

Monroe Family Organics

CSA Newsletter

SEPTEMBER 30, 2012

Hello everyone! The cool of autumn is here, and the veggies are changing with the season as well.

Farm Update

This week was a great week to be out in the field with the nice weather. We were able to get a significant amount of the ground work done for our new greenhouses. We also finished harvesting all of the sweet potatoes and ended with an estimated 4500lbs of unsorted tubers. Also, the potatoes were all harvested and we got to use an old borrowed potato digger to finish this year's harvest, which made it a lot easier! This weather has been good to the pigs and the chickens, although we still have some animal that is taking a few chickens a week. We hope to catch up to him and dispose of him soon. Most of the veggies in the fields are past their prime now, and the next large field project will be plowing a lot of the ground to prepare for our cover crops. Many of you in Midland may have seen the article about us this weekend in the Midland Daily News. Also, Dave Johnson from the East Lansing Food Co-op came this last week to film us working on the coldframe construction, and he will do some more this coming week. They hope to use it to promote our farm and our veggies to their customers. We will let you know when it is up online! So including the almost weekly mention in the Morning Sun, we have been getting a lot of good press lately, for which we are very thankful! I you are looking for veggies to preserve, this week we have roma tomatoes for \$12 per half bushel, red beets for \$18 per half bushel, and sweet potatoes for \$1.35 per pound (minimum of 20 pounds).



The pigs eat some leftover kale.

This year, we will be selling whole and half pigs again. They are probably going to go very fast, as last year we sold all of them within 48 hours. If you are interested in ordering on, we are selling them for \$5.75 per pound, already butchered and packaged. Due to the range in the size of the hog, there will be between 40-75 pounds of meat per half pig. You can let us know whether you would prefer one of the smaller or larger hogs. As far as what cuts you get, we lean heavily to the most popular ones such as bacon, pork chops, sausage, pork roast, etc. They are getting butchered at Bellingars' Packing in Ashley because Bellingars' is one of the few who smoke the meat without preservatives or other artificial chemicals. Their butchering date is October 17th but the meat will be available for pickup at our farm a few weeks later, because the smoking process takes several weeks. As for our methods of production, we use no hormones, GMO grains, or artificial chemicals or medications of any kind. They live on pasture their entire life. This allows them to express the instincts for rooting and eating insects, grubs, worms, and other unfortunate animals that venture into their pasture. We also feed them local Graham's Organics grains and a lot of vegetable waste from our fields. If you are interested in ordering a pig, you can either send us an email or give us a call, and we'll put you on the list!

Have questions or comments? Email us at mfororganics@yahoo.com or call Michele at

517-896-6884.

Recommended Reading for Foodies

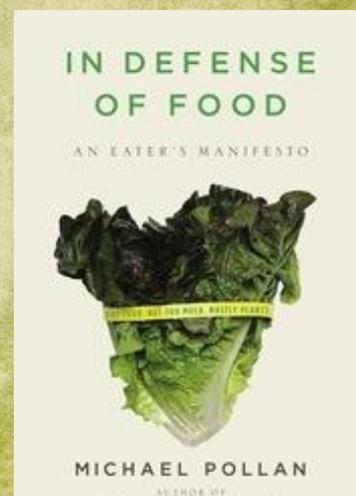
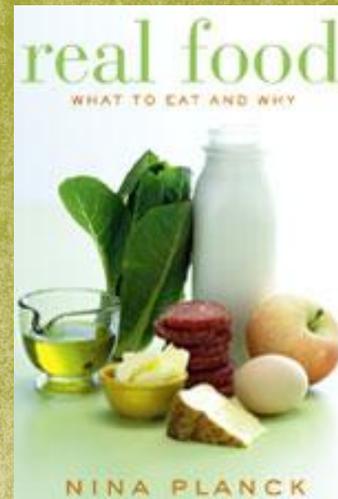
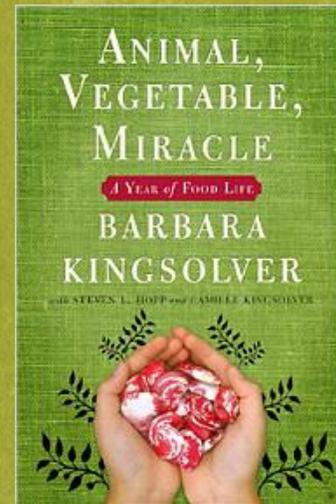
In my younger years I certainly never thought I would be a foodie, but that is what happened when I married a farmer and excellent cook. From my early years eating mostly processed foods that could be prepared in 3-5 minutes with only a microwave, my tastes have evolved quite a bit to the point where I really love vegetables, and there are very few things I enjoy more than a delicious meal. As my interest in good food developed, so did my interest in nutrition, and I have read several excellent books over the last few years that have helped educate me on both topics. If you're looking for some good foodie reading, I highly recommend these books!

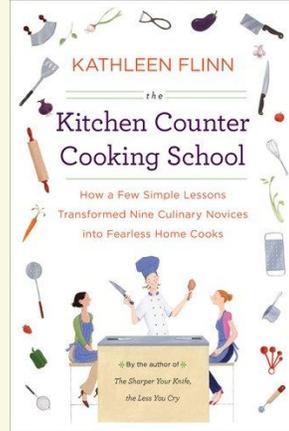
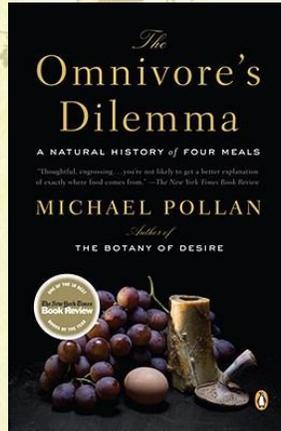
Animal, Vegetable, Miracle by Barbara Kingsolver
I actually hadn't read this book before it was recommended by one of our CSA members a few weeks ago, and I very much enjoyed it! It chronicles a year in the life of the author's family, during which they pledged to eat only local food, most of which they raised themselves. I enjoyed the author's insights and humorous writing style, and it is very informative about food production and seasonality, among other things. It made me laugh and gave me the warm fuzzies about eating locally!

Real Food by Nina Planck and In Defense of Food by Michael Pollan

If you are looking for nutritional research presented in a way that is interesting to read, then these are must-reads. Both books explain why eating simple foods made of recognizable ingredients is better than eating processed foods made of chemicals you can't pronounce, and they've got the science to back up what our great-grandmothers knew instinctively.

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The Omnivore's Dilemma by Michael Pollan

This book, which seeks to inform us about how our modern foods are produced, leads us through various industrial food production chains, starting with a field of corn and ending up as processed food on your grocery store shelf or in your fast-food burger. Along the way, the reader learns just what goes into producing our convenience foods, and how unnatural the system really is. That is then contrasted by a description of the author's week on a farm that raises food naturally and sustainably. It made me glad all over again to be doing what we are doing!

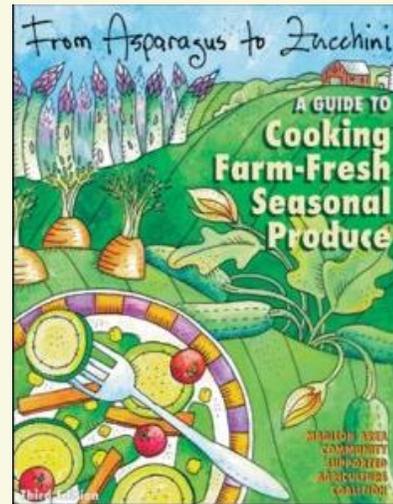
The Kitchen Counter Cooking School by Kathleen Flinn

I was/am a notorious non-cook (mostly because Fred is so good at it that I never had to learn), but this book inspired me to start experimenting in the kitchen. The author, a Cordon Bleu-educated chef, recounts her experiences teaching basic cooking and food appreciation classes to a group of other non-cooks. Having grown up on processed foods like many of the members in her cooking class, I also came to cooking with the mindset that what is fastest and easiest must be

best. I have since come to understand the joy to be found in good food, which is what this book conveys. It offers advice and inspiration for beginning cooks and foodies alike.

From Asparagus to Zucchini by the Madison Area CSA Coalition

If you've ever gotten your CSA share and thought, "What the heck to I do with this thing?," then this cookbook will be an excellent resource for you! It offers delicious seasonal recipes for pretty much every vegetable, and it is conveniently organized alphabetically by vegetable. This book is great if you are working with an unfamiliar veggie, or if you are just looking for something new to do with an old favorite.



What to Expect in This Week's Share

- ❖ Sweet potatoes
- ❖ Carrots or Brussels sprouts
- ❖ Radishes, bok choy, or decorative gourds
- ❖ Beets, cooking greens mix, or peppers
- ❖ Salad mix, spinach, or potatoes
- ❖ Cherry tomatoes or specialty tomatoes
- ❖ Onions, arugula, or dill

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