

## Meet the Family: Billy King



*Billy King at market, age 4*

This week we're featuring the oldest King brother, the charming and knowledgeable Billy. Born and raised on the farm, Billy continues to live and work at Frog Holler today. Billy enjoys the wide variety of tasks associated with farming, but his favorite chore is weeding – even though you're more likely to find him on the tractor, seeding lettuce, or in dry weather, hauling irrigation hoses. For fun, Billy likes to throw beans at unsuspecting crew members and crack cheesy puns.

In addition to these skills, Billy has been a talented musician since childhood. A founding member of the famed King Brothers group, Billy now performs with various bands around Ann Arbor and has released several albums. You can check out Billy's band at the Homegrown Festival, September 12th, at 5pm, or later that evening during a benefit for the Legacy Land Trust.

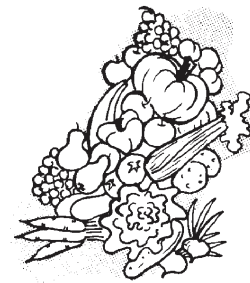
Around the Frog Holler lunch table, Billy is known for his construction and consumption of epic sandwiches. These monstrous creations, involving piles of sliced vegetables and cheeses supported by thick Mill Pond bread, take all of his concentration to eat – but it's worth it. Billy claims it's all in the pickles.



### **Tower of Holler Sandwich – Billy's favorite lunch**

Mill Pond bread  
Mayonnaise  
Mustard  
Slice of Tasty Tofu\*  
Slice of Cheddar Cheese  
Thickly sliced dill pickle  
Cherokee Purple heirloom tomato  
Lettuce

\*Tofu slice dipped in tamari (soy sauce) then dredged in nutritional yeast and sautéed in olive oil – drain on paper towel or cooling rack



# FROG HOLLER CSA



September 5, 2009  
CSA Newsletter #12!

In the box this week:

1. Collards!
2. Carrots
3. Beets
4. Broccoli
5. Corn
6. Green Pepper
7. Leek
8. Onion
9. Watermelon
10. Potatoes
11. Pac Choi
12. Neapolitano (Large Leaf) Sweet Basil
13. Cinnamon Basil
14. Salad Mix or lettuce, parsley

A big congratulations to the King Family and Frog Holler Farm, who received the first-ever "Local Food Action Heroes" designation and award from the Slow Food Huron Valley Association Thursday night. Being a member of this CSA provides invaluable participation and support to the farm, whose commitment to small scale, organic growing and sustainable food systems creates hope for the future of ourselves and our ecosystems. Thank you!

## From Cathy King - Late Tomato Blight

First I want to say what a great job our intern, Christina Barkel, is doing with the CSA newsletter. We so appreciate her enthusiastic reports and refreshing recipes. I didn't want to make Christina deliver this bad news so I'll submit a guest editorial to tell you about the Late Tomato Blight, which has been ravaging the Northeast and has made its way to the Midwest and the Frog Holler gardens. Apparently the cool summer has created a favorable environment for the Late Blight spores to flourish. All three of our tomato patches have succumbed and we will have no more tomatoes this year. You can read more about the blight on Martha Stewart's blog (!). <http://www.themarthablog.com/2009/08/the-tomato-blight-in-my-garden.html>

I'm not sure it makes me feel better that even Martha could not vanquish this disease, but I do know that we will do everything we can to assure that our tomato crop next year is protected from Late Blight.

## In the Box This Week: Collards!

We invite you to enjoy and explore the world of collard greens this week – this leafy green is a traditional part of the cuisine of the Southern United States, and has a wide variety of nutritional benefits. Collards are high in several key nutrients, including vitamin K, vitamin A and vitamin C. These nutrients make collards an excellent food for optimizing immune system health and preventing cancer. In addition, collard greens are rich in calcium, which not only builds strong bones but also protects colon cells from cancer-causing chemicals and helps prevent migraine headaches.

Collard greens closely resemble and belong to the same family as kale, and can be prepared in much the same way. It's considered good luck in the American South to eat collard greens, black-eyed peas and stewed tomatoes on New Year's Day – try this recipe for a lucky new start this week!

### Citrus Collards with Raisin Redux

1 bunch collard greens, ribs removed, cut into thin strips, rinsed and drained  
1 tablespoon extra-virgin olive oil  
2 cloves garlic, minced  
2/3 cup raisins  
1/3 cup freshly squeezed orange juice

Cook the collards by bringing water to a boil over high heat and adding greens for 8-10 minutes. Remove greens and plunge into cold water. Saute oil and garlic in a medium skillet until garlic is soft. After draining, add the greens, raisins and a pinch of salt, and cook for 3-5 minutes. Add the orange juice and cook for just another minute. Serve immediately as a side dish, or as a tasty filling for quesadillas.

### Southern New Year's Day Soup, adapted from Vegetarian Times, January 2009

2 tbs olive oil  
1 large leek, chopped  
2 cloves garlic, minced  
1 tbs poultry seasoning  
1 bunch collard greens  
15 oz diced tomatoes  
15 oz diced tomatoes with green chiles  
3/4 cup dried black-eyed peas  
1 qt. Vegetable broth  
3/4 cup farfalle pasta  
shaved Parmesan curls, for garnish

Heat oil in a large pot over medium heat. Add leek and saute until soft, about 5 minutes. Add garlic and poultry seasoning, and saute for another minute. Stir in collards and cook until leaves are wilted, about 7-10 minutes. Add tomatoes, black-eyed peas, vegetable broth and 7 cups water, season with salt and pepper. Cover and reduce heat to simmer for 40-45 minutes. Stir in pasta and cook for 7 minutes more, until pasta is al dente and black-eyed peas are tender. Serve garnished with Parmesan curls.

## Notes From the Field

The nights are chilly and the mornings are dewy here at the farm – subtle signs that the season is changing. It seems like summer just got here, but we've been making preparations for the future this week, setting fall lettuce and seeding for a fall spinach crop. Garlic planting is also coming up. But don't despair just yet – there's still time to enjoy summer's best fresh basil over this Labor Day weekend. This week there are two types of basil in the box. Neapolitano Basil has a similar taste to Sweet Basil, but the fragrance and taste of Cinnamon Basil is incredible. Both can be combined into a pesto or sauce for a complex, delicious flavor.

### Fresh Herb Sauce

1/2 cup loosely packed fresh parsley  
1/2 cup loosely packed fresh basil  
3 tablespoons loosely packed fresh mint  
2 tablespoons chopped onion  
1 tablespoon capers  
1 tablespoon fresh lemon juice  
1 dash of crushed red pepper  
2 tablespoons extra virgin olive oil  
salt and pepper to taste

Combine all ingredients except oil in a blender or food processor. Blend until herbs are finely minced. Stream in the olive oil until sauce is smooth. Serve over grilled chicken, tofu or vegetables.

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