



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Towne's Weekly

July 9, 2009



NOTES FROM THE FIELD

Veggie List

Lettuce
Salad Mix
Radishes
Carrots
Swiss Chard
Basil
Beets
Kale
Broccoli
Cabbage
Cauliflower

We hope that you are enjoying your veggies thus far! With the summer in full swing, we too are anticipating the exuberant growth of our plants and the bounty of the ensuing harvest. We've had a bit of hail in the past week and cool temperatures—but a few weeks of 85 + degrees will put the garden into overdrive. Even so, our squash plants are flowering and the peas are not far behind. We've just hilled the potatoes again, and we should see some new potatoes in the next couple weeks. The tomatoes are fruiting and the hot July days should help the fruit ripen!!

CSA INFO

Missed Pick-ups— Due to the volume of produce we have moving in and out of the farm on a daily basis, we are unable to store shares that are not pick-up on Thursday. In the event that you can not make a pick up, by all means, please feel free to send a 'substitute' in your place!! Have them check in with a THG staff at the pick-up and we will help them with the process!!

Share Size—Venti? Grande? Small? Large? - In order to make our CSA more available to a wider population, we offered 'Venti' or small shares this season. The majority of our members are small shares. In attempt to offer both share sizes quality, variety and value, expect to see some 'either / or' crops at pick up. Early in the season, many of our crops are coming from greenhouse production which is limited— we had a few cabbages in the greenhouse, but have hundreds out in the field! As the season progresses, we hope to offer all members more volume and variety. Thanks for your understanding!

MEET YOUR FARMERS

Hannah Gertiser

I'm from Livingston and am a Nutrition Science major with a Spanish minor. I love being out at THG because I love to be outside and love to cook, grow, and do anything related to food. This summer I will also be the camp cook at LINKS for Learning, a summer kids camp in Livingston. In my free time I like to go jogging, hiking, read, travel and hang out with friends.



Kale



Selection: Harvesting kale is best after a cold night, the temperature change produces a sweeter tasting plant. For best selection look for kale leaves that are dark green and crisp, not brown or wilted. Kale flavors increase with growth, if strong flavors are desired chose larger leaves.

Handling: Kale will become bitter if kept out in the heat, be sure to place it in the refrigerator wrapped in a damp paper towel or cloth and stored in a plastic bag. Do not wash until you are ready to use it. The leaves will wilt if washed too far in advance.

Special points of interest:

Kale doesn't contain oxalic acid like spinach or chard.

Oxalic acid prevents calcium from being absorbed into our bodies.

This makes Kale a great source of calcium.

It is also a great source of folic acid, vitamin C, vitamin A, and iron.

Preservation Methods:

Kale will last for several days in the refrigerator. Flavors increase with storage, so it is best used right away unless strong flavors are desired. For long storage, wash, blanch 2 minutes, cool in an ice bath for 2 minutes, dry each leaf with care. Leave whole, chop, or mince and place in a plastic bag to freeze.

Frozen minced kale will defrost quickly and can be used right away.

Simple Preparation

Methods: Wash with COLD water, remove the stem and the midrib (extended stem through the middle of the leaf) if desired, to do so fold the leaf in half and cut out the undesired parts. Smaller leaves are usually tender, so all parts can be used. Try steaming, boiling, blanching, braising, sautéing, or stir-frying your kale, they are all great methods. Kale is also a good substitute for spinach or cabbage. Experiment with kale in pasta, lasagna, pizza, or fruit salad.

Baked Kale Chips

INGREDIENTS

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

DIRECTIONS

1. Preheat an oven to 350 degrees F. Line a non-insulated cookie sheet with parchment paper and trim the paper just inside the width of the sheet.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil, mix with clean hands to coat, place on the cookie sheet, separate the leaves for faster cooking, and sprinkle with seasoning salt. Kale leaves shrink while baking, watch the amount of oil and salt, it is easy to get carried away.



It's good for your bones!