

A Publication of Providence Farm & C.S.A., (Community Supported Agriculture),



# Growing Weekly



Issue 12, Week of August 30<sup>th</sup>, 2009

## Who are we?

Ryan & Andrea  
Romeyn of Providence  
Farm and C.S.A.

## What are we doing?

Growing over 70 varieties of vegetables as well as melons, some herbs, flowers, and pork on our farm overlooking the north end of Torch Lake. We grow our food in a sustainable manner, focusing on the health of our soils and avoiding all synthetic chemicals.

## Our Mission:

To grow wonderful food: full of flavor, nutrition and life, while developing a healthy way of living that is in harmony with our growing family, our community, and the environment.

## How can you learn more about Providence Farm?

Go to our website:  
[Csafarms.org/providencefarm.asp](http://Csafarms.org/providencefarm.asp)  
E-mail: [providencecsa@yahoo.com](mailto:providencecsa@yahoo.com)

Or call:

231-599-2020

Located 1 mile east of Eastport on M-88.

## Oh, the Bounty!

Celery, Tomatillos, Tomatoes, Basil,  
Peppers, Sweet Onions, Cucumbers, Lettuce, Potatoes, Dill,  
Carrots, Beets, Spinach, Parsley, & Collard Greens

Hello shareholders, friends and well-wishers,

*Motivated by the possibility of frost-covered fields, Ryan easily got out of bed early this morning, dressed and slipped outside into the darkness. "Well?" I asked. "We're fine. It's 40." Weather's always more than just a topic for small talk around here and gets checked multiple times a day, via internet and portable weather station. We weren't too nervous because of our location near Lake Michigan, but visions of losing most of our summer crop danced through my head a few times, not to mention disappointed shareholders.*

*Not getting frosted... I feel relief and gratitude. One of the reasons we grow so many different items (over 80 varieties of plants) is because we realize that more success comes with diversity. The cooler weather has negatively affected our amount of tomatoes, eggplant, peppers, tomatillos, watermelons and cantaloupes. Last summer's heat meant these items were found in boxes week after week. This year, expect to see them, but in less quantity. The cooler weather has meant a fantastic year for cool-weather-loving spinach, beets, carrots, lettuces and other items.*

*Plenty of rain this summer has meant less need for irrigation and perpetually green grass. There have been years when we've had to buy hay for horses and cattle from August on, which also meant hay was scarce in our region. (I'm sure my son would have preferred not having to mow the grass as much!)*

*Our job is to cultivate a healthy attitude toward the weather, see its beauty, accept a certain level of powerlessness, (for example, we can't afford row covers for 8 acres of vegetables,) and grow a great diversity of crops to offset the effect it has on our livelihood.*

Peace & blessings,

Andrea



*We have no shortage of bees around here! They especially love the sunflowers, but can be heard all day long on sunny days like today! (Another reason to be grateful...)*

*We also have an abundance of our fantastic garlic. Fresh, large, gourmet cloves are easy to work with. The flavor is outstanding. We were blessed with enough garlic to sell in bulk this year. Please consider buying some, as our rafters are full of it! Members who want to buy it can place an order by e-mailing or calling us. It's \$6 a pound. We will send it with your box.*



## Carrot Salad

(The Food of India)  
Submitted by Kathy Drenth, C.S.A. member

1 tablespoon oil  
1/4 teaspoon black mustard seeds  
1/4 teaspoon cumin seeds  
pinch of turmeric  
1/4 teaspoon salt  
1/4 teaspoon sugar  
1 1/2 tablespoons lemon juice  
1 lb. 2 oz. carrots, finely grated  
coriander (cilantro) leaves

Heat the oil in a small saucepan over medium heat, add mustard and cumin seeds, then cover and shake the pan until the seeds start to pop.

Add the turmeric, salt and sugar to the pan, then remove from the heat and leave the spices to cool for 5 minutes. Mix the lemon juice, then toss the carrots through. Cover and leave for 30 minutes. Garnish with coriander leaves just before serving.

A friend made this for me and combined it with angel hair pasta. Wow...what a yummy side dish, hot or cold! I have been thinking about it ever since and can't wait to make it again, soon!

*Last note: Our celery is not as tender as store bought celery, but has a nice flavor and is great in soups or stews.*



## Good News For Pesto Lovers Everywhere:

A word about parsley: It pairs well with basil. I learned (from Angelic Organics) that if you make your pesto with parsley, the pesto doesn't brown!

*Tomatillos are also known as "Mexican apples or tomato-apple". They are not hot, have a pleasant flavor raw, and can be made into excellent green salsas, (salsa verde). Some people puree them raw, while others broil them first. Remove the papery husk. Use a recipe or experiment with proportions of tomatillo, garlic, onion, hot pepper, lime juice, fresh cilantro or parsley, and salt. Tomatillos are also good lightly stir-fried with other summer veggies. I found this recipe and it looked intriguing, so here it is... (Imagine a tropical setting.)*



### Tropical Tomatillo Banana Salsa (MACSAC)

1/2 pound tomatillos	3 tablespoons chopped cilantro
2-3 Serrano chilies seeded and minced	2 tablespoons lime juice, more to taste
3-4 tablespoons minced green onion	1 medium banana
1-2 teaspoons minced garlic	salt and pepper

Husk the tomatillos, wash them, and cut out the cores. Finely chop the flesh and place it in a bowl. Stir in the chilies, green onion, garlic, cilantro, and lime juice. Mash or finely chop the banana, then stir it into the salsa. Season with salt and pepper to taste. Serve with plantain chips or tortilla chips, or use as a sauce to top grilled fish. Makes about 2 cups. (Parsley/jalapenos can stand in for cilantro/Serrano)