

Middleton Farm CSA

Newsletter

What you can expect in this weeks share

This week you will find potatoes, tomatoes, summer squash, jalapeño peppers, Anaheim peppers, green peppers, Serrano peppers, onions, purple and green cabbage, and a few winter squash.

Please wash all produce before consuming!



Spotlight: Brussels Sprouts

So, you know how there are these articles where there is talk about some fruit or vegetable and some history is given with other info and then a recipe at the end of the newsletter to tie everything up? Well, that can't really be done for the Brussels sprout. You will soon see why.

Brussels sprout. If you are already confused and are all, "What the...isn't it brussel sprout?" then you are seeing the first stage of problems with this article. Apparently, the correct spelling of brussel sprout is Brussels sprout.

And get this, if you have more than one Brussels sprout, it is Brussels sprouts! Isn't there a rule about having that many s's? (esses? Ss?) And speaking of apostrophes, why isn't there one in Brussels sprout? Shouldn't it be Brussel's sprout? Is the sprout named after some dude named Brussel?

Actually, there is an answer to that; it's named after Brussels, the capital of Belgium. But if THAT weren't enough, most historians don't believe it was even cultivated there!

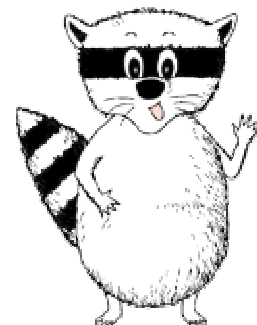
That's not all! These little veggies are a bit temperamental! While they are good at summertime, they are best AFTER the first frost. Then when cooking them, they should be **steamed** or **roasted** because boiling them removes their anti-cancer properties!

So given all the adversity this one little plant wrecks on the world, in fairness, there are some benefits. For instance, they contain good quantities of vitamin A, vitamin C, folic acid and fiber. There is some evidence that it protects against colon cancer and can help boost DNA repair in cells. They are fairly easy to prepare and are one of the more ideal freezing veggies.

For all its trouble, this edible bud's good qualities still outweigh the bad. So don't skip out on your opportunity to enjoy this hellion of the herbs!

Thank You!

Update: the raccoon has been released into a new area far away from the farm. Thanks to all of you who attempted to find the little rascal a home!



Off to a new adventure!

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You may have wondered...

How can you tell when a muskmelon is ripe?

When it comes to muskmelons, follow your nose! It turns out, the flavor of a muskmelon is directly proportional to the strength of the scent. So if you want a light flavor, pick a melon with a light scent. If a more sweet melon is needed, choose one with a stronger scent.

Keep this in mind when you are at the grocery store as most melons there are of the Honey Rock variety. This variety is chosen because it ships well, however, its flavor is light. Avoid purchasing a Honey Rock if the stem is still attached, as this proves it was picked too early.

If you are curious about watermelon, there are three ways to determine if your watermelon is ready to eat. First, check the area where the melon set on the ground. The area should be yellow in color. Next, tap the melon. The sound should be a deep

thunk, or hollow sounding. Lastly, if you are growing your own watermelon, check to see where the vine connects to the fruit. The vine should be dried up.



'Green' Apple Smoothie

Heard of apples in a smoothie? You would be surprised at how well an apple can work in a smoothie. This recipe helps get greens in your diet as well!

- ½ Apple (cored and chopped)
- 1 Banana (roughly cut)
- 6 oz yogurt
- 1 c grapes
- 1 ½ c Spinach

Put all items in your blender and put on a setting you are comfortable with until all items are combined. (This

may require scraping the sides.) Enjoy!

Variations: Consider adding an ice cube or two. The banana may be frozen before blending. More or less spinach can be used.

Farm Animals Anagram

Unscramble the words to find the hidden word in this puzzle!

- SEROH _____
- LULB _____
- KONDEY _____
- BLAM _____
- ACT _____
- NEKCCIH _____
- UDCK _____
- TOSREOR _____
- NEH _____
- CLAF _____
- OAFI _____
- OGD _____

Hidden Word

