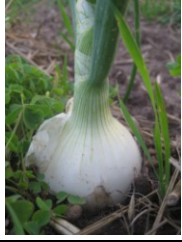


A Publication of Providence Farm & C.S.A., (Community Supported Agriculture),



Growing Weekly



Issue 7, Week of July 26th, 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/
providencefarm.asp](http://Csafarms.org/providencefarm.asp)

E-mail: providencecsa@yahoo.com

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

Or call:
231-599-2020

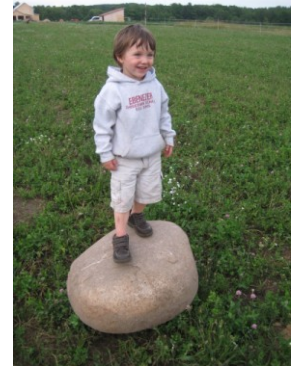


Farm Updates From Ryan: We're pleased for the recent rains that we've had. It is especially helpful for the non-irrigated crops and recently seeded and transplanted crops. The picture to the left is of a green bean plant pushing through the soil.

The picture to the right is of my son Jacob, standing on a rock that I recently pulled up with my chisel plow while working down a bed of lettuce. In the spring, I pulled up several of those, and I was surprised to find another one so close to the surface. We see them as a resource in our landscaping and stonework, however, they are hard on the equipment!



If you look to the south of our fields, you'll see the portable shelter where we house our 20 piglets. Our portable shelter was designed around re-using materials that were already on the farm... left-over metal roofing, runners that were beams from the original barn that stood by the road, walnut bought at a farm auction and some lumber salvaged from construction jobs. The shelter will be where the pigs go during hot, sunny days for shade, and rainy days for staying dry. They will have access to rotating pasture around the shelter, using electric fence. We are grateful to Ken Ernst for his hours of help with this project.



THE PIGLETS ARE HERE! They are so funny! When Jacob and I went to visit them, they would all bunch together with their backs to us and then, "freeze" in place, as if they were thinking, "If we're very still, maybe they won't notice us." They could only hold a freeze for a few seconds, so the whole group would rearrange and do it again! (I can't decide if it looked more like comedy or "Performing Arts for Pigs") Jacob tried to make friends by offering a carrot, and eventually, it worked! --Andrea



"Sparkle and Hammy."
"Oreo" is sitting on Isaiah.

You can see this newsletter in color at our website.

So I went through the gardens with my camera, and I have a little quiz for you...try to figure out what plant/vegetable you are looking at. (Don't peek, but the answers are at the bottom of the page!)



This Week's Harvest:

**Kale, Broccoli, Carrots, Garlic, Lettuce, Beans
Potatoes, Zucchini or Patty Pans (Summer Squash)
Dill, Parsley, Cabbage and Radish**

Today's garlic is yet another variety: Spanish

Roja

This variety is very popular with market gardeners and restaurants and suited to colder climates. Taste test the varieties and give us your input!

Top row: purple beans, lettuce mix, patty pans, red curly kale, unopened sunflower
Bottom row: peppers, brussel sprouts, zucchini, broccoli, red cabbage

Baked Egg with Spinach & Tomatoes

(Jeanette Hayes)

(IF you are out of spinach, use kale, stripped from its stems instead!)

- 1 Tb olive oil
- 1 small onion, chopped fine
- 1 clove garlic, chopped fine
- 1 14.5 ounce can diced tomatoes, drained
- kosher salt and pepper
- two 8 ounce bunches spinach trimmed
- 8 eggs separated (yolks kept whole if possible)

Heat oven to 400. Heat oil in skillet at medium heat. Add garlic and onion, sauté 1 min. Add tomatoes, ½ teaspoon salt, ¼ teaspoon pepper and simmer 3 minutes. Add spinach and cook until it begins to wilt, 1 minute or so. Transfer to baking dish.

Beat egg whites until foamy, about 30 seconds, pour over spinach mixture. Carefully place egg yolks over the top. Bake until whites are set, 20-25 minutes. Divide among plates.

Serve with sour cream and salsa or plain. May be cut in half. (Garnish with cilantro if you like that !)