

July 29, 2009

Volume 2, Issue 9

Inside this issue:

Melbourne's Caper of the Week 2

Produce for The Pantry 2-3

Easy Natural Remedy 3

Preparing Food Safely 4

This Week's Recipes 5

Olden Kids 6-7

The staff at Olden Produce looks forward to developing long lasting relationships with all the families we serve. You are always welcome to visit us at our farm and see for yourself the value of knowing where your food comes from.



The Only Way To Get Produce Fresher is if You Grow It Yourself!

News From The Farm

This week on the farm we got some rain, YIP-PEE!!! In fact, on Monday, we got the much needed rain that we needed, over 1/2 an inch. This is definitely going to help all of our crops. Don't get me wrong, we could use more, but this is a start in the right direction. This is also going to help get some of the root crops out of the ground.

We started harvesting our garlic on Friday and now that the ground will be softer it will be much easier to finish. We are working on tilling some of the crops that are finished for the season or just did not make it with the drought conditions. In the next week, we will

be working on planting everything and anything that we can for the 2nd half of the season.

I know that a lot of you really love beets and

This Week's Box Contains:

- Door County Sweet Cherries
- Summer Squash
- Cucumbers
- Sweet Corn
- Mixed Greens
- Dill

kohlrabi. Our first 2 plantings of beets failed and the 2 plantings of kohlrabi are not much better. I have made the decision

This week will be the last week for mixed greens for a little bit. We will be planting more for later in the season as well as romaine and bib lettuce also. The tomatoes are finally starting to ripen very slowly. You will start to see them in your boxes in the next couple of weeks. Once they start turning, I hope everyone is ready for lots of them. Based on how many green tomatoes we have, this season could be full of tomatoes as long as they ripen.

Please send your comments and suggestions to us. We value your opinions.

Your dedicated farmers,

Dick and Tracy



to till in the beets but I am going to hold out hope for the kohlrabi. I will be doing 2 plantings of beets and they will be ready before our CSA season comes to an end. Rest assured there will be golden, chioggia, and red beets in your future.

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken. ~James Dent



VIEWS and BREWS

Talk. Listen. Learn. Enjoy.

Fox Valley Agriculture Now and in the Future

August 6, 2009

Details Inside, pg. 5-6

Tracy and Richard Vinz
 W11699 Olden Road
 Ripon, WI 54971
 920-379-9004
 www.oldenproduce.com
 tracy@oldenproduce.com



Melbourne's Caper of the Week

Mind Games Dogs Play With Humans – Pt. 1

<http://www.joke-archives.com>

- After your humans give you a bath, DON'T LET THEM TOWEL DRY YOU! Instead, run to their bed, jump up and dry yourself off on the sheets. This is especially good if it's right before your human's bedtime.
- Act like a convicted criminal. When the humans come home, put your ears back, tail between your legs, chin down and act as

if you have done something really bad. Then, watch as the humans frantically search the house for the damage they think you have caused. (Not: this only works if you have done absolutely nothing wrong.)

- Let the humans teach you a brand new trick. Learn it perfectly. Then the humans try to demonstrate it to someone else, stare blankly back at the humans. Pretend you have no idea what they're talking about.
- Make your humans be patient. When you go outside to go 'pee', sniff around the entire

yard as your humans wait. Act as if the spot you choose to go pee will ultimately decide the fate of the earth.

- Draw attention to the human. When out for a walk always pick the busiest, most visible spot to go 'poo'. Take your time and make sure everyone watches. This works particularly well if your humans have forgotten to bring a plastic bag.

(To be continued next week.)

Produce for The Pantry

Olden Produce will be donating left over produce each week to the Oshkosh Area Community Pantry (OACP). We feel that the OACP is doing a great work by helping those who need a helping hand in these tough times. We hope that by donating our produce these families will be able to enjoy fresh vegetables that they normally would not be able to.

New Home

In collaboration with the St. Vincent de Paul Society of Oshkosh, the OASD recently opened their new location on Jackson Street in Oshkosh on April 24th. This new site is unique in several ways.

- Expanded hours
- Handicapped accessibility
- "Grocery Shopping" style of food gathering— by the guests

themselves.

- Increased space and refrigeration equipment.
- Food nutrition, cooking and food education opportunities.

Expanding Their Reach

Key to growth for the OASD is the expansion of a volunteer base beyond the traditional base of retirees. In addition, the OASD seeks to extend volunteer opportunities to its customers— not as sweat equity, but in an effort to offer each of them the dignity of work as well as pride in ownership of the pantry operation.



The growth of the OACP includes an expansion of its coverage, as well, reaching out to include not only Oshkosh but also all of southern Winnebago County including Winneconne, Omro and the many other surrounding townships.

Generosity Abounds

OACP continues to be the beneficiary of the unbelievable generosity of the community. From food drives such as those organized by the postal carriers ("Stamp Out Hunger") and the University of Wisconsin-Oshkosh (EAP);

(continued on page 3)

Produce for The Pantry *(continued from page 2)*

pledges from groups like the Oshkosh Area Community Foundation and U.S. Oil Foundation; and a promise to match donations made at the recently held “Celebrity Chef Night” by the Oshkosh Area Community Foundation.

In addition to the monetary rewards being reaped, the OACP has also gained the additional assistance of more than 100 new volunteers (a doubling of its previous ranks). Some organizations such as WAVE Robotics and

Provident Financial have even chosen to commit to volunteer activities at the site on a regular basis.

Join Us!

If you or someone you know is interested in volunteering at or donating to the Oshkosh Area Community Pantry, please call 920-203-2357 or stop in at 2551 Jackson Drive. Consider how you, too, can start to “Bridge Today’s Gap for Tomorrow’s Hope.”

So far in 2009, the OACP has received requests for food assistance from over 4500 households.

Thanks to the generosity of the community, the OACP has been able to feed nearly 11,500 people already this year!

Easy Natural Remedies for Summer

www.motherearthnews.com

Summer brings longer days, swimming and camping, grilled burgers and sticky popsicles — but in addition to these treats, summer sometimes invites allergies, bug bites, sunburns and other seasonal hazards. There’s no need to fret, however, because you can treat a number of summer ailments with a few simple tools from nature.



Fight Allergies

Itchy, sneezy, swollen *and* all clogged up? Not this year: You might be able to build your tolerance to allergy-triggering pollens by daily eating small amounts of raw, local honey prior to allergy season. (The honey exposes your body to small amounts of local

pollens.) Gradually increase the amount of honey up to a teaspoon per day, and continue through the season.

Make the most of the natural antihistamine properties of vitamin C by taking a supplement or eating foods high in C (such as oranges and bell peppers).

To slow inflammation, eat garlic or onions — alone or in a meal. Try hot foods such as horseradish or wasabi to relieve congestion.

Relieve Bee Stings

If you’ve accidentally disturbed a honey bee and suffered the consequences, the first step is to remove the stinger. First and foremost, *do not* pull it out. Instead, use your fingernail to scrape out

the stinger to avoid releasing more venom into your skin. Next, rub calendula flower or plantain leaf onto the site to relieve pain and swelling. You can also apply a fresh slice of onion or garlic.

Soothe Sunburn

Oh, the chilly pool water is perfect on hot, humid days. So perfect that it’s almost too easy to overstay your time in the sun and go home overdone. If you’ve turned more pink than tan, try applying vitamin E to soothe your skin. You can also cut a slice of cucumber and place it on the burn for cooling and comfort.

While it may not be new news, aloe is a famous healing plant for good reason. Simply slice open a leaf and apply the gel directly to speed the healing process. You should be able to find the gel at a health food store if you aren’t growing your own.

Preparing Food Safely

www.freshforkids.com.au

Why should I eat fresh fruit and vegetables?

Fresh fruit and vegetables are an important and necessary part of a healthy and nutritious diet. They provide many vitamins and minerals to help keep your body healthy.

What should I look for when buying fruit and vegetables?

When shopping for fresh produce, avoid items that are bruised, damaged, moldy, slimy or show signs of damage from insects.

When buying pre-cut fresh fruit and vegetables, avoid damaged items and open or torn packages. Make sure that the items are properly refrigerated (i.e. less than 5 degrees Celsius). Check use by dates on all packaging and make sure that you eat them before the due date.

Always keep fruit and vegetables separate from raw meat, poultry and seafood. Blood and juice from raw foods could contaminate fruit and vegetables with bacteria.

How should I store my fruit and vegetables?

Fresh produce should be refrigerated as soon as possible after peeling or cutting. Leftover cut produce should be discarded if left at room temperature for more

than four hours.

Prevent fruit and vegetables from coming into contact with raw meat, poultry and seafood. Make sure you keep fruit and vegetables in the crisper or on a shelf above these foods so there is no risk of blood and juice dripping onto fresh produce.

What should be refrigerated and what can be left at room temperature?

Fruit and vegetables, in particular fresh cuts, should be kept in the refrigerator at less than 5 degrees Celsius to maintain optimum freshness and ensure food safety.

Some vegetables and fruit do not require refrigeration, such as:

- Bananas
- Garlic
- Onions
- Potatoes
- Pumpkins
- Swedes and potatoes

The following vegetables and fruit can be kept at room temperature

until ripe and then refrigerated:

- Apricots
- Avocados
- Kiwifruit
- Mangoes
- Melons
- Nectarines
- Papaya

- Peaches
- Pears
- Plums and tomatoes



What can I do to minimize risk?

Wash all fruit and vegetables with cool tap water immediately before eating. Do not use soap water or detergent as this can affect the taste.

Scrub fruit and vegetables with hard surfaces (such as rock melons, oranges, potatoes and carrots) with a clean produce brush. Cut away bruised or damaged areas before eating.

How should I prepare my fruit and vegetables?

Cut away damaged or bruised areas on fresh fruit and vegetables, as bacteria can grow in these areas. Clean the knife when finished to avoid contaminating other food.

Use clean cutting boards and utensils when handling fresh fruit and vegetables to avoid cross contamination. Where possible, use a clean cutting board for fresh produce and a separate board for raw meat, poultry and seafood.

Be sure to clean your hands thoroughly with soap and water before handling fresh fruit and vegetables. Thoroughly wash all equipment and avoid using sponges or dish clothes as these are difficult to keep clean and may help spread bacteria.



Dill-Dipped Skillet Pan fish

1 c white flour/whole wheat pastry flour	1 T butter
1 T salt	2 T olive oil
1 t cracked black pepper	1 lb. fresh perch, bluegill, crappie or pan fish fillets
3 eggs	
2-3 T chopped fresh dill	

Combine flour, salt and pepper in pie pan. Beat eggs with dill in another pan. Heat half the butter and oil in heavy skillet over medium heat. Cook fish in batches without crowding the pan. Dredge in flour on both sides, shaking off excess. Dip floured fillets into egg mixture. Let excess drip off, then add to the hot pan (the fat should sizzle immediately) and cook 2-3 min. Brown on second side 2-3 min. Serve hot. Makes 4 servings.

MACSAC Cookbook



Tangerine and Fennel Salad with Mixed Greens

6-7 small tangerines	2 T minced fresh fennel "leaves"
1/4 c olive oil	Salt and freshly ground pepper to taste
1/4 c dry sherry	4-5 c mixed salad greens
1/2 c thinly sliced fennel bulb	

Cut 1 of the tangerines in half and squeeze the juice into medium bowl. Mix in olive oil, sherry, both kinds of fennel, salt and pepper. Peel remaining tangerines; divide into segments. Pierce each segment with a sharp fork a couple of times. Add tangerines to dressing; toss well. Chill thoroughly. Divide greens onto 4 salad plates. Arrange tangerine mixture over greens, drizzling some dressing onto greens. Sprinkle with additional salt and pepper. Makes 4 servings.

MACSAC Cookbook

Talk. Listen. Learn. Enjoy.

Fox Valley Agriculture Now and in the Future
Community conversation and Evening Farmer's Market

August 6, 2009

Doors open at 6:00; conversation starting at
7:00 (farmer's market before and after)

City Center downtown Oshkosh

(enter by Becket's restaurant)

VIEWS

and

BREWS



Olden Kids

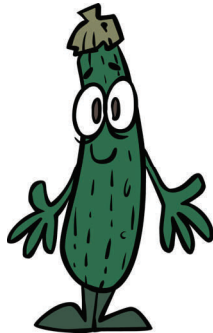


What did one tomato say to the other?

You go on ahead and I'll ketchup!

Cheesy Zucchini Strips

- 1/3 cup Cornflake crumbs
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon seasoned salt
- dash garlic powder
- 4 small unpeeled zucchini, cut in 1/2 inch strips
- 1/4 cup melted butter



Combine crumbs, cheese and seasonings; place in a plastic bag. Dip zucchini strips in butter and shake in the crumbs to coat. Place on a baking sheet; bake 375F for 10 minutes or til crisp. 4 servings.

<http://www.thatsmyhome.com>

Better Look Twice!

Can you guess what fruits and vegetables were used to make these look-alikes?



Basketball



Hippo or Capsicum



Cabbage Scoop



COLI TREE

www.kidiezone.com

Garden Critters

