



# Middleton Farm Newsletter

“If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.”

- J.R.R. Tolkien

## Update on the This Year’s Garden

As the year begins, we are starting to look forward to the 2016 growing season. While we always have the tried and true vegetables that everyone can use, (potatoes, corn, tomatoes, lettuces, etc.) we do come across the opportunity to plant something different. As a member of the Harvest Share, you can have a say in what is planted



in your garden! A few years ago, kale was suggested and it has proved to be one of our more popular crops. So if you have a suggestion as to what you would like to see this year, please drop us a line and let us know! The current grow list is on our website.

As for the drop-offs and farm visits, we are always asking for feedback from our members as to how well we are doing and if there were

things you did like about how this year went along. Currently, the plan is to continue with the same number of Harvest Share members for the 2016 season as pick-ups seemed to go well. All in all, we are pleased with how the summer went.

If you are considering rejoining the CSA for next year, we are currently accepting sign-ups for the 2016 season.



Returning members are guaranteed spots while new members will be put on a waiting list. Returning memberships must be paid by February else the spot will be given to someone on the waiting list.

We look forward to seeing you next year!

## Gift Certificates

If you are looking for an idea for a gift to a family member or friend, consider purchasing a Middleton Farm Gift Certificate!

These gift certificates can be used for any of our shares (meats or harvest), or for use at our Midland Farmers’ market booth.

These certificates can be purchased through the website. You choose the amount! We will mail them to the recipient of your choosing just in time for birthdays, weddings or holidays. When you purchase through the webstore, please include a phone number so we can contact you for mailing info.

## Where to find our meats

You can purchase our beef and pork products at various locations in Mid-Michigan. All Jack’s Fruit Markets carry our ground beef while the Bay Road store in Saginaw has our steaks, roasts and stew meats.

In Freeland you can find beef and pork cuts at Pat’s Food Center.



Other locations include Discount Health Food in Bay City and Saginaw, Grains and Greens in Bay City and Saginaw and Kehres Health in Midland and Saginaw.

As always, you can purchase a meat share and have deliveries made directly to your home!

## Join us on Facebook

'Like' us on Facebook and you can be the first to learn about new products and special sales as we offer them. It is also one of the ways you can contact us with questions or comments. Just sign into Facebook and in the search box enter Middleton Farm CSA.

Or visit [www.facebook.com/MiddletonFarmCsa](http://www.facebook.com/MiddletonFarmCsa).

## Garden Tips from Matt Middleton

For those supplementing your Harvest Share with a backyard garden, here are some tips to make sure your garden experience is a success!

Now is the time to start sketching the layout of your garden. First, you will need to consider the soil type and sunlight availability of your garden. Some plants do very



well with full sun, while some others require some shade time. Some plants require higher acid content than other plants. If you are just starting out and do not want to have your soil tested, you can do home tests to learn about your soil. Visit [www.wikihow.com/Test-Soil-pH](http://www.wikihow.com/Test-Soil-pH) for a few ideas.

Next, think about the vegetables that you do use in your household. If you love the idea of salads, consider planting more lettuce type produce as these plants wilt easily. Similarly, planting herbs allows for more fresh tasting sauces and soups. Let the farm do the heavy lifting. So produce like corn, tomatoes, peppers, zucchini, cabbage and potatoes can be left to the 'experts' while you supplement with the lighter fare.

Lastly, consider each area and determine if you would rather have rows of plants (string beans, peas, lettuce) or if the area is better for vine type plans (squash, melons, pumpkins). Some plants grow underground and will need space to do so. Sweet potatoes and other tubers need a lot of space and may not do well in a small garden. Consider using the five gallon bucket method if you want to grow these types of plants (though sweet potatoes require 20 gallon buckets).

As always, if you have questions on how to make your garden better, or are wondering why something just won't grow, feel free to ask Matt or Anda. They have a wealth of information.

## Q and A about Harvest Shares

Every year we look forward to having new members join our Harvest Shares and have found that many people have questions about how our CSA works in comparison to other CSAs. Here are some of the most asked questions:

Q. When can I sign up for Harvest Shares?

A. Sign-ups are in progress now!



On the left is a half share and on the right is a full share.  
A quarter share is half of the half share.

Q. What sizes are the Harvest Shares?

A. There are three sizes: full share = 1 bushel basket, half share = ½ bushel basket, and quarter share = 1 peck basket



Q. When does the season start and how long does it go?

A. It depends on the weather but some produce starts trickling in around

the end of June or beginning of July. The garden isn't in full swing until late July or early August.



Q. Which varieties of produce do you plant?

A. Every year it varies, however we do have some staples that are tried and true. Here is the list for the 2016 season:

Apples-Wolf River, Jonathan, Ginger Gold, Zestar, Cortland,

Gala, MacIntosh, Honeycrisp and other varieties provided by Jacques Orchard (Hemlock)

Artichoke

Beans - Green, Wax, purple, yellow

Beets- red, golden

Broccoli

Brussels sprouts

Cabbage - Purple, green, and Chinese

Carrots - Red, yellow, orange, purple, and white

Collard greens

Kale- 3 varieties

Corn- provided by Vanooteghem Greenhouse

Cucumber - Pickling and slicing

Eggplant- black beauty, Japanese

Garlic scapes, garlic

Lettuce - Buttercrunch, Romaine, Mixed Leaf

Muskmelon, cantaloupe - assorted varieties

Okra

Onions, scallions and green onions

Pak Choi

Peas - Sugar snap, Snow

Peppers - Sweet Green, Yellow, Red and Purple bell, Ancho, Serrano, Poblano, Jalapeno, Hungarian

Potatoes - provided by Vanooteghem Greenhouse

Pumpkins - eating (pie) and decorating

Radishes - French breakfast and Daikon

Summer squash - Yellow, Zucchini, Patty Pan

Tomatoes - Heirlooms, cherry, slicing, Romas and San Marzano

Tomatillos and ground cherries

Turnips

Watermelon - Seeded and seedless, red and yellow

Winter Squash - Acorn, Buttercup, Butternut, Carnival, Delicata, Spaghetti

Spinach

Sunflowers

Swiss chard

Herbs: Basil, Cilantro, Dill, Oregano, Parsley, Sage

If you have any questions you would like answered, please feel free to contact us.

## Farm-fresh eggs ADD-ON

Egg shares have been discontinued but they are still available as an add-on to the meat shares. Our layer chickens are fed a diet of cracked corn, oats, wheat, and flax seed. We outsource non-GMO feed through local grain elevators for them to use.



You will receive two dozen farm fresh eggs delivered every other month with your meat share.

To purchase the farm fresh egg add-on, please visit [www.middletonfarmcsa.com](http://www.middletonfarmcsa.com) and click on the webstore.