

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



# Growing Weekly



Issue 18, Week of October 11<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 over -  
looking 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/](http://Csafarms.org/)

[providencefarm.asp](http://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.

## Dear Shareholders, Friends & Family,

We are *very appreciative to all of you* for your support this season.

Many kind comments and helpful hands have inspired and sustained us during the heavy physical and mental work of producing such a wide variety delicious, fresh & healthy food. As our 2<sup>nd</sup> year on our new land comes to a close, we feel a well-spring of gratitude to all who are involved. You are our "community" in community supported agriculture (c.s.a.), and we thank you.

We really could not have done it without our "staff". All of these special and generous people infuse our veggies with their care, warmth and love of fresh produce: Katy Newman, Dougherty Johnson, brothers Arturo and Mauricio Arias, Donna Lee Vermeesh, Wilbur Hoffstra, Dan & Sarah Ziebarth, Jami Blaauw-Hara, Mike & Jeanette Hayes, Todd & Lindy Watkins, Amy & Jason Spegele, Jean Nishimoto, Jean's daughter, Tiffany, Ed and Jeanine Bottrell, Moon Price, Ken Ernst, Jan Reis, Eva Matelski, Pauline Pollard, Kathy Drenth, Becky Drenth, Diane VanHussen, Don & Carol Romeyn, Dave & Barb Gosma and our own two eldest sons, Winter and Isaiah! Thanks for "getting your hands dirty" literally!

## Our Last C.S.A. Week

Wow! 18 weeks of growing great food and friendships has come to a *delicious* close...  
(But, don't forget about the party on the 24<sup>th</sup>, 4-7! And please turn in our wax boxes, thanks!)

**New this week!** Shallots, Kohlrabi, & Hakurei Turnips & Napa Cabbage

**You also receive:** Parsnips, Carrots, Potatoes, Beets, Kale, Pie Pumpkins,  
Cauliflower and a couple of varieties of Winter Squash

**Please note:** As you may have already noticed some things may be in your box that are not listed, and some listed things may not be in your box. Guesswork is involved when we write the newsletter at the beginning of the week!

**Q.** Does this mean that Providence Farm is no longer selling our produce?

**A.** We do have produce for sale on a continual basis at our farm market stand, (outside our barn). People can come anytime to that. We also have a lot of kale, potatoes, carrots, parsnips, beets, all varieties of winter squash, pie pumpkins and Jack-O-Lanterns for sale in small or large quantities. You can call us to order some items, and make arrangements for pick-up or you come to our party/potluck on October 24<sup>th</sup>, 4-7, to stock up for the winter!

## Roasted Cauliflower with Shallots and Herbs By Jen Hoy, About.com

This recipe elevates the lowly cauliflower to new heights. Roasting gives it a caramelized, herb-infused sweetness. This dish is best when the cauliflower is cooked but still firm, and should be eaten the day it is made.

### Ingredients:

1 pound cauliflower, (about 1 small head) cut into 2-inch florets  
1 shallot, sliced thin  
1 teaspoon chopped fresh rosemary  
Pinch sea salt  
1 tablespoon chopped fresh thyme  
1 ½ tablespoons extra virgin olive oil

### Preparation:

Preheat oven to 400° F.  
In a bowl, mix cauliflower, shallots, herbs, olive oil and salt.  
Spread the cauliflower out in a single layer on a baking sheet and roast until florets are tender, about 20 minutes.  
Serve hot or room temperature.



Shallots Are Here! Our gourmet shallots have a mild taste that combines the flavor of a sweet onion with a touch of garlic. Considered members of the onion family, but smaller than onions and look more like garlic, shallots do not have concentric structures like onions, but are sectioned into cloves like garlic.

## Speedy Sautéed Hakurei Turnips and Greens Deborah Geering, Eveningedge.com

If you tend to run screaming from turnips, then pretty little hakurei turnips just may turn you around.

The first thing you notice when you stumble upon them at outdoor farmers markets -- that's about the only place you'll find them -- is that they are snow white and perfectly round.

Bite into one and you may be pleasantly surprised. Go ahead; you can eat them raw. They're milder than a radish, crisper than an apple. Or you can eat them sliced on salads, roasted with other root vegetables and cooked in stir-fries.

I prefer to cook them very lightly. If you want the turnips to soften, leave them in the pot while you cook the greens.

-- Deborah Geering, for the Journal-Constitution



### Ingredients:

2 bunches hakurei turnips with greens  
1/2 tablespoon olive oil  
1/2 tablespoon butter  
Salt and pepper to taste  
1/4 cup white wine

### Preparation:

Rinse the turnips and greens well. Cut the greens from the turnips and chop into 2-inch pieces. Trim any straggly roots from the turnips and discard. Cut the turnips into quarters or eighths, depending on size.

In a sauté pan with a lid, heat the olive oil and butter. Add the turnips, sprinkle lightly with salt and pepper, and sauté until crisp-tender, about 5 minutes. Remove the turnips from the pan. Add the greens to the pan, along with any moisture still clinging to the leaves. Cover the pan and allow the greens to cook, stirring once or twice, until just tender, 6 to 8 minutes. Add the white wine and cook until almost all the liquid is gone. Return the turnips to the pan; cook 1 to 2 minutes to heat through. Serve immediately.

**Kohlrabi** is similar to those of a broccoli stem or cabbage heart, but milder and sweeter, with a higher ratio of flesh to skin. *Farmer John's Cookbook* has a "simple, satisfying recipe that celebrates the greatness of kohlrabi." So... here it is:

## Simple Sautéed Kohlrabi

### Ingredients:

2 medium kohlrabi bulbs, grated, 1 teaspoon salt, ¼ cup butter or light oil, 1 medium onion, diced (about ½ cup) 1 clove garlic, minced (Or use Providence shallots) or pressed (about ½ teaspoon) (optional), 2 tablespoons chopped fresh thyme, chives, or sage.

### Preparation:

Mix the kohlrabi and salt in a colander and let stand for 30 minutes to drain. Melt the butter in a medium skillet over medium heat. Add the onion and sauté until translucent, about 3 minutes. Add the garlic and sauté for 1 minute more. Stir in the kohlrabi. Reduce the heat to low, cover, and cook for 10 minutes. Increase the heat to medium, uncover the skillet, and cook for 2 minutes. Remove from heat and stir in the fresh herbs. Let stand for a couple minutes to let the flavors develop.