



Growing Weekly



Issue 4, Week of July 5th, 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](mailto:providencecsa@yahoo.com)

Or call:

231-599-2020

Hello shareholders! Ryan and I want to thank you all again for your support this season. We've been amazed at the outpouring of positivity. Good food feeds more than the stomach... friendships grow here along with veggies!

This Week's Colorful Harvest:

Green Onions, Carrots, Spinach, Red Iceberg Lettuce, Kale, Radish, Garlic Scapes & Peas

Thought I'd share a few recipes given by members. They sound wonderful:

From Amy Richards: "As a follow up to your *Pringles confession*... I found these recipes online!" (Thanks Amy! I can't wait to try them!)

Kale Chips

1 bunch kale
1 TB olive oil
1 tsp seasoned salt
(I used chili powder,
Salt and garlic powder)



Preheat oven to 350 degrees. Line a non insulated cookie sheet with parchment paper. Remove kale from stems and tear into bite sized pieces. Wash and dry w/salad spinner (leaves must be dry!) Drizzle w/olive oil, toss, sprinkle w/seasonings as you toss. Spread on cookie sheet and bake until edges are brown and crispy, not burnt, 10-15 minutes.

Radish Chips

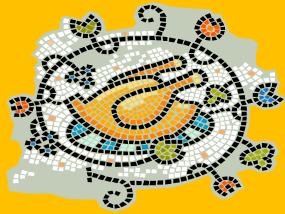
10 radishes, thinly sliced
1 tsp chili powder
 $\frac{1}{2}$ tsp garlic salt
 $\frac{1}{2}$ tsp paprika



Heat oven to 350 degrees. Steam radish slices in the oven for five minutes. Put in bowl with spices. Stir to coat evenly. Bake on a cookie sheet for 10 minutes, flip, and bake for another 10 minutes.

(Now I have overheard from one of our members that "it'd be a sin to cook those turnips!" but I bet the recipe above would work for those delightful roots too.)

Note: Change in the Chicken Pick-Up!



Chicken grows slowly in cold weather, so we are going to change your pick-up week to *next* week.

Thanks for putting up with the “nature” of farming!

August orders will come in the first week of August. **IT IS NOT TOO LATE TO ORDER!**

If you have never tried pasture-raised chicken, you are in for a real treat! Many people have told us that this chicken is the best that they have ever had.

(I especially remember the enthusiastic high-five Ryan got one year at the farm market!)

We also *still have pork sides available* at this point. Our pork is outstanding. We sell all different cuts if you just want to try it first.

Call or e-mail me and I can send you brats, ham slices, Canadian bacon, ham hocks, chops, etc.

(*You can still order blueberries too!)

Snap Pea Salad w/Radish

Nancy Hitchcock

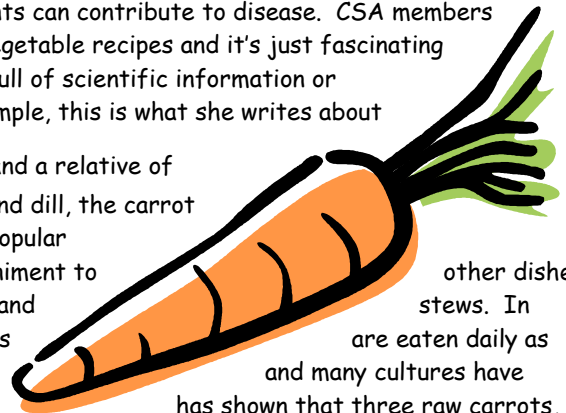
1 cup crumbled ricotta salata or feta “I’ve made it with and w/out cheese, both are great”
 $\frac{3}{4}$ cup radish (I used more) 1 $\frac{1}{2}$ cup sliced sugar snap peas
1/3 cup mint leaves, torn 1 clove garlic, minced
Pinch kosher salt 1 TB balsamic vinegar
3 TBS olive oil

Toss veggies in a bowl. Make a paste of the garlic (using mortar and pestle, or small bowl w/spoon) and add lemon juice and balsamic and stir well. Drizzle in oil. Add pepper to taste. Toss and enjoy!

For those of you who are cookbook fans, I have an excellent

recommendation for you: *Nourishing Traditions*, by Sally Fallon. She teaches us how to eat and prepare food much the way our ancestors did. She also helps us see what’s really in processed foods and how modern ingredients can contribute to disease. CSA members would have another resource for superb vegetable recipes and it’s just fascinating to read! Every recipe page has side bars full of scientific information or anthropological dietary research. For example, this is what she writes about

Carrots: A native of Afghanistan and a relative of celery, parsnips, caraway, cilantro, cumin and dill, the carrot is a most useful, versatile, nutritious and popular vegetable, revered not only as an accompaniment to but as a base ingredient for soups, stocks and hotels in the town of Vichy, France, carrots part of a cure for over-loaded digestion; valued them as an aphrodisiac. Research eaten daily, lower blood cholesterol; and that a single carrot per day cuts the risk of lung cancer among smokers in half. Carrots are rich sources of carotenoids, B vitamins, phosphorus, calcium and all important iodine.



Carrots Vichy *Nourishing Traditions*, Serves 4

1 pound carrots, filtered water, 4 tablespoons butter, 2 tablespoons honey, sea salt: Peel carrots and slice into rounds. Cover with filtered water and bring to a boil. Add butter and honey. Boil uncovered, skimming frequently, until liquid is reduced to almost nothing and carrots are well coated. You may want to add a tablespoon or two more of butter at the end. Season to taste.

Ryan and I are looking for people willing to spend a few hours at the farm.

We are losing some key helpers come end of July, when our 7 $\frac{1}{2}$ acres are producing a tremendous amount of food! People are needed to help on harvest days, which are Tuesday, Wednesday and Friday. Many benefits including fresh air, friendly conversation, and getting to know Providence Farm, the land and your veggies a bit more intimately... (Wow, this is the very spot where my tomatoes were born! ☺) Optimal hours for volunteering are 8-12 or 9-1, but the noonish to 4ish time works too on Tuesdays and Fridays. Volunteers add so much to the farm. They help keep our spirits and bodies refreshed, while keeping the costs down and are very, VERY much appreciated! Even a one-time shift this season would be fantastic! Just give us a call and let us know when you can make it!



