

Meet the Family
Edwin King

This week we're featuring the third King brother, Edwin. Edwin grew up on the farm, and described his childhood as "easy. I didn't have to do anything!" This apparent life of leisure allowed him to cultivate a proficiency in chess – at age eleven, Edwin achieved a double victory in both the Young Junior and Children's classes at the Michigan Junior Chess Championships. His calculating, categorical outlook makes him a pro in the preparation for market. Edwin, a kind but relentless bunch-size enforcer, describes getting the CSA boxes ready and packing for market as some of his favorite farm activities. He also likes "picking stuff."

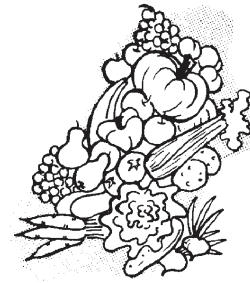


Edwin about to hit the ball

When not farming, Edwin enjoys beating everyone in card games, and watching So You Think You Can Dance on Fox. You might also catch him playing in any number of neighborhood, pickup and league volleyball games – look for the tall guy wearing any one of ten championship t-shirts. Although Edwin is the farm's most graceful ping pong player, he's not known for his vegetable consumption. Roasted winter squash is ok, but tomatoes and onions are out. Edwin suggests slicing your red pepper and enjoying the delicious and fresh, raw taste of an organic veggie untainted by other ingredients.



Edwin about to pack CSA boxes



FROG HOLLER CSA



October 10, 2009
CSA Newsletter #17!

In the box this week:

1. Carrots
2. Beets
3. Lettuce
4. Turnips
5. Celery
6. Scallions
7. Onion
8. Arugula or salad mix
9. Kale
10. Squash
11. Peppers



Hollerween Party!

Saturday, October 31, 4 PM

Pottluck, Bonfire, Music, Barn dance, Costumes
Drum circle (BYOD), Pumpkin carving (BYOP)

Notes from the Field

As fall descends upon the farm, sunny days are becoming more and more precious to the Frog Holler crew. We try to harvest as much produce as we can in the sunshine between rainy, windy days. Winter jackets and propane heaters have crept into the packing area during salad snipping, and whole bunching tables are quickly moved at the first hint of sun. The weather has also sped the appearance of comfort foods to the farm lunch table. This week we consumed soup, chili and curry in an attempt to warm up and fend off a mysterious cold that's taking out crew members, one by one.

The report "Rating Rutabagas: Not All Vegetables Are Created Equal," by Bonnie Liebman and Jayne Hurley, ranks different vegetables based on the number of nutrients, fiber and carotenoids contained in each. Published by the Center for Science in the Public Interest, the article considers how different vegetables and their contents contribute to the prevention of heart disease, stroke and cancers. The authors sorted their veggies into three categories – "superstar" being the highest designation. The good news is that out of thirty superstars, you've received twenty-three of them, including the top five! The CSA also covered eighteen second-category and twelve third category veggies. By supporting an organic, local CSA, you've also avoided the dangerous pesticides in conventional produce, and contributed to the local economy. So pat yourselves on the back, and eat up those superstar veggies! For the full article, check out http://www.cspinet.org/nah/01_09/ratings.pdf

Roasted Beets with Cumin and Mint

from Gourmet, May 2007

- 1 tablespoon fresh lemon juice
- 1 teaspoon cumin seeds, toasted and lightly crushed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons extra-virgin olive oil
- 3 medium beets (1 1/4 pound total without greens), trimmed, leaving 1 inch of stems attached
- 1/3 cup fresh mint, coarsely chopped

Stir together lemon juice, cumin seeds, salt, and pepper in a medium bowl. Stir in oil and let stand while roasting beets. Put oven rack in middle position and preheat oven to 425°F. Tightly wrap beets in a double layer of foil and roast on a baking sheet until tender, 1 to 1 1/4 hours. Cool to warm in foil package, about 20 minutes. When beets are cool enough to handle, peel them, discarding stems and root ends, then cut into 1/2-inch-wide wedges. Toss warm beets with dressing. Stir in mint just before serving.

Ginger Scallion Sauce

- 3 tablespoons finely chopped scallions
- 2 teaspoons finely chopped ginger
- 2 teaspoons salt
- 1 teaspoon light soy sauce
- 3 tablespoons oil, preferably peanut

Put all ingredients except oil into a heatproof bowl and mix well. Heat a skillet and pour in oil. Heat oil until almost smoking. Remove skillet from heat and pour the oil over the ingredients in the bowl. Pour sauce over some freshly steamed greens, like kale or turnip greens!

Frog Holler Lunchtime Curry

- 1 cup diced carrots
- 1 cup diced potatoes
- 1 diced onion
- Any number of hot peppers
- 3 cloves minced garlic
- 1 tablespoon minced ginger
- 1 can coconut milk
- 2 cups cooked lentils
- 2 tablespoons curry powder
- salt and pepper

Heat some oil in a heavy pan. Cook onions for five minutes, then add garlic, carrots, ginger and curry powder, and cook for two more minutes. Chop one, some or all of your hot peppers and add to pan. Add coconut milk and bring to a simmer. Cook until carrots and potatoes are soft, about 20 minutes. Stir in lentils, and season with salt and pepper to taste. Serve over rice, and enjoy the sinus-clearing affect of a warm, spicy lunch!

Smashed Carrots

by Victoria Granof

- 2 tablespoons unsalted butter
- 2 tablespoons chopped shallots
- 1/2 teaspoon ground coriander
- 1 bunch carrots, peeled and cut into 1-inch rounds
- 1/2 cup orange juice
- 2 teaspoons honey
- Kosher salt and freshly ground black pepper to taste

Melt butter in a heavy pan over medium heat. Add the shallots or onions and saute until soft. Add the coriander and cook, stirring, for 30 seconds. Add the carrots, juice, honey, salt, pepper and 1/2 cup water. Bring to a simmer. Cover and cook until carrots are tender, about 20-30 minutes. Remove from heat, mash with a fork or potato masher, and serve.

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