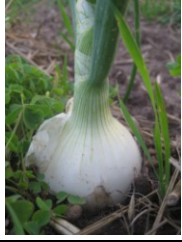


A Publication of Providence Farm & C.S.A., (Community Supported Agriculture),



# Growing Weekly



Issue 8, Week of August 2<sup>nd</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 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](http://Csafarms.org/providencefarm.asp)  
E-mail: [providencecsa@yahoo.com](mailto:providencecsa@yahoo.com)

Or call:

231-599-2020

Located 1 mile east of Eastport on M-88.



## Hello shareholders!

Hope this week finds you at peace, enjoying your family, friends, and unusually mild summer weather. One positive for the farmer and helpers? Not cooking for hours in the hot sun!

I put a picture of a box here to remind shareholders to bring all of their boxes back to their delivery points. Every time you pick-up a box, you need to drop the empty one off from the week before. Thanks!

Ryan and I have been getting requests for "clean" beef: *grass fed, (no hormones, no grain, no confinement) beef*. We don't grow a lot of beef YET, but there is a farm in Alden that does. Due to the fact that we grow our family's own beef, we have not had theirs. I do appreciate their family story, growing practices and pictures which I found at: <http://buylocalbeef.blogspot.com/>. Here, you can also find a 2009 price list. Rodger's Farm sells beef in 10 pound packages which consist of different cuts, as well as by the piece. They also sell naturally-raised lamb. Check them out! You can also call Christina at (231) 331-7705.



Since our economy is struggling, I thought it would be a good idea to pass this on, even though I'm "preaching to the choir" so to speak.



*The Select Michigan Program encourages retailers and consumers to purchase food grown and processed in Michigan.*

Buying locally directly supports our farmers and agri-businesses, as well as our state's economy. **In fact, if every Michigan household spent just \$10 per week on Michigan-produced food, it would keep nearly \$40 million each and every week working for you right here at home.** If you type the key words "buy Michigan products" in your search engine, you can find many websites that list Michigan made products from furniture to toys. Also, I was pleased to find that Glen's supermarket sells hundreds of Michigan made products.

There is also a website dedicated to encouraging people to eat local. It is full of helpful articles, blog entries, links, and inspiration. [www.eatlocalchallenge.com](http://www.eatlocalchallenge.com). The challenge is to find at least 80% of our food within a certain mile radius (you decide the radius), only expanding that radius when necessary and keeping it in state. (The other 20% would include chocolate, coffee, bananas, etc... concentrating on products that are fair-trade (farmers are paid a fair price) and/or organic.)

It sounds like a lot of work, but the authors encourage making small changes and illustrate that even small adjustments have positive impact on our local economy, environment and health!

**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 next week. **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.



“Kissing don’t last, cooking does.” (Pennsylvania Dutch saying)

## Contents in Your Share This Week:

Sweet Onions, Broccoli, Lettuce, Garlic, Carrots, Beets, Dill, White Potatoes, Basil, Zucchini or Summer Squash  
Cauliflower & Collard Greens!

### **Creamy Dilled Feta** *Organic Gardening Magazine, August 2009*

In the bowl of a food processor, combine 1 cup crumbled feta,  $\frac{3}{4}$  cup Greek yogurt,  $\frac{1}{4}$  cup olive oil, 1 heaping tablespoon minced dill leaves, and 1 clove garlic. Blend until smooth. Spread the creamy feta on sandwiches in place of mayo or serve as a vegetable dip.

### **Ten Minute Zucchini Pizza** *Recipes From a Kitchen Garden (six servings)*

|                               |   |
|-------------------------------|---|
| 6 medium zucchini             | $\frac{1}{2}$ cup finely chopped basil                  |
| Olive oil                     | 1 $\frac{3}{4}$ cup freshly grated Mozzarella cheese    |
| $\frac{3}{4}$ cup pizza sauce | 1/3 to $\frac{1}{2}$ cup freshly grated Parmesan cheese |

Preheat oven to 425 degrees. Cut zucchini lengthwise into  $\frac{1}{4}$  inch thick slices. Pat dry and brush both sides with olive oil. Arrange side by side on baking sheet or pizza pan lined with aluminum foil. Bake 7 minutes or until just tender when pierced with a fork. Top generously with pizza sauce is hot and bubble and cheese is melted, 2-3 minutes.

### **Spicy Collard Greens with Bacon** *Betty Crocker Cookbook, New Ed. (Two servings)*

|  |   |
|--|---|
| 1 lb collard greens, ribs and stems removed and leaves coarsely chopped (about 4 cups) |   |
| 3 cups water   | 3 slices bacon, chopped   |
| 1 small onion, chopped (1/4 cup)   | $\frac{1}{2}$ jalapeno chili, seeded and finely chopped                 |
| $\frac{1}{4}$ tsp dried thyme leaves   | $\frac{1}{4}$ tsp seasoned salt   |
| $\frac{1}{4}$ tsp pepper   | (Offer cider vinegar on the side for a splash of true southern flavor.) |

In a 4-quart Dutch oven, heat water to boiling. Add collard greens to water; heat to boiling. Boil 30 minutes; drain.

Meanwhile, in 12-inch skillet, cook bacon over medium-high heat, stirring occasionally, until crisp. Remove bacon with slotted spoon, reserving 1 tablespoon bacon fat in skillet. Drain bacon on paper towels.

In same skillet, heat reserved bacon fat over medium heat. Cook remaining ingredients in bacon fat 5 minutes, stirring frequently. Stir in collard greens and bacon/ reduce heat to low. Cover and cook about 15 minutes longer, stirring occasionally, until collard greens are very tender.

**Collard Greens w/ Black-Eyed Peas:** During last 5 minutes of cooking, stir in 1 can (15 to 16 ounces) black-eyed peas, rinsed and drain.

Q. How can you tell if a potato is a new potato regardless of its size?  
A. Because this young potato has skin so thin, you can rub it off.