



WHEN You Can Expect Your First Share

Our aim is still early JULY!

Planting is fully underway! Carrots, peppers (red, green, orange, yellow, chocolate and lilac!), ground cherries and pickles have all gone in. Turnips and beets are already popping up!

We've done our part, now we just need nature to do its part!

So keep your eyes to the sky and be on the look out for good warm days. Those will be best for our farm!



A Presentation and a Cookout!

What is better in the middle of June than a few brats and dessert? The chance to do it at the farm!

This year, the Midland Master Gardeners club is coming to Middleton farm to learn of our CSA experience and we would like for you to join in!

We will be giving a short presentation on how CSAs work and some of the practices in use at the farm. Then we will have a small cookout with some desserts and a tour of the farm.

If you haven't been to the farm yet, please let us know! There are a **few spots open** and we'd like you to fill them.

There is no charge and it is a chance to have your family come out and see where your food comes from!

So make a reservation with Matt Middleton to come to the farm June 12th at 6pm!

See you there!

Making Way for New Chickens!

As our egg laying chickens are maturing we will be replacing them with new ones. As the pullets arrive, the older flock will be butchered for use in soups and stews.

If you are interested in purchasing these chickens the cost of the hen will only be the cost of butchering.

It will work as a first come first served basis and we only have 30 or so chickens to offer.

So call Matt Middleton to get on the list! Butchering will start in August!



Nothing beats a Beet!

Beetroot, more commonly known as the beet, is an under-appreciated vegetable with a variety of uses.

While the beet is the most common in the Americas, it does have some impressive relatives. In the same family are sugar beets, Swiss chard and spinach beet; it makes an appearance all over the world; from Eastern Europe to South America.

Beets have many nutritional properties and have been shown to protect against liver disease. Especially in cases involving a build up of fatty deposits in the liver caused by alcoholism and diabetes.

Incredibly, according to the American Heart Association, drinking 500mL of beet juice lowered blood pressure within an hour of consumption! This leads to better performance of athletes who drink beet juice while training. Those who had a half liter before working out had better endurance than those who did not.

Lastly, they are used in tomato paste, ice cream, cereal and even some inks for their deep red color.

So grab a handful of beets this year and put them on your salads, make some borscht or just boiled as a side dish. Your body will be glad you did!

Wanted!

Egg Cartons – If you are throwing away polystyrene egg cartons, please consider donating them to us!

Middleton Farm would rather **reuse** these than have them end up in a landfill, or worse, the ocean! Help us reduce/**reuse**/recycle!

Testimonials – If you had a good experience with us, please consider writing up a small testimonial for the Local Harvest website.

If you did not, please let us know so we can remedy the problem!

Offer: Wood – This year we had to cut down a tree in our front yard and we don't want the wood to go to waste. So if you need some firewood, contact us!

The tree was a Box Elder and some of it may need to be cut up smaller for use in fireplaces. Let us know if you are interested!

Puppies for sale! – We had many people interested in our Brittany puppies and we have only one left. Please let us know if you would like to purchase your new best friend!

Big 3 Meat Shares - Check out our new offering which include beef, pork, and chicken! 6 drop offs of 55 lbs of meat!

Pickled Beet and Goat Cheese Salad

Use this salad at your next picnic!

Ingredients

3 beets
2 cups Pickling juice
30 small endive leaves
1 pear, peeled, cored, and thinly sliced
1 cup soft goat cheese, crumbled
3/4 cup walnuts, toasted and chopped
Salt and black pepper

Ingredients for dressing

1 shallot, minced
1/3 cup sherry wine vinegar
1/2 cup canola oil
1/2 cup extra-virgin olive oil

For the dressing, place shallots and vinegar in a bowl. Slowly whisk in canola and olive oils. Add salt/pepper to taste.

To prepare the beets, peel and place in a small sauce pan with salted water. Bring to a boil and cook for 15 to 20 min. Drain and let cool. Julienne the beets and put in pickling juice for 2 hrs. Remove juice by draining and mix beets with 2 Tbsp of dressing.

To prepare the salad, mix endive, bear, goat cheese and walnuts in a bowl and toss with rest of dressing.

To serve, place salad on large platter and top with beets and sprinkle with fresh ground pepper.

Recipe from www.epicurious.com

Middleton Farm CSA

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