



See you there!

Just 14 days till Holler Fest!

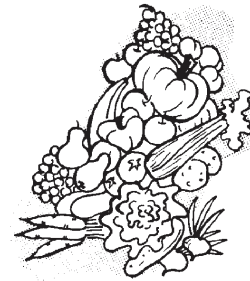
Preparations are under way here at the farm. Good with kids? Like organization? Dream about being part of a security squad or kitchen crew? No matter what your talents, they will be appreciated at Hollerfest! You can volunteer to use your strengths as a part of this very special event. Visit hollerfest.com for details and a sign-up form.

Meet the Family: Jupiter

The first family member to be featured in the newsletter is Jupiter, the friendly and faithful farm dog. Ken King, after inspecting a litter of mostly brown puppies in 2001, was encouraged to take the only golden dog – a decision that brought Jupiter to the family that spring. Despite his diminutive stature as a puppy, Jupiter now clocks in at a hundred and fifteen pounds.



Jupiter, with his ringing bark and cheerful smile is usually the first to greet visitors to the farm. His favorite activities include following Cathy wherever she goes and playing ball, although when it's hot outside you can usually find him hanging out by the cooler door or under the porch. Even though Jupiter grew up on a farm, he prefers sneaking the occasional moldy piece of bread from the compost pile to eating vegetables. Jupiter's sweet nature means that he's up for affection anytime, whether we're between packing boxes or cultivating rows. And even when we're working late into the evening, Jupiter patiently waits for his walk through the woods. Frog Holler is lucky to have such an amazing friend, companion and dog.



FROG HOLLER CSA



August 8, 2009
CSA Newsletter #8!

In the box this week:

1. Salad Mix or Parsley, Chard and Pac Choi
2. Russian Kale
3. Zucchini or Summer Squash
4. Tat Soi
5. Arugula (2 bunches)
6. Basil - Genovese and Lemon
7. Broccoli
8. Beets
9. Cabbage
10. Garlic
11. Carrots
12. Pickling Cucumbers

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In the Box: Garlic

This week's box includes the first harvest of garlic, straight off the greenhouse rafters where it's been drying for three weeks. Garlic is planted by the clove in the fall, and grows steadily until harvest in mid-July. You've already enjoyed garlic scapes – the tender stem of the garlic flower – now it's time to delight in the final product! One of the most luxurious ways to appreciate garlic's addictive flavor is by roasting. It's easy to do and the results are magnificent and versatile.

Roasted Garlic

Preheat the oven to 400 degrees. Carefully peel the outer layer of the garlic bulb, leaving the individual clove skins intact. Cut off a quarter inch from the top of the bulb to expose the cloves, and pour a couple of teaspoons of olive oil over the head so it's well-coated. Wrap in aluminum foil and place on a baking sheet, and roast for 30 to 35 minutes, or until the garlic feels soft to the touch. Try not to drool as the aroma of garlic fills the kitchen. When the garlic cools enough to touch, carefully squeeze out the cloves from their skin.

You can smear freshly roasted garlic onto a piece of bread for a delicious, simple snack. Try adding some to your mashed potatoes, rice or pasta too. Puree into hummus, pesto or other dips, or make a roasted garlic, bell pepper and pita sandwich! If you have any leftovers, store tightly covered in the fridge.

Crispy Arugula Leaves, adapted from Mollie Katzen

Layer a plate with several layers of paper towels and set aside. Place a skillet over medium heat and add one to two teaspoons of olive oil – enough to generously coat the bottom of the pan. Add a couple arugula leaves to the pan, and press flat with the back of a spoon or tongs. Watch carefully; after five to ten seconds they will turn bright green. Use tongs to flip the leaves and cook for another five to ten seconds. Transfer the leaves to the plate to drain – they will crisp as they cool!

You may have to experiment with the amount of oil in the pan - or the length of cooking time – in order to reach the best texture. These leaves work great as a garnish or just a snack, and they keep for a few days in a jar at room temperature. You can also use this method on sage, basil and cilantro leaves.

Arugula's zesty, peppery flavor is also fantastic on sandwiches and in salads, too.

Cucumbers – Fresh or Pickled

This week's box includes pickling cucumbers from the back field. Firm and crisp, these cucumbers make great pickles, but they also taste delicious fresh! These recipes may help you decide – fresh, or pickled?

Homemade Refrigerated Pickles

About 4 or 5 pickling cucumbers (I don't know how much they're actually getting, you might want to adjust this amount to whatever we end up putting in the box)

2 cups cold water
1/3 cup white wine vinegar
1 tablespoon salt
5 whole peppercorns
fresh ground pepper to taste
1-2 cloves garlic

Slice your pickling cukes into spears and chop the garlic. In a bowl, combine the water, vinegar, peppercorns, salt and pepper. Put the cukes into a jar or plastic bag, and pour liquid over to cover. Store in the fridge – the longer they sit, the better they taste!

Easy Cucumber Yogurt Sauce

4 or 5 pickling cucumbers
2 cups plain yogurt
1 tablespoon salt
2 tablespoons fresh lemon juice
2 tablespoons fresh minced dill or mint
1 clove minced garlic

Chop the cucumbers into bite-sized pieces. Combine yogurt with other ingredients and mix into the cucumbers – adjust seasonings to taste. The flavor will deepen as it sits in the fridge. This sauce tastes great with grilled chicken or tofu, or alongside tabbouleh and warmed pita bread. You could also serve it as a dip to accompany sliced veggies.

CSA details:

Thanks folks for bringing your boxes back. You can also return the little pint boxes. You can see previous CSA newsletters from this year at <http://froghollerorganic.com/csa.htm>