

# Monroe Family Organics

## CSA Newsletter

AUGUST 5, 2012

Hello everyone! I hope you are enjoying the summer bounty! It is a great time of year for fresh vegetables here in Michigan.

### Farm Update

This last week was a good week for the farm as the temperatures were cooler for most harvest days, and things are growing fast because of all the moisture in the soil. We did have a little damage on some of the lettuce last week when one of the rains came down a little too hard on some of the more tender young plants. The pigs and chickens were happier with the weather, and the pasture has put on some nice new growth for the animals to munch on. The meat chickens met the butcher early Friday morning and will be distributed this week. If you were interested in ordering a chicken and found that we were sold out, we apologize. We had some bad losses this year to a family of four raccoons (who have since been disposed of) and lost a few to the heat as well. The eggs are coming in fast and furious right now as all the hens are now at the stage where they are all producing their normal sized eggs instead of just the small pullet eggs. We eat a lot of eggs at our house so it is good to have our own bountiful supply. We got the covering back on one of the coldframes after a storm blew it off a while back, and fortunately we were able to use the old plastic instead of buying a new covering for that tunnel. There are a lot of fall plantings that we are starting to put in the ground both for the



*The pigs are glad the weather is so much cooler! They have been continuing to play in their mud hole nonetheless in order to keep comfortable.*

CSA and for our ever increasing wholesale account demand. We planted some strawberry plants at the beginning of this season, and they are looking very nice for the amount of heat they have been through. The level of moisture in the ground has helped them put on some very substantial growth. I am very hopeful that these will yield a bountiful harvest for all of you in the CSA next spring.

This week we will be offering eggs for \$4.00 per dozen, blueberries for \$3.00 per pint (\$3.20 per pound for 10+ pounds), basil for \$10.00 per pound, and green beans for \$1.80 per pound for 10 or more pounds). If you are interested in basil, green beans, or large amounts of blueberries, we will need a day's advance notice to be able to make it to the next drop-off.

*Have questions or comments? Email us at [mfororganics@yahoo.com](mailto:mfororganics@yahoo.com) or call Michele at*

*517-896-6884.*

## How We Use Our Veggies

One of the things we love about August is how many fresh veggies are available, and our family is a significant consumer of the produce we grow. This time of year there is a lot available and we thought we might let you know what we do with some of our veggies at home. In the picture to the right we have a burger with local pastured beef from the Warnke family, one fried egg from our chickens, a slice of tomato and a few pieces of lettuce. The tomato side dish is a mixture of sliced tomatoes and chopped basil with a red wine vinegar, olive oil, and smoky blue cheese that we bought from The Market on Main in downtown Mt. Pleasant. Then finally we have an ear of sweet corn and our salad mix which we ate with Caesar dressing.

Another dish we really like this time of year is a salad that consists of cucumber that is sliced and then halved to make half circles, cherry tomatoes cut in half, a small amount of chopped salad mix, a small amount of chopped frisée or escarole, with the dressing listed below. After making the dressing pour it into a bowl with all the veggies until the salad is evenly mixed and covered with the dressing. Here is the dressing:

2 tbsp olive oil  
2 tsp red wine vinegar  
1 tsp honey (sugar can also be used)  
2 tbsp Italian dressing  
Nice cheese (fresh blue cheese, parmesan or other high quality cheese)



*This is an example of a normal dinner we make with our veggies this time of year.*



*These chicken, basil, and cherry tomatoes are staples in many of our meals right now.*



*This is a typical breakfast for us when the veggies are in full swing; garlic cheesy potatoes, an omelet with our cherry tomatoes, basil, and chicken inside, and Swiss oats with blueberries.*

We also love garlic cheesy potatoes, which I have made this many times this season since the potatoes have been ready. I take half-3/4 of a CSA bag of potatoes and cut them into relatively thin strips. Then I sautee them in olive oil until they are very tender all the way through. I also use two cloves of garlic finely chopped that are added at the same time I put the potatoes in the frying pan. After the potatoes are tender I put about 1/2 cup of some lighter tasting cheese like Monterey jack and add some salt and pepper to taste. I then take two later leaves of kale whose stems have been removed and that have been cut into thin strips. I add the kale at the same time as the cheese and put all of it on low heat for a few minutes with a lid on. I then stir everything together and serve.

When we eat the green beans we usually sautee them in olive oil until they are slightly brown and then add a little chard (cut into thin strips) at the very end with salt and pepper. With broccoli, I use a very similar recipe to the cheesy potatoes except I do not put kale in with it, and I use broccoli instead of potatoes.

We've been told this is unusual, but we normally have cooked greens with breakfast. First we fry bacon and take it out of the pan to eat separately from the greens. Then we take beet greens, kale, chard, or spinach and sautee it lightly with the leftover bacon fat, add salt and pepper, and serve. Also, for breakfast we often have fried beets or carrots in olive oil with pepper and salt. These are usually accompanied by an egg and some bacon or sausage. Well, this gives you a glimpse into some of the ways we have been using our family's share of the harvest lately. I hope this gives you some ideas you can use in your own kitchen, and we certainly welcome some new ideas from you as well that we can try.

### What to Expect in This Week's Share

- ❖ Sweet corn
- ❖ Cherry tomatoes or large tomatoes
- ❖ Green beans or potatoes
- ❖ Carrots, beets, or eggplant
- ❖ Cucumbers, green peppers, or kohlrabi (pick two of these!)
- ❖ Chard, kale, endive, or broccoli
- ❖ Basil, cilantro, garlic, or flowers
- ❖ Salad mix or extra corn

*If you have ideas for an article, or you would like to contribute a recipe to a future newsletter, please email [mforganics@yahoo.com](mailto:mforganics@yahoo.com) or call Michele at 517-896-6884.*