



Growing Weekly



Issue 9, Week of August 9th, 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](mailto:providencecsa@yahoo.com)

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

Or call:

231-599-2020

Located 1 mile east of

Eastport on M-88.

Fennel is in! Ryan and I first learned of fennel when we lived in southern Georgia. The tall feathery fronds are bright light green and look striking in the garden. Belonging to the Umbel family, it is related to carrots, celery, parsley, dill (which it resembles in looks, and anise (which it resembles in flavor). Fennel thrives in warm, moist climates, which is why it's a staple in Mediterranean cuisine. (Isn't it a miracle that we have it in our baskets this summer?) You can slice and eat fennel raw, with soft cheeses or dips. The taste is milder this way. Even though I'm not a fan of black licorice, broiled or grilled fennel is fantastic! I especially like it broiled with garlic in a lemon-pepper-butter sauce. Mix in sliced carrots for color and sweetness, and we have a beautiful dish. I found the following recipe online at thatsmyhome.com:

Mediterranean Fennel Soup



- 1 bulb fennel (about 1 to 1 1/4 pounds), trimmed, quartered and sliced); reserve some "fennel fronds" for garnish, if desired
- 1 large onion, chopped
- 2 carrots, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon salt, divided
- 1 teaspoon coarsely ground black pepper, divided



- 8 boneless, skinless chicken thighs, all visible fat removed (about 1 1/3 pounds)
- 4 cans (about 14 ounces each) chicken broth - or your own homemade broth
- 1 cup orzo (rice shaped pasta)
- 6 ounce bag of baby spinach (about 4 cups)
- 1/3 cup coarsely shredded Asiago cheese (or silvers cut from a chunk of Asiago cheese)

Lightly spray a five-quart Crock-Pot slow cooker with cooking spray. Place fennel, onion, carrot and garlic in slow cooker; stir in about half of the salt and pepper; spread mixture evenly over bottom.

With kitchen shears or knife, cut each chicken thigh into 4 to 6 pieces. Season chicken chunks with remaining salt and pepper. Place chicken atop fennel/onion mixture. Pour chicken broth over. Cover.

Set slow cooker on high and cook for 1 hour; lower to low setting and continue to cook for 2 hours longer.

Stir in orzo; cover and cook on low for 1 1/2 hours longer. Check to see if orzo and chicken is tender; if necessary, cook about 30 minutes.

Place spinach atop chicken/orzo mixture; do not stir. Cover and continue to cook on low for 10 to 15 minutes.

Turn off heat. Stir spinach into chicken/orzo mixture. Taste; adjust seasoning if necessary.

If desired, garnish with some of the reserved feathery fennel fronds. Top each serving with some Asiago cheese.

Two more ways to try fennel:

Sauté fennel, artichoke hearts, zucchini, tomatoes, sweet bell peppers, thyme and a dash of salt and pepper.

Or steam fennel and chill along with the same vegetables and dress with a spoonful of lemon juice, olive oil and chopped chives or green onion, salt and pepper.

We are so spoiled today! Thank you, Lord, for the bountiful harvest: Fennel, Cucumbers, Broccoli, Carrots, Yukon Gold Potatoes, Lettuce, Beans, Zucchini, Summer Squash, Sweet Onions, Cabbage, Kale, & Basil

Since I am looking online today... Here's a recipe from allrecipes.com:

Grilled Cabbage I

SUBMITTED BY: SMILEEFACE1999

"Cabbage steamed in foil with butter and garlic...the perfect sidekick to grilled ribs or chicken!"

1 small head cabbage, cored
1/4 cup butter, cut into pieces
1 teaspoon minced garlic
1 ice cube
Salt and pepper to taste



Preheat an outdoor grill for medium-high heat.

Slice the top off of the head of cabbage so that it will sit flat with the cored side up. Place the butter, ice cube and garlic into the hole where the core used to be. Season with salt and pepper. Wrap tightly with foil, sealing at the top of the head.

Place wrapped cabbage core side down directly on the grate. Let cook for 25 to 30 minutes, or until tender. Slice into wedges, and serve.



Cucumbers With Dill (southernfoodabout.com)

This is a simple cucumber salad recipe with chopped fresh dill and cucumber. For best flavor, chill this salad for at least 2 hours before serving.

- 1 cucumber, peeled and sliced
- 2 1 tablespoon coarsely chopped fresh dill
- 3 Salt and pepper
- 4 3 to 4 tablespoons rice vinegar, unseasoned, or cider vinegar

Combine all ingredients in a bowl; cover and refrigerate until ready to serve. Serves 2 to 4, but can be doubled or tripled quite easily.

(Substitute fennel fronds for dill if you'd like!)

A Few Notes From Ryan:

- *I always count on Fall cabbage, but the seed didn't germinate the two times I planted it. I also looked all around for plants and no one has them. Cabbage keeps a long time in the fridge if you wrap it tightly in a plastic bag or wrap, even a month or so. We've made sauerkraut in the past, extending the shelf life of our cabbage even longer.*
- *We have beans for sale by the bushel (for putting up). Call ahead for availability at 350-3366.*
- *We have pickling cucumbers for sale also! Call ahead for availability at 350-3366.*
- *I am really appreciating the help we've been getting on the farm! Many thanks to volunteers Jeanine & Ed Botrell, Jann Reis, Barbara, Ken Ernst, Katy Newman, Wilbur Hoffstra, Rachel Felton, Don Romeyn, Pauline (from the garden club), Kathy, Andrew & Becca Drenth, Becky Kremedis & Kathy Wolf!*