

Notes from the Field

Upon checking the weather Wednesday morning, we found a frost warning posted – yikes! Upon checking the weather Wednesday afternoon, we found a freeze warning – uh-oh. We stopped our pleasant scallion picking in the sunshine, and dragged out the dusty row covers and recycled tomato stakes for a less leisurely paced evening. Crops susceptible to a freeze include lettuce, peppers, eggplant and basil, so the crew scrambled to both the back and front fields to try and get everything covered. Fortunately, in the morning we didn't find much damage – just some burned edges on the basil, and a tired bean patch on its way out for the season.

Tom Hines has completed all of his manure hauling for the fall. Making 40 trips and collecting between 160 and 200 cubic yards of – ahem – organic matter, Tom has ensured that our soil will be richer and healthier for next season. Manure adds valuable nitrogen, phosphorus and potassium to the soil, and creates a healthy environment for important microorganisms that benefit the plants. The next step is to spread all of this “black gold” over the fields and plant cover crops, like rye, to protect and hold the soil over the winter. Even though the veggies are winding down, we've still got plenty to do!

In the Box This Week – Celery

Humans have enjoyed the culinary and medicinal properties of celery since the 9th century BC. Packed with vitamin C and vitamin K, celery goes great in soups and stews – you could also revisit childhood and make “ants on a log” with some peanut butter and raisins. The leaves of the celery plant contain the most nutrients, so be sure to clip them in your salad or mix into your potato salad!

Sweet and Sour Celery, from Gourmet, April 2009

3/4 cup water

1/4 cup fresh lemon juice

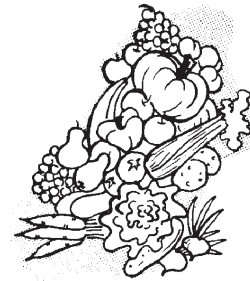
3 tablespoons olive oil

3 tablespoons mild honey

1 bunch celery, cut into 2-inch pieces, reserving inner celery leaves

1/4 cup finely chopped flat-leaf parsley

Simmer water, lemon juice, oil, honey, 3/4 teaspoon salt, and 1/2 teaspoon pepper in pot, stirring, until honey has dissolved. Stir in celery - but not leaves - and cover. Simmer until tender and liquid is reduced to about 1/4 cup, 35 to 40 minutes. Meanwhile, coarsely chop reserved leaves. Serve celery sprinkled with celery leaves and parsley.



FROG HOLLER CSA



October 2, 2009
CSA Newsletter #16!

In the box this week:

1. Celery
2. Asian greens
3. Carrots
4. Green or yellow beans
5. Winter squash
6. Salad mix or parsley
7. Kale
8. Onions
9. Garlic
10. Basil
11. Beets
12. Arugula
13. Sage
14. Lettuce

Frog Holler Farm
11811 Beech Rd.
Brooklyn, MI 49230

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

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

Meet the Family: Kenny King

This week we're featuring Kenny King, a simple farmer and Holler Fest planning mastermind. Born and raised on the farm, Kenny says weeding the garden is his favorite farm activity, and enjoys meeting and interacting with all the people that come by – and the vegetables are nice, too. Kenny holds a degree in Graphic Design from the College for Creative Studies, and is responsible for the beautiful websites for both the farm and Hollerfest. Also a talented musician and founding member of the King Brothers, Kenny plays bass and drums with his brother Billy at shows around the area – most recently at the Earthwork Harvest Gathering.

Kenny's calm approach to farming, as well as his creative methods for problem-solving make him well-suited to the unpredictable – yet rewarding – nature of organic farming. He's also a pro in the kitchen! Here's a recipe Kenny made us for lunch this week. Thanks!



The Frog Holler crew at Harvest Gathering
Left to right, back row: Angie, Christina, Erin, Edwin
Front row: Kenny, Natalie, Billy

Spicy Kale with Tofu

inspired by the blog 365 Days of Kale, www.365daysofkale.com/, by Diana Dyer

2 tbsp extra virgin olive oil
1 medium onion, peeled and finely chopped
3 garlic cloves, peeled
1 tsp cumin, freshly ground
1 tsp red chili pepper flakes
1/4 tsp turmeric
1 block tofu, cut into small pieces
3 cups tomato juice
3 tbsp fine bulgur
1 bunch curly or Russian kale, roughly chopped
1 tbsp cilantro leaves, roughly chopped
1 tbsp parsley leaves, roughly chopped
Salt, black pepper

In a pan, heat the olive oil. Add the onions and cook on a medium heat until translucent but not brown, about 5 minutes. Chop the garlic very fine and mix with spices. Add the garlic mixture to the onions and stir to incorporate. Add the tofu pieces, stir to coat with the spices, and cook a few minutes until starting to brown on some sides. Add the tomato juice and bring to a boil. Add the bulgur and kale, stirring again. Lower the heat to a very gentle simmer and cook covered until the bulgur is tender, and the kale is wilted but still very bright green, about 15 minutes. Season with salt and pepper, and add fresh herbs on top.

Minted Carrots with Pumpkin Seeds

6 medium-sized carrots peeled and cut in turned pieces
1/2 TBS fresh chopped parsley
1 TBS fresh chopped mint
1 TBS coarsely chopped pumpkin seeds
2 TBS lemon juice
extra virgin olive oil to taste
salt and cracked black pepper to taste

Bring lightly salted water to a boil in steamer with a tight fitting lid. Steam carrots in basket until slightly crunchy inside. Chop rest of ingredients and toss with carrots when done.

Green Beans with Ginger and Cashews

Enjoy the last of the green beans this week with this simple, flavorful recipe.

1 quart green beans, trimmed and cut into 1-inch pieces
4 tablespoons (1/2 stick) unsalted butter
3 tablespoons fresh ginger, peeled and finely chopped (from 2 1/2-inch knob)
1/2 cup vegetable broth
1 cup salted roasted cashews, coarsely chopped
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

In large pot boiling salted water, cook beans until crisp-tender, about 4 minutes. Drain in colander and rinse well under cold running water. Drain well and pat dry with paper towels. In a skillet over moderate heat, heat butter until hot but not smoking. Add ginger and sauté until softened and fragrant, about 30 seconds. Stir in green beans and stock and cook, stirring often, until liquid is almost completely evaporated, about 3 to 6 minutes. Add cashews and sauté 1 minute. Stir in salt and pepper. Transfer to serving dish and serve immediately.



Hollerween Party!

Saturday, October 31, 4 PM

Potluck, Bonfire, Music, Barn dance
Pumpkin carving (BYOP)