

Here are two recipes from "Simply Soup", by Ken and Cathy King. A compilation of favorite Indian Summer and Frog Holler recipes, look for the new edition in Spring, 2010!

Mushroom Soup

1 ½ qt. soup stock or water 1 t. fresh grated ginger (or ½ t. dry)
4 c. mushrooms, chopped 1 ½ t. salt
½ c. onions 1 T. Tamari (soy sauce)
½ c. celery
½ c. carrots ½ c. flour – whole wheat or unbleached white
½ c. green pepper ½ T. olive oil
½ T. olive oil

Put stock on to boil. Chop mushrooms and set aside. Dice remaining vegetables and sauté in olive oil until softened. Add vegetables, mushrooms and ginger to boiling stock; simmer until vegetables are done. To thicken, heat oil in a fry pan and stir in flour. Slowly stir in approx. 1 c. hot stock until a smooth sauce. Add sauce, salt and soy sauce to soup. Simmer 10 minutes to blend flavors.

Squash Bean Soup

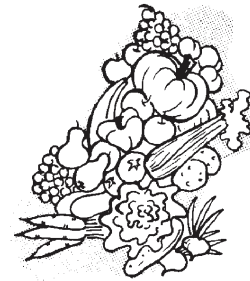
2 qt. soup stock (unsalted) or water
1 c. navy or great northern beans
1 t. salt
1 T. tamari (soy sauce)
½ T. olive oil
1 bay leaf
1 c. chopped onion
2 c. cubed, peeled butternut squash
2 large cloves garlic, chopped
2 T. olive oil

Rinse beans and add to stock. Bring to boil, reduce heat, add bay leaf, and simmer for 1½ hr. Saute vegetables in olive oil until onions are translucent; squash need not be soft. Add to stock. Cook until vegetables and beans are soft; squash cubes should retain shape. Add remaining ingredients and simmer 5-10 minutes.

Notes from the Frosty Field:

As the temperatures have continued to drop, it's mostly damage control out in the field, trying to utilize various high-tech fabric covers to stave off the inevitable conclusion for this year's growing season. We picked all the peppers before they got pickled, so you'll see a good supply in the boxes. Lettuce and arugula manage pretty well with a light cover; tender nasturtiums get extra protection so they can brighten the salad mix a little longer. Kale, collards, carrots and beets say "Bring it on!"

So although this is our last share box, if the protective maneuvers work, we will be at the market a few more weeks with greens, hardy fall vegetables, lettuce and salad mix. Come by!



FROG HOLLER CSA



October 17, 2009

CSA Newsletter #18! (Final Share)

In the box this week:

1. Carrots
2. Spinach
3. Lettuce
4. Apples - from the old orchard
5. Celery
6. Arugula
7. Onion
8. Parsley or salad mix
9. Kale
10. Squash
11. Peppers - sweet and hot
12. Collards



Hollerween Party!

Saturday, October 31, 4 PM

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

Reflective Retrospective from Cathy King

First I would like to say a big Thank You to our intern, Christina Barkel, who has done such a great job with our CSA newsletter since August. Many members have commented on the delicious recipes that Christina has selected, and you can revisit all of the newsletters (and recipes) at the “CSA” link on our web site.

We also appreciate the dedication and enthusiasm that all of our interns have shown throughout the growing season. It would have been a very difficult summer without their willingness to weed! And their high spirits and easy compatibility created a summer of many fun memories and stories to tell.

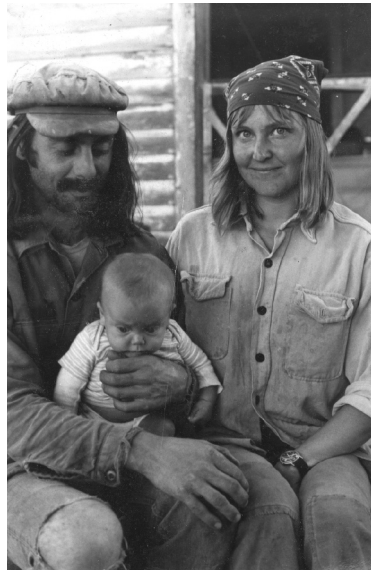
As the season draws to a close, it seems natural to look back. And I find myself looking way back. Back to a couple of kids about the age of our interns who had an idea to grow organic vegetables on an abandoned but beautiful piece of land. After starting Indian Summer, Ann Arbor’s first natural foods restaurant, Ken King wanted to grow the vegetables for the restaurant as well. Cathy joined him and it’s a long story how things got sorted out, but slowly they learned how to grow things.

At a time when the term “organic” confused or challenged many people, Ken and Cathy hesitantly took their first produce to the Ann Arbor Farmer’s Market in 1976. They were very surprised when the receptive Ann Arbor shoppers emptied the table full of organic lettuce in a short time. It looked like there might be a future here!

Perhaps due to Ken’s restaurant background, the Frog Holler stall became known for culinary innovations. Ken and Cathy brought the first fresh arugula bunches to the market, and also worked diligently to inform people about the joy of pesto – handing out suggestions and recipes to the uninitiated. They introduced their unique salad mix in the early 90’s and the farm continues to sell pounds of it every week to the healthily addicted, as well as to the chef of one of Detroit’s high end restaurants who even came out to the farm to help make the mix. But that’s another story.

Ken and Cathy’s best crop was of course their three sons, Billy, Kenny, and Edwin. All the boys took their turns growing up at the market– first in a bassinet behind the stall, then in a backpack while Cathy waited in customers, then in a little bike whizzing around on the nearby sidewalk, then at the table starting to wait on customers themselves.

And now taking the reins to continue the story that their dad started many years ago. This first season without Ken is drawing to a close. Much has been learned; much has been accomplished. Ken’s story is not over; it will intertwine with the story of his sons and Cathy and the farm as we look to the future and how Frog Holler can continue to grow and serve the community in creative and meaningful ways. Thank you for being part of that story!



Ken, Billy, Cathy - 1977



Billy, Ken, Kenny, Jupiter, Cathy, Edwin - March 2009

Notes from the Holler Kitchen:

This week we

1. Froze oodles of green peppers – simply chop or slice, spread out on a cookie sheet and freeze. Bag up the frozen peppers and use as needed throughout the winter. Best for cooking.
2. Made Collards Chips – just like Kale chips but fluff them up one or two times during the baking process, as they tend to stick to the cookie tray.
3. Made Collards Stir-fry – Saute one onion with four cloves of garlic and the amount of hot pepper of your choice. Add collards torn in large pieces, no ribs. Simmer with one cup of vegetable bouillon, salt to choice. The collards come out tender and so delicious! (Thanks, Angie!)
4. Put one and a half gallons of sauerkraut into jars and had our first tempeh reubens with the fresh kraut – satisfying!
5. Made Mushroom Soup and Squash Bean Soup in our Holler Test Kitchen – soup days are upon us!
6. Made Wild Apple Pie from trees on Frog Holler – pronounced best ever!

We hope you are finding delicious ways to enjoy the harvest!

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