

Middleton Farm CSA News

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Volume 1, Issue 4



Eager To Get Growing

Are we there yet? Are we there yet??? Where is spring? We have broccoli and cauliflower that needs to be transplanted. There are new chickens that want to get out and search for bugs and worms. And we can't forget the fruit trees, berry bushes and grapevines that need to go into the ground. It seems like the longer we wait, the farther away spring gets.

This spring we are eager to get going and begin the process of adding the number of fruits we offer in our CSA. Last spring we planted strawberries in the garden, and started our orchard with cherry and apple

trees. Now this spring we will be starting a small vineyard, a raspberry patch, and planting some test blueberries. Our soil is near the ph limit for blueberries, so we hope they will give us a plentiful harvest without having to amend the soil. Our orchard will be expanding with the addition of Honeycrisp and Jonathon apples, more sweet cherry trees, and new plum, pear, and peach trees. Another permanent addition to the garden will be a large asparagus patch.

In the coming seasons the variety we are able to offer will continually increase. From last year to this one, we hope to see

strawberries and potatoes available in the shares. Next year we want to have asparagus, and some cherries ready.

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Trivia:

- *Each year, the U.S. produces 2 billion pounds of bacon*
- *Quaker Oats in Cedar Rapids, Iowa, is the largest cereal company in the world*
- *Tomato juice is the state beverage of Ohio*
- *You can get rid of onion breath by eating parsley*

Did You Know...

In the Middle East and other parts of Asia, vegetables are prized as highly as meats and treated as carefully. In the Western world, people are now obliged to absorb [nutritional supplements](#) to make sure they're getting all the necessary nutrients!

Vegetable cookery was introduced in ancient Rome from Asia Minor, where lettuce was once restricted, and cucumbers, originally native to India, were being grown in market gardens for the city people. The colonizing Ro-

mans carried seeds and roots and civilized the natives of northern lands as much with their lettuce and asparagus as their swords.

In the seventh century A.D. Muslim armies invaded Spain and they brought au-

Did You Know... cont'd

bergines and spinach from Asia as well as an elegant style of vegetable cooking, as reflected in the famous aubergine dish called "Imam Bayildi". The French halted the Muslim invasion but vegetable cooking spread throughout southern Europe.

Later, the Spanish crossed the Atlantic and conquered America in their quest for gold but they brought home tomatoes, sweet peppers, beans, sweetcorn and potatoes instead.

In the Americas, the Indian farmers were cultivating plants since the fifth millenium B.C. employing se-

lection to produce new vegetable varieties and bigger versions of existing plants. On the other side of the ocean, the Romans developed tender broccolis and in Northern Europe farmers created today's white and green cabbage.

It was an Austrian monk, Gregor Mendel, who in the 19th century ascertained the mathematical



relationship between the characteristics of parent plants and those of their offspring and made possible to evolve new strains of vegetables in a predictable fashion.

Because You Asked

Q: Do you allow visitors to the farm?

A: We happily welcome visitors to the farm to see what we are doing. After all, we are doing all of this for you.

But since we do not live at the farm yet, all we ask is that you call and make an appointment so that we can be sure to have someone there to show you around. And if you plan your visit during a time when there are ripe fruits or vegetables, we will let you go into the garden and pick some to take home

with you. We are glad to show you around to see the garden growing, or the chickens laying, or the pigs rooting, or the cattle standing around chewing their cud.

"Can I come visit the farm?"

Sounds Good

This month's recipe may not be everyone's cup of tea, not yet anyway. Most people have not tried some of the more "exotic" cuts of beef, and they don't know what they are missing. All I can say is keep an open mind and don't be afraid to try new things. This month I will share with you, one of my favorite recipes for beef tongue. Tongue is a versatile cut of beef. If cooked correctly,

it is great in sandwiches, sliced thin and served with red wine sauce, or my favorite with a mild horse radish sauce.

See the delicious recipe on the next page.

Beef Tongue With Horseradish Sauce

Ingredients:

- 1 beef tongue
- 2 medium onions
- 2 bay leaves
- salt and pepper
- 4 peppercorns

SAUCE

- 1 cup heavy cream
- 2 tablespoons prepared horseradish

Directions:

1. Scrub fresh beef tongue with vegetable brush in running water.
2. Soak 1 hour in salted water.
3. Place tongue in pot, cover with hot water.
4. Add spices and simmer for 4 hours.
5. Remove pot from heat and let cool.
6. Remove cooled meat from pot.
7. Using a sharp knife, split outer layer, trim and remove outer layer of skin.
8. To serve, slice thin at a slight angle.
9. Reheat in microwave for 1 minute.
10. Serve with horseradish cream.

Prep Time: 30 mins

Total Time: 4 1/2 hrs

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Naturally the best!

We raise and sell only the best meats, fruits and vegetables around. And we do it without using any synthetic herbicides or pesticides. We use integrated pest management and other natural methods to control pests.

We do not use any growth hormones or antibiotics on any of our animals. We are committed to bringing you only the healthiest product possible. Our animals are treated with kindness and respect and we strive to make their time with us as pleasant as possible.