

# Middleton Farm CSA News

Middleton Farm CSA

Volume 1, Issue 3

## Long Haul

Life on the farm can be a long haul, and at the same time the life of a farm is a long haul. For a stranger to the agrarian pursuits, a few days on a farm on a farm will quickly set this truth into the greenhorn's mind. This newbie may marvel at the stoic farmer's day. Up before dawn, and toiling away on his tractor until midnight. He, too, may be astonished by the hired hands who pick as long as there is light to see by.

The next day, when the enlightened fellow, cruises homeward in his car and zips past the busy farmer, the hired man with his baskets full, the city man may feel changed. Sincere and grateful in his appreciation of the farm he calls his own. It may be a long drive back. It's a long haul life he may tell himself in silent

awe. As he falls asleep for the night, he doesn't realize he's missed something profound yet subtle.

The day at the office, the commute, even the season are not epic sojourns, but rather frantic, turbo-charged bursts in a much longer drama. The life of a field or orchard can play out over decades. Lean years and fat-blight, freezes, frosts, and surpluses tacked along in a parade of blessing and destitution. Everyday trials remain relevant long after they expire as compelling anecdotes. Like the year Jim insisted on growing soy beans, or the time Joe had the tire blow out on the V-bottom wagon.

For those lucky enough to know their farmer and share in the bounty of the land, these far off incidents are equally devastat-

ing. A single year may bring too much of one thing and not enough of another. There may be nothing at all but the remains of an ill-fated experiment. The true worth of great food from good land must be weighed on a grander scale than the quality of a single bunch of carrots. Seeing the ideals and passion stoked in successive generations may be a more telling story.

The story is not over yet, and hopefully it never will be. With any luck it will be sustained, passed down and down. For we only have a small part to play in our own tale. That's why when driving down Coleman Road, I give a friendly wave passing a farmer. I know he's in it for the long haul.

## Crop List For 2011

We have finalized the list of crops we will be growing this summer for our Harvest shares. We'd like to thank our members who've made suggestions, and we will be growing some of the items you wanted. These will be available this sum-

mer and fall:	Cabbage - Purple and green
Beans - Green, Wax, Italian	Carrots
Beets	Cauliflower
Broccoli	Corn
Brussel sprouts	

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### Trivia:

- *Until the 16th century, Europeans thought tomatoes were poisonous.*
- *In the 1930's America, "cucumber" was slang for a dollar.*
- *Peppers originated in Central and South America.*
- *Gov't regulations on the sale of cabbage totals 29,611 words. The Declaration of Independence has 1,322.*

## Did You Know... cont'd

Cucumber - Pickling and slicing

Eggplant

Honeydew melon

Lettuce - Butter crunch, Romaine

Muskmelon

Onions - Green, Sweet, White

Peas - Sugar snap, Snow

Peppers - Green, Yellow, Red, Ancho, Pablano, Jalapeno, Banana

Potatoes - Red, Yukon Gold, Fingerling

Radishes

Spinach

Strawberries

Summer squash - Yellow Crooked Neck, Zucchini

Tomatoes - Beefsteak, cherry, Sweet Yellow, Roma, slicing

Watermelon - Seeded and seedless, red and yellow



Winter Squash - Acorn, Buttercup, Butternut

Herbs: Basil, Cilantro, Dill, Thyme, Rosemary, Oregano

If there is something else you would like us to grow, contact us ASAP and we will get it in if we can.

## Because You Asked

**Q:** Do we plant heirlooms ?

**A:** Some varieties that we plant are heirlooms. The reason we don't plant all heirloom vegetables is because more modern cultivars are naturally disease and pest resistant. They have also been selectively bred for greater yields and better flavor.

Newer varieties can also tolerate different climate extremes. This allows us to grow corn, tomatoes and other warm weather crops in northern

climates. Can you imagine your 4th of July picnic without corn on the cob? Of course you could get corn that was grown down south and shipped up north. But since the sugar content, in heirloom sweet corn, is gone in 48 hours, would it really be worth it?

Besides, wouldn't a true heirloom be the original plant that early man domesticated? Your holiday sweet corn, would be a bowl of grass seeds. Forget about the large juicy cucumbers you know and love. Cucumbers during Roman times, was a small bitter fruit

*"Do you plant heirloom varieties?"*

that were boiled and served with oil. I don't know about you, but I think I'll pass.

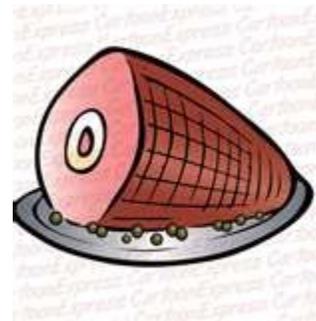
## Mmm Mmm Good

Spring is right around the corner but it is still cold enough outside to enjoy a warm delicious pot roast.

A chuck roast is the roast of choice for pot roast. Slow roasted with some carrots and potatoes will give you a meal you won't soon forget. Beef so yummy and tender you can cut it with a fork. Use a large roast and you can feast on roast beef sandwiches the next

day.

On the next page you can find the recipe that we make at our house. Give it a try for an impressive meal.



# Lazy Pot Roast

## Ingredients:

2-4lb chuck roast  
2 (1 1/4 oz) packages of Lipton Onion Soup Mix  
1 (32oz) bag of baby carrots  
6 potatoes peeled and quartered  
2 med onions quartered  
1 cup water  
Celery salt to taste

## Directions:

1. Preheat oven to 350 degrees.
2. Mix 1 pkg. of dry onion soup mix, celery salt (to taste) and 1 cup of water. Add mixture to pan and add chuck roast.
3. Next add vegetables around roast. Additional water may be needed.
4. Spread second package of onion soup mix. Spread evenly on top but do not stir.
5. After roast is done, use roasting liquid to make a sumptuous gravy.

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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.