

Middleton Farm's Newsletter

October 2012

Next year!

During the winter months, we take time to look back at the harvest season and determine how things will be adapted for the next year. Some things go as we plan and others end up not working out.

Such is the life of a farmer. . . and a CSA member.

With all the ups and downs that occurred this year, we would like for everyone to consider if they will be coming back for the 2013 season.

Next year, we will be partners with two other growers! One specializes in root vegetables like carrots, beets, and parsnips. The other is a family farm near Everett who will supply us with items such as garlic, shallots and gourmet onions.

Because of this, we will need to know by the end of this month (October) if you will be returning for 2013!

Spots are limited and there is a waiting list, so please contact us soon!

Sign ups!

Middleton Farm has a lot of things to sign up for this coming season.

As mentioned in the previous article, the **deadline for 2013 Harvest season** is October 31st!

Winter egg share sign up is here! As the harvest season comes to a close, the winter egg shares will be coming up! If you want farm fresh eggs during the winter months, keep a look out on the webpage.

Due to chickens producing less in the winter, availability will be limited. The first week of egg drops will be Nov. 5th. Check the website for times.

(The last egg drop for the Summer is Oct. 27th.)

Brittany puppies are here and at 3 weeks old, they are adorable! If you are interested, you can purchase now. They cannot be registered AKC but they are purebreds. Prices range around \$100 - \$150. Contact Matt for info!

Chicken Sightings!

Keep an eye out for your chickens! Many have already gotten theirs and many more will be on their way to you soon!

If you haven't received yours, contact Matt Middleton!

The problem with goat cheese...

We had hoped that we would be able to bring more diversity to our store by adding fresh cheese. However, it appears that our source for goat cheese was not prepared for the demand. This is unfortunate as it seemed everyone enjoyed the cheese that they did get.

So we will be issuing a refund and you should find it in your bank accounts soon!



Gluten Free? Gluten Free!

One of the newest trends in food today is the gluten-free diet. Here are a few things you need to know if you are considering the change.

Gluten-free diets came about as a response to Celiac Disease. This disease occurs when damaged small intestine villi are unable to absorb nutrients from the food that enters into the digestive tract. It is believed that gluten, a protein found in processed wheat, rye and barley, causes that damage.

In addition to this, there are other conditions such as "wheat allergy" and dermatitis herpetiformis that are treated similarly. Many people find that after a few weeks of trying a gluten-free diet, they feel less bloated, and generally "better".

The gluten-free diet excludes foods containing gluten. This means more beans, nuts, fruit, vegetables, milk products, eggs, and meat. Starches would come mainly from corn, potatoes, and rice. Wheat, rye, bulgur, farina, semolina and graham flour must be avoided.

One thing that must be considered is the "hidden" gluten. Many processed foods are full of thickening agents and fillers that use wheat products. Even items that may not seem to have gluten can have trace amounts. Processed lunch

meats, imitation crab/seafood, and sausages are all items which can have fillers.

If you are considering a switch, Middleton Farm can help you with that! Since your diet will change to one omitting gluten, consider purchasing your meat from our farm! Our sausages and bratwurst have no fillers and are 100% meat.

So try a meal of brats with french fries and see how you feel! Grab a bag of potato hot dog buns, a pack of Middleton Bratwurst, your homemade ketchup and some sliced potatoes baked in the oven with olive oil! This meal will be gluten-free and flavor-full!

Homemade Ketchup

This recipe will most likely yield 16 quarts of ketchup. You will need canning supplies.

Ingredients:
25 pounds of tomatoes with skins and seeds removed
1 cup chopped onions
1 clove of garlic
½ tsp cayenne pepper
1 tsp salt
1 cup black pepper
1 cup sugar
½ tsp dry mustard (optional)
¼ tsp cinnamon (optional)

You will also need:
Cheese cloth bag
3 Tbsp celery seed (tied in bag)
3 ½ cups of 3% apple cider vinegar

Preparation:

In a large pot, cook the tomatoes with onions, garlic, peppers, salt, sugar, and optional ingredients. Cook for 20-30 minutes over medium heat until tomatoes are soft enough to go through a sieve or food mill.

In a smaller pot, add cheese cloth bag and apple cider vinegar. Simmer for 30 minutes on medium low heat. Final amount should be 3 cups. Remove bag.

Once the tomatoes are softened, run them through the food mill or sieve to remove seeds and any left-over skins. Add the cider to the tomatoes and heat again to thicken. This can be done by cooking over medium heat on a stove and stirring often, or a crock pot can be used! The crock pot is much easier but it can take up to 12 hours to do. Thicken just slightly thinner than your preference.

Fill canning jars with ketchup leaving ¼ inch of space at the top. Clean rim and put lid and ring on jar. Tighten.

Process in the canner. Cover with at least 1 inch of water and process with boiling water. 35 minutes for pints and 40 minutes for quarts. Alternatively, you can pressure cook them at 10 pounds for 30 minutes for pints and 35 minutes for quarts.

Enjoy your gluten-free ketchup!

Middleton Farm CSA

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