

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



Growing Weekly



Issue 3, Week of June 28th, 2009

Who are we?

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

What are we doing?

Growing over 60 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 Missions:

To develop a healthy way of life that is in harmony with our growing family, the environment, and our community. *And, to grow wonderful food: full of flavor, nutrition and life!*

How can you learn more about

Providence Farm?

Go to our website:

Csafarms.org/

providencefarm.asp

E-mail:

providencecsa@yahoo.com

[com](http://providencecsa@yahoo.com)

Or call:

231-599-2020



Red Leaf Lettuce



Ryan and Arturo Using the Mulcher



Beet Greens

Real summer heat and welcome rain brought new gifts this week!

**sugar snap & snow peas, beets, kale,
lettuce, garlic scapes and radish!**

Of all the root vegetables, beets seem to soak up the essence of the earth. Taste a well-washed beet and you still have the unique sensation of sugar and soil, crisp with life. Vibrant greens contrast sharply with the deep red veins and roots, which stain fingertips and lips. The visual message is clear: Eat and be well!

Beets and their greens are potent in their ability to nourish our bodies. In fact, beets are so concentrated, nutritionally speaking, that many natural vitamins are derived from them! According to Sally Fallon in her book, *Nourishing Traditions*, Dr. Bruce West recommends eating a few spoonfuls of beets per day, either raw, fermented or cooked, as a sure method of ingesting adequate vitamins and minerals on a regular basis and as a way of detoxifying the body as well. Beets and their tops contain special substances that protect the liver and stimulate the flow of bile. Beets and beet juice have been used successfully in cancer therapies. Long valued as a blood tonic, they are rich in calcium, iron, magnesium, iron, phosphorus, carotene, B-complex and vitamin C.

I could also spend time praising the virtues of raw honey and raw organic apple cider vinegar, but I think I'll just give a recipe instead:

A Simple Beet Salad for Two

Dressing: Mix 2 Tb.s raw apple cider vinegar with 2 Tb.s raw honey and then thin with water to a nice dressing consistency, 1- 2 Tb.s.

Salad: Slice small lettuce head and beet greens (of 2-4 beets depending on quantity), in small ribbons lengthwise and across. De-string sugar snap or snow peas and add with pods. Thinly slice 2-4 raw beets, depending upon the size. Add raisins and sunflower seeds, to taste. Toss.



Confessions from Andrea, the 2nd half of Providence Farm:

Even though I am the wife of a vegetable farmer and mother to four beautiful, precious children, I can still be swayed by a pack of (gasp!) Skittles or a can of (oh, the horror...) Pringles. All my knowledge and heartfelt convictions take a back seat when stressed or hurried...and the kids are hungry, now! (Dreaming a bit, but I seriously would *love a local, organic drive-thru!* "So you want a side each of lightly steamed sugar snap

peas and fresh-picked strawberries with your free-range chicken salad, and a cold, locally-harvested mint tea sweetened with stevia?")

The point is, **Knowledge is Power**. (Just get a calorie count for any dish or drink from a fast-food restaurant, and you'll see what I mean!) Knowledge about food on many levels can help us fight old habits and make new ones, creating well-being for ourselves, our family and the planet. So..., I found yet another great resource for us to go to for information and inspiration! The website is: www.foodincmovie.com

FOOD, INC. is a movie that has come out lately, highlighting the sad state of our nutritionally deprived nation, food politics, and our huge food industry. I have not seen the movie yet, but was curious about it and went to their website to watch the trailer. Under the heading **Hungry For Change**, there is a plethora of resources including reading lists, articles on pertinent issues such as genetic engineering, cloning, and pesticides as well as the opportunity to sign a petition to support healthy food choices in schools. You can "take action", "blog", and visit the many "alliances" out there striving to protect our health and planet.

Stir-Fry Peas & Sesame Seeds

- ½ pound peas, ends and strings removed
- 1 ½ Tb.s olive oil
- 3 green onions, minced
- 2 Tb.s sesame seeds, toasted in oven
- 1 ½ tsp.s toasted sesame oil
- Sea salt and pepper to taste

Stir fry onins and peas in olive oil for about 3 minutes. Add sesame seeds and cook another minute. Remove from heat and stir in the toasted sesame oil. Season to taste.

Kale is yet another super vegetable!

Remove stems and cook it slightly so that the oxalic acid is neutralized.

Anything that you enjoy cooked spinach in (omelets, quiche, chopped fine in soups or stir-fries) is a good bet for this leafy green.

We like to **sauté garlic scapes in olive oil and sea salt, adding chopped kale and lemon juice after the scapes have softened. Add pine-nuts and feta cheese at the end for a Greek flavor.** Kale cooked in this way is wonderful with lentils and pita bread!

Radish Butter

Soften a stick of salted butter to room temperature. Mince 4-5 beets. Measure out 1 ½ teaspoons or 1 tablespoon lemon juice (to taste). Whip butter with minced beets and juice. This makes a wonderful treat for French baguettes or crackers.



PEAS! Eat them raw in the pods or slightly steamed. Remove strings by snapping the ends and pulling. We enjoy them in stir fry also, taking care to add them toward the end to keep them bright green and just tender. The sugar snaps are plump; snow peas are flat. Peas are high in folate, so their great for our hearts. Peas are also a source of soluble and insoluble fiber, which helps stabilize our blood sugar and keep our digestion running smoothly.



For those of you who ordered fresh, pasture-raised chicken:

The July order is coming in next week. We will have it at your pick-up. Please read the invoice and send a check in the mail. Bonus: I was able to lower the price by 10 cents/pound and I'll pass that on to you!



We are looking for a used washing machine to spin lettuce: Top-loading, regular or large capacity, electric. Please let us know as soon as possible if you know of one! Thanks! Andrea