



Growing Weekly



Issue 13, Week of September 6th, 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

E-mail: [providencecsa](mailto:providencecsa@yahoo.com)

[@yahoo.com](mailto:providencecsa@yahoo.com)

Or call:

231-599-2020

Located 1 mile east of
Eastport on M-88.

Late Summer Offerings Include:

Bok Choy, Onions, Lettuce, Carrots
Potatoes, Spinach, Tomatoes, Garlic, Cilantro, Zucchini or Summer Squash, Arugula, & Peppers



The new item this week is Bok Choy, which is a traditional stir-fry vegetable from China. According to the book, *From Asparagus to Zucchini*, Bok Choy is a great nutritional gift and often touted as the garden vegetable highest in calcium and an excellent source of vitamins A, B-complex, C and some minerals. Bok Choy can complement a stir-fry with other

vegetables, or can be the stir-fry. Try sautéing onions until they begin to soften. Add the bok choy stems, soy sauce, and grated ginger root. Add the bok choy leaves last. Serve with rice or noodles. You can also add the recipe "Sweet & Sour Tofu" from the *New Laurel's Kitchen* and a side of plums to round out a Chinese dinner menu.

½ cup large walnut pieces
2 blocks tofu
4 tablespoons shoyu
2 tablespoons sherry or saki

1 large onion
1 large green pepper
1 stalk celery
1 large or 2 small carrots
2 tablespoons oil
1 heaped cup fresh pineapple chunks

1 ½ tablespoons honey
2 tablespoons vinegar
1 ¼ cup vegetable stock or water
1 ½ tablespoons cornstarch

Sweet & Sour Tofu (Andrea notes that you could substitute steak or parboiled chicken pieces for tofu)

Toast walnut pieces in a dry skillet over medium heat, and set aside.

Cut tofu in to 1" cubes and marinate in 2 tablespoons of shoyu and sherry.

Cut onion across center and down through the middle into wedge-shaped slices. Cut green pepper in pointy wedges and celery and carrots in thin diagonal slices. Stir-fry in oil until crispy-tender, adding pineapple after the first 2 or 3 minutes. Use a wok or heavy pan that has a lid-but not one made of cast iron; the acidity of this dish will cause it to discolor and taste metallic.

Combine honey, vinegar, and 1 cup of the vegetable stock, and add to vegetables along with tofu. Bring to a boil and simmer for a few minutes to heat tofu thoroughly.

Dissolve cornstarch in remaining ¼ cup stock and the remaining 2 tablespoons soy sauce. Stir into vegetables. Heat, stirring, while sauce thickens and clarifies somewhat.

Just before serving, adjust balance of sweet and sour to taste. Stir in the walnuts. Serve with brown rice. Makes 6 servings.



I don't know how this picture will translate into black and white, and it absolutely does not capture the beauty, but Sky & I took a walk this morning and saw our farm shrouded in mist. The hills in the background looked like a mini smoky mountains. Our hoop house glowed, absorbing the rays of the eastern sun. My shoes and socks were soaked from a heavy layer of dew in the hay field. You can't see the activity, but the truck was rumbling through the lane, picking up produce to send to the barn for washing and people were gathering the harvest among the rows.

¾ cup milk
2 tablespoons powdered milk

½ small onion
1-3 tablespoon butter
3 tablespoons whole wheat flour
3 quarts fresh spinach, washed, dried, and chopped (3 small bunches)
¼ teaspoon salt
Pinch nutmeg

(½ cup grated Swiss cheese or 2 tablespoons Parmesan or ¼ cup cream cheese crumbled with a fork)

Creamed Spinach *The New Laurel's Kitchen*

Blend the milk and powdered milk and set aside. Chop onion fine and sauté in butter in a large, heavy skillet. When the onion is clear, stir in the flour and cook and stir for about 2 minutes very gently. Don't let the flour brown. Add the milk and bring to a boil, stirring.

A handful at a time, stir in the spinach, adding more as the greens cook down. Simmer gently until tender, seasoning with salt and nutmeg. Add the cheese if wanted.

This recipe will make about 3 cups, enough for 4 generous servings. It is not a soupy creamed spinach but goes nicely on the plate by itself, or with mashed potatoes, or in crepes.

Arugula Salad with Roasted Pears and Blue Cheese *Serves 4*

The combination of succulent fruit and peppery arugula is especially effective in salads, and the variations are endless. The blue cheese is a deluxe addition; its rich pungency and creamy texture are an excellent counterpoint to the sweetness of the pears and the spice of the greens.

1/4 cup pure maple syrup

Sea salt

2 tablespoons balsamic vinegar

1/4 cup extra-virgin olive oil or walnut oil

1/2 cup crumbled Stilton, Roquefort, or other blue cheese

3 just-ripe Bartlett or Anjou pears, peeled, cored, and cut into 8 wedges each

Freshly ground black pepper

1/2 teaspoon Dijon mustard

5 ounces Earthbound Farm Organic Baby Arugula

Position a rack in the lower third of the oven and preheat to 475 degrees F. Line a baking sheet with parchment or aluminum foil and set aside. Place the maple syrup in a bowl and add the pear wedges, stirring gently to coat all surfaces. Remove the pears from the syrup with tongs and transfer to the prepared baking tray. Reserve any maple syrup still in the bowl. Season the pears lightly with salt and pepper, and roast until the fruit is browned on the bottom, 10 to 15 minutes. Turn the slices with a spatula or tongs, and continue cooking until the pears are tender and golden brown, 5 to 7 minutes. Remove the tray from the oven and let the pears cool slightly. Make a vinaigrette by combining the vinegar, mustard, and olive oil in a small glass jar. Shake vigorously to combine. Season to taste with salt and pepper, then add a teaspoon of the reserved maple syrup to the dressing, or more to taste. Just before serving, place 2 tablespoons of the vinaigrette in a large bowl. Add the arugula and toss to coat the leaves. Add more dressing sparingly, if desired (leftover dressing can be refrigerated for up to 4 weeks). Arrange the greens on a platter, and add the blue cheese and roasted pears. Serve immediately. *Earthbound Farm*