ½ cup sesame seeds until they pop and give off a toasted aroma. Remove from heat. Make a dressing of equal parts rice wine vinegar or lemon juice, soy sauce, olive or sesame oil, maybe ¼ c. each. Finely chop 1-2 scallions and mix all together. Clean the leaves of a head of Bibb or Anuenue or Romaine; these leaves are usually more cup-shaped. Then place a healthy dollop of cooked rice onto each lettuce leaf. It's also good to have slightly sticky rice that will hold together. Pour the dressing over the rice, well, don't pour, spoon some dressing onto the rice in the lettuce cups and enjoy! A fun and tasty offering for a summer party.

5. Keep eating those beets! Try roasting or boiling the beets. Slip the skins under running cold water, then chop beets, drizzle with vinaigrette and sprinkle with feta cheese. A nice summer salad. Save the greens and cook them with the chard; the beet greens will need a little longer to cook. At the Frog Holler lunch table this week, beet greens were sautéed with scallions and garlic (or scapes), and garnished generously with toasted sunflower seeds - delicious!

6. You could chop and add arugula to that cold beet/feta salad and you would be doing just fine!

7. First broccoli of the season - enjoy!

8. Snow peas, or edible pea pods, are excellent fresh for snacking, in salads or in stir fry. They are a good source of vitamins A, K, B complex and C, as well as providing some good fiber.

9. Bye Bye Berries! Sorry, this is the end of the strawberries for this year.



Saturday July 4

4-7 PM - See the farm, swim, volleyball, games.

7 PM - Potluck, music, bonfire

You're welcome to camp! Yoga in the Barn on Sunday morning!