

Notes from the Field

We've been blessed with some warm, wonderful September days that make harvesting beans, squash and carrots quite pleasant for the crew. The greens in particular respond positively to the change in season – the lettuce is recovering from the stress of August sun and heat, and baby spinach is poking out from its place on the hill. Cultivation projects tend to slow down in the fall, although this week we prepared some late-fall lettuce beds and tackled one of a few weedy strawberry patches. With relief we hauled in the irrigation hoses from the back field, and contemplated, with not-so-much relief, where we were going to store them!

This past week we at Frog Holler went on a sauerkraut-making adventure. Guided by Sandor Katz and his book *Wild Fermentation*, we chopped 15 pounds of beautifully dense, rich cabbage, salted it, and mashed it into Cathy's clay crock. Now, we wait – in a week or two, we'll have all the sauerkraut we could ever want, ready and waiting to grace our veggie reubens. Your red cabbage could make some delicious sauerkraut too, and you don't even need a fancy container. A food-grade plastic bucket will do. Just add some salt to your chopped cabbage, and mash in the container until the brine covers the cabbage. Try adding other chopped veggies, like carrots or turnips to your mix. Cover with a plate, and use a glass jar with water inside to weigh down the top. This helps force more brine out of the cabbage. Leave your bucket to ferment, and check on your kraut every day or two. Most importantly, enjoy its developing flavor! For more info, check out www.wildfermentation.com

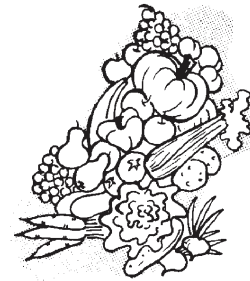
If you prefer your cabbage unfermented, try this recipe for fresh coleslaw.

Coleslaw with Remoulade Dressing

from Bon Appetit, May 2009

1 2-pound red cabbage, quartered, cored, very thinly sliced (10 to 11 cups)
4 large carrots, peeled, shredded
2 teaspoons coarse kosher salt, divided, plus more for seasoning
2/3 cup mayonnaise
1/3 cup Creole mustard
3 large green onions, chopped
3 tablespoons chopped fresh parsley
1 small celery stalk, chopped
2 tablespoons fresh lemon juice
1/2 teaspoon sugar

Place cabbage in large colander; place carrots in medium colander. Toss cabbage with 1 1/2 teaspoons coarse salt. Toss carrots with 1/2 teaspoon coarse salt. Let stand 1 hour, tossing occasionally. Drain both vegetables; transfer to large bowl. Whisk mayonnaise and all remaining ingredients in medium bowl. Season dressing to taste with coarse salt and pepper. Drain any liquid from vegetables; toss with enough dressing to coat.



FROG HOLLER CSA



September 26, 2009
CSA Newsletter #15!

In the box this week:

1. Turnips
2. Broccoli
3. Carrots
4. Green or yellow beans
5. Winter squash
6. Salad mix, Asian greens or chard, parsley, lettuce
7. Russian kale
8. Red cabbage
9. Green pepper
10. Basil
11. Beets
12. Arugula

Frog Holler Farm
11811 Beech Rd.
Brooklyn, MI 49230

email: kings@frohollerorganic.com
phone: 517-592-8017
web: frohollerorganic.com

You can see previous CSA newsletters from this year at
<http://frohollerorganic.com/csa.htm>

Meet the Community:
Margy Bialecki

Our superstar volunteer, neighbor and friend this week is Margy Bialecki. A neighbor to the Kings, Margy has been helping out at the farm for almost ten years. Her enthusiasm for strawberry picking and expertise at the salad snipping table contribute enormously to the camaraderie that she says is her favorite part of the farm.

You may have seen Margy at Holler Fest as her alter-ego, a ten-foot puppet named Mother Earth. Margy's been creating Mother Earth for two years, and finally unveiled her at this year's festival. Although initially apprehensive about the project – she remembers thinking “what have I gotten myself into?” - Margy loved making the puppet and proudly led two kids' parades at Holler Fest. Seeing Mother Earth was *the* Holler Fest highlight for many people this year, kids and grownups alike!

Margy goes crazy over arugula. This zesty green adds zip to her salads and sandwiches, when she's not eating it by the handful! Sadly, the beginning of the school year meant the end of the season here at the farm for Margy – she's student teaching a first grade class with the ultimate goal of becoming an elementary school teacher. We miss her!



Mother Earth and the kids parade at Holler Fest

Arugula-Pecan Pesto

1 bunch or more of arugula
1 small clove garlic
1 cup chopped pecans
1 to 2 tablespoons golden raisins
5 to 6 tablespoons extra-virgin olive oil
salt to taste
lemon juice to taste

Combine arugula, garlic, raisins and pecans in a food processor or blender and pulse until combined. Stream in olive oil and blend until smooth, adding salt and pepper to taste. Use on sandwiches, or as a pasta sauce.



Ode to Russian Kale

by Angela Martin



Red Russian kale:
with it's distinct sweet flavor
and lovely maroon tips,
of all of the greens
in the kale-idoscope
red kale is my favorite!
I love to throw it in a stew
fry it up, savor it,
and bake it into chips.

There are festivals around Europe
that celebrate this great green.
In Scotland in January they name a “kale king”.
At Frog Holler we have the Kings of kale!
You can eat it through the seasons
with any seasoning.
Some call it “ragged jack”
we just call it lunch.

Red Russian kale comes from Siberia
in latin it's brassica napus pubularia.
This kale, by any name, would still be sweet.
We hope you love this tasty treat!