

Notes From The Field

Hollerfest 2009 was a big success! A big thank you to everyone who attended and volunteered. We hope to see you out again next year.

Unfortunately, after Hollerfest we said goodbye to three of our great interns – Erin, Jana and Kristie. The end of August means a new school year for Erin at Grand Valley, and for Jana at the University of Virginia. Kristie is fleeing the Michigan winter and moving to North Carolina. We will miss all of their hard work and smiles as we finish out the season without them. Good luck everybody!



Kristie, Erin, Jana and Christina off to the backfield!

This week we've had very cool, wet weather that's made working in the gardens a very muddy experience. On Wednesday, after abandoning a lettuce planting project in the pouring rain, we decided to devote the afternoon to food processing. We canned 21 jars of tomatoes, froze several pounds of broccoli, and made lots of tomato sauce! It was very productive, and helped clear out space in our often very-full cooler. The Frog Holler method of cooking is happily free-form, but here's an adapted tomato sauce recipe similar to what we made, and scaled down for your kitchen! The secret ingredient – carrots.

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



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In the box this week:

1. Salad Mix or parsley and lettuce
2. Russian Kale
3. Beets
4. Carrots (2 bunches)
5. Broccoli
6. Red cabbage
7. Tomatoes
8. Sweet basil (Fine Leaf)
9. Italian eggplant
10. Red onion
11. Garlic

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Meet Our New Intern!

Angie Martin joins us from Chicago, where she spent time volunteering at an urban garden after an eight-month farming job in Florida, and a two-month stay in Pennsylvania. A graduate of Knox College in Galesburg, Illinois, Angie puts her English degree to work in the fields, promoting organic and sustainable ways of living. Out of all the wonderful things she loves about farming, Angie especially loves the physical connection with the Earth, and the preservation of biodiversity that comes with working on a small farm. “It just feels like the right thing to do,” she says. “The warmth and generosity of the Frog Holler community has really made me feel at home here.” Angie’s favorite veggies include garlic, beets and kale, and she shares with us some of her favorite ways to prepare them. Welcome!



BLT With Beets Instead of Bacon

1 medium beet per sandwich
vegetable broth, chicken broth, or water
liquid smoke
tamari or soy sauce
bread
mayonnaise, Veganaise, or homemade tofu mayo
lettuce
tomato
mustard
onion (optional)
oil

Slice beets thinly. Combine enough broth to cover the beets with a dash of liquid smoke and a few dashes of soy sauce or tamari. Allow beets to soak in the liquid mixture, the longer the better, but even a few minutes will do. Toast the bread and top with tomato slices, lettuce, mayo and mustard. Heat a pan on the stove and coat with 1/4” of oil. Fry beets until slightly brown and crisp on the edges, flip with a spatula or fork. If you prefer not to use oil, you can simmer the beets in the marinade, adding spoonfuls as it evaporates. Layer beets on your sandwich. If using, saute onions until soft and add to sandwich.

Massaged Kale (adapted from a recipe by Sandor Katz in *The Revolution Will Not Be Microwaved*)

1 bunch of kale
olive oil
salt and pepper
optional:
any nuts or seeds that you like (pumpkin seeds and flaxseeds are great)
nutritional yeast
soy sauce

Strip the leaf from the stem of each kale leaf. Chop the leaves into small 1” squares. It’s not necessary to cut them so small, but it makes it easier to eat. Now combine the chopped kale with a liberal pour of olive oil - don’t be skimpy! Any tasty oil will do. You may grind the nuts and seeds to a powder in a coffee grinder, but chopping them is nice too. Add any other condiments you want, to taste. Now for the massage! Work the kale with your hands, crushing and mashing it so it gets soft and pliable. The more you work it, the more delicate and delicious it will be. After you have given the kale a nice long massage, it’s time to eat! This is a great way to take advantage of the dense nutrition you get from eating raw greens, but in a more digestible form because it is partially broken down by crushing. Enjoy!

Frog Holler Tomato Sauce

4 cloves minced garlic
1 large onion, chopped
8 cups peeled and chopped tomatoes
3 cups peeled and chopped carrots
¾ cup fresh basil, chopped
¼ cup fresh parsley, chopped
salt and pepper to taste

Begin by sauteing the carrots in a little olive oil at the bottom of a pot for about ten minutes, or until they begin to soften. Add the onion and continue cooking – after five minutes, add the garlic and stir, cooking until onion is translucent. Stir in the tomatoes, basil, parsley, salt and pepper and bring to a simmer. Cook for about 30 minutes, or until sauce thickens. Once sauce is ready, you can puree it in a food mill or processor for a perfect, smooth texture. Taste and adjust seasonings if necessary. Homemade tomato sauce freezes really well – make a double batch and look forward to enjoying summer-ripe tomatoes in the middle of winter!