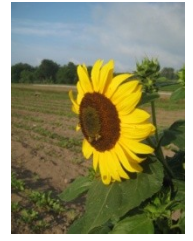


A Publication of Providence Farm & C.S.A., (Community Supported Agriculture),



Growing Weekly



Issue 9, Week of August 10th, 2010

Who are we?

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

What are we doing?

We grow over 70 varieties of vegetables as well as strawberries, melons, some herbs, flowers, and pork on our farm overlooking 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

Or call:
231-599-2020
231-350-6420

CHERRY TOMATOES, LARGE SLICERS, BEANS, GREEN CABBAGE OR CAULIFLOWER, BEETS, BASIL, KALE, CILANTRO, SWEET ONIONS, POTATOES & GARLIC!

Hi Shareholders! Can you believe that we are half way through our 18 weeks together? I wanted to spend some time giving you a glimpse of the farm on a CSA day, so



I took a photo tour through the gardens early this morning. Our dog, Sky, was so excited to go out with me at first, then he disappeared under the tractor to pant in the shade while I took pictures: The purple and green curly



kale is next to the Brussels sprouts in this south facing photo. (Torch Lake is behind the trees at the end.)



Our niece, Kendall, is here for a month. She's 13 and loves living and working on the farm. Driving this tractor is a definite perk! She also figured out a novel way to cut onions w/out tearing up, and yes, she's wearing a diving mask and that's a snorkel in her mouth! Who knew?

Scott and Megan are two of our twelve harvesters today. Wilbur, Kathy, Jamie, and Rita were our primary washers



this morning. They are standing in the basement of the barn where our nine sinks, two washing machines (to spin lettuce and spinach), and walk-in cooler is. Thanks to them, our vegetables look beautiful, otherwise your onions and other root vegetables would look like this!

This summer is the exact opposite of last summer weather-wise. Heat like this means an abundance of tomatoes, eggplant, peppers and melons! Tomatoes are in your box this week and I'm thinking of slicing tomatoes and mixing with garlic, sea salt, pepper, olive oil, basil and fresh mozzarella for a salad by itself or to put on toast. The cilantro means fresh salsa,

but we have to wait a bit more for our hot peppers, so it will be very mild. I like to mix lime juice, cilantro, sweet onions, garlic, sea salt, green peppers and chopped roasted tomatoes together. Another wonderful dish this time of year is a fresh and flavorful soup made out of raw ingredients. I put 4 tomatoes, 1 small onion, 2 cloves garlic, 1 bell pepper and a small handful basil in the blender with a pinch of sea salt. I puree to fine consistency. Then I add chopped avocado and sweet onions to the top of each soup for texture. It is fresh, light and satisfying. I can see adding a favorite cheese to this such as asiago, Parmesan or feta as well.

Our cool-loving crops are gone for now (spinach) or struggling (lettuce). Lettuce prematurely sends up seed stalks in the heat and gets bitter. But I found what sounds like a good tip and here it is: "Wash and store the leaves in the refrigerator for a day or two. Much of the bitterness will disappear." (University of Illinois extension agency)



One of the many challenges of growing over 70 varieties of vegetables organically, is the variety of pests in the gardens! As soon as we protect a plant and defeat one bug, another veggie is being viciously attacked elsewhere. It can be frustrating to say the least! I found aphids on the kale and took some pictures to show you what they look like. We do have an organic spray to apply that eliminates them and it's made out of soap. We decided to wait until we could get to them before putting kale into your box this week! I hope you don't mind. ☺

Have a great week full of summer! -Andrea