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

**Inside this issue:**

Melbourne's Caper of the Week 2

Love the Leduc! 2

A Healthy Serving of Blueberry Facts and Fun! 3

Robert Frost's "Blueberries" 4-5

Blast Away Those "Blue Boos" 5

Those Helpful Herbs 6

This Week's Recipe 7

Did You Know...? 7

Incredible Sunburn Remedy: Vinegar 7

Olden Kids 8-9

## News From The Farm

This week took us to MI. Dick, Melbourne, and I left Saturday afternoon and traveled up toward the UP of MI. We then crossed the Mackinaw Bridge and made our way down to Paw Paw, MI where Leduc Blueberries is located. We brought back 500 lbs of them.

We are really hoping for some rain. We have put a hold on seeding anything else until we get some rain

since the seed will just sit in the soil without moisture. We will be turning on our drip tape irrigation system later this week for all things on plastic.

Your dedicated farmers,

Tracy and Dick



### This Week's Box Contains:

- Blueberries
- Summer Squash (an assortment of zucchini, yellow crookneck squash, and patty pan)
- Onions

**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.**

## Farm Photos



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# Melbourne's Caper of the Week

## Dog Property Laws

[www.travelingdogs.com](http://www.travelingdogs.com)

1. If I like it, it's mine.
2. If it's in my mouth, it's mine.
3. If I can take it from you, it's mine.
4. If I had it a little while ago, it's mine.
5. If it's mine, it must never appear to be yours in any way.

6. If I'm chewing something up, all the pieces are mine.
7. If it just looks like mine, it's mine.
8. If I saw it first, it's mine.
9. If you are playing with something and you put it down, it automatically becomes mine.
10. If it's broken, it's yours.



A minister was asked to dinner by one of his church members. He

knew she was a bad housekeeper but agreed. When he sat down at the table, he noticed that the dishes were the dirtiest that he had ever seen in his life. "Were these dishes ever washed?" he asked his hostess, running his fingers over the grit and grime.

She replied, "They're as clean as soap and water could get them". He felt a bit uncomfortable, but blessed the food anyway and started eating. It was really delicious and he said so, despite the dirty dishes. When dinner was over, the hostess took the dishes outside and yelled, "Here Soap! Here Water!"

## Love the Leduc!

Throughout the season, *Out of the Box* will be showcasing a handful of "producers" that Dick and Tracy have personally met, believe in, and want to help promote.



from [www.leducblueberries.com](http://www.leducblueberries.com)

Leduc Farms has been in the blueberry business in Paw Paw Michigan for over 50 years. Established by Roger and Jackie

Leduc in 1955, the farm is now owned and operated by their son, Joe.

Nearly 250 workers are employed at Leduc during the blueberry season. Joe's wife, Chantel, plays an integral role in the farming operation not just on a seasonal basis, but all year 'round.

So what, exactly, does a blueberry farmer do in the off season? Contrary to what you might think, the job of a blueberry farmer doesn't last just the three months of summer. The blueberry season is an intense time for the Leducs, so careful preparation is vital to the success of their business. During the off-season, the

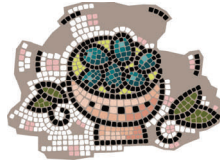
Leducs are busy repairing equipment, renovating and upgrading their facilities, performing equipment and facility maintenance, ordering supplies and purchasing promotional materials. Often working over 100 hours a week during the season, the Leducs also enjoy spending time with family and friends during the off-season, when their work load is not as daunting.

If you are interested in additional locally-produced, all-natural foods, just ask! The staff at Olden Produce can help you find what you need!

# A Healthy Serving of Blueberry Facts and Fun

www.inmamaskitchen.com

Blueberries are rich in Vitamins A, C, E and beta-carotene as well as rich in the minerals potassium, manganese, magnesium. They are very high in fiber and low in saturated fat, cholesterol and sodium. But this is just the tip of the nutritional iceberg, for recent studies tell us that of all fresh fruits and vegetables, blueberries provide the most health-protecting antioxidants, those valuable elements which prevent cancer-causing cell damage and may limit the changes wrought by age related diseases.



## Purchase, Care and Storage of Blueberries

Look for blueberries that are firm, and have a silvery-grey 'bloom.' This 'bloom' is a natural part of the blueberry, one that protects the skin just as humans protect theirs with emollients and creams. Lucky blueberries.

Like a healthy human being, a vibrant blueberry should have a little bounce to it. Shake the box when you buy them. If the berries don't move, they may be getting mushy, even moldy. The wonderful nutrients in blueberries are best sustained by keeping them cool, so purchase from a refrigerated section in the market and put them in your own fridge as soon as you get them home. And never, never wash a blueberry until you are ready to use them. You want to keep the 'bloom'.

You can freeze fresh blueberries.

Do not wash them, but put them straight on a cookie sheet straight into the freezer. Once frozen, you can put them in a plastic freezer bag. You don't need to defrost blueberries to use them in baking, but it's best to thaw slowly in the refrigerator and drain well if you are using them uncooked.

## History of Blueberries

Most of the foods listed as gifts from the new world to the old were of Mexican and South American origin. Blueberries are a North American species of the genus *Vaccinium*. They are found up and down the eastern seaboard from Canada as far south as Florida. Unlike the foods of the southern hemisphere, the blueberry did not cross the Atlantic to enliven the old world, perhaps because the old world was content with the berries that grew on their own native soil. The bilberry is such a close cousin that there is often confusion. Blueberries did not even jump to popularity with the colonists of North America. It was not until the Civil War that blueberries were widely used. Then they were canned and sent to the Union soldiers.

Native Americans have always used many species of berry. The Hopi called blueberries 'moqui' a term which meant spirits of the ancestors. Many tribes used dried berries to make puddings or smoked them to preserve them for use in the months of cold and scarcity. Pemmican was a combination of dried buffalo meat, fat and wild berries which the Native Americans used to barter with the

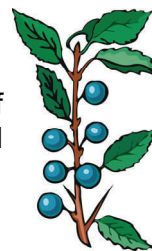
fur trading companies. Pemmican was a brilliant source of nutrition - protein from the meat, vitamins from the berries, and calories (energy) from the fat.

## Lewis and Clark and Wild Berries

Considering the number of wild berry species that exist, we cannot be sure if the following extract from the Journals of Lewis and Clark, describes blueberries or another native berry, but we do know that the Native Americans made good use of all berries.

On August 14th, 1805, Meriwether Lewis wrote: "I now directed McNeal to make me a little paist with the flour and added some berries to it which I found very palatable."

The following day, August 15th, 1805, he added, "This morning I arose very early and as hungary as a wolf. I had eat nothing yesterday except one scant meal of the flour and berries except the dryed cakes of berries which did not appear to satisfy my appetite as they appeared to do those of my Indian friends. I found on enquiry of McNeal that we had only about two or pounds of flour remaining. this I directed him to divide into two equal parts and to cook the one half this morning in a kind of pudding with the burries as he had done yesterday and reserve the ballance for the evenig...on this new fashioned pudding four of us breakfasted, giving a pretty good allowance also to the Chief who declared it the best thing he had taisted for along time. "



# Robert Frost's "Blueberries"

By Robert Frost



wikipedia.com

"You ought to have seen what I  
saw on my way  
To the village, through Morten-  
son's pasture to-day:  
Blueberries as big as the end of  
your thumb,  
Real sky-blue, and heavy, and  
ready to drum  
In the cavernous pail of the first  
one to come!

And all ripe together, not some of them green  
And some of them ripe! You ought to have seen!"

"I don't know what part of the pasture you mean."

"You know where they cut off the woods--let me see--  
It was two years ago--or no!--can it be  
No longer than that?--and the following fall  
The fire ran and burned it all up but the wall."

"Why, there hasn't been time for the bushes to grow.  
That's always the way with the blueberries, though:  
There may not have been the ghost of a sign  
Of them anywhere under the shade of the pine,  
But get the pine out of the way, you may burn  
The pasture all over until not a fern  
Or grass-blade is left, not to mention a  
stick,  
And presto, they're up all around you as  
thick  
And hard to explain as a conjuror's trick."

"It must be on charcoal they fatten their  
fruit.  
I taste in them sometimes the flavour of  
soot.  
And after all really they're ebony skinned:  
The blue's but a mist from the breath of the wind,  
A tarnish that goes at a touch of the hand,  
And less than the tan with which pickers are tanned."

"Does Mortenson know what he has, do you think?"

"He may and not care and so leave the chewink  
To gather them for him--you know what he is.  
He won't make the fact that they're rightfully his  
An excuse for keeping us other folk out."

"I wonder you didn't see Loren about."

"The best of it was that I did. Do you know,  
I was just getting through what the field had to show  
And over the wall and into the road,  
When who should come by, with a democrat-load  
Of all the young chattering Lorens alive,  
But Loren, the fatherly, out for a drive."

"He saw you, then? What did he do? Did he frown?"

"He just kept nodding his head up and down.  
You know how politely he always goes by.  
But he thought a big thought--I could tell by his eye--  
Which being expressed, might be this in effect:  
'I have left those there berries, I shrewdly suspect,  
To ripen too long. I am greatly to blame.'"

"He's a thriftier person than some I could name."



"He seems to be thrifty; and hasn't he  
need,  
With the mouths of all those young  
Lorens to feed?  
He has brought them all up on wild  
berries, they say,  
Like birds. They store a great many  
away.  
They eat them the year round, and  
those they don't eat  
They sell in the store and buy shoes  
for their feet."

"Who cares what they say? It's a nice way to live,  
Just taking what Nature is willing to give,  
Not forcing her hand with harrow and plow."

(continued on page 5)

# Robert Frost's "Blueberries" *(continued from page 4)*

"I wish you had seen  
his perpetual bow--  
And the air of the  
youngsters! Not one of  
them turned,  
And they looked so  
solemn-absurdly con-  
cerned."



"I wish I knew half  
what the flock of them  
know  
Of where all the ber-  
ries and other things grow,  
Cranberries in bogs and raspberries on top  
Of the boulder-strewn mountain, and when they will  
crop.  
I met them one day and each had a flower  
Stuck into his berries as fresh as a shower;  
Some strange kind--they told me it hadn't a name."

"I've told you how once not long after we came,  
I almost provoked poor Loren to mirth  
By going to him of all people on earth  
To ask if he knew any fruit to be had  
For the picking. The rascal, he said he'd be glad  
To tell if he knew. But the year had been bad.  
There had been some berries--but those were all  
gone.

He didn't say where they had been. He went on:

'I'm sure--I'm sure'--as polite as could be.

He spoke to his wife in the door, 'Let me see,  
Mame, we don't know any good berrying place?'  
It was all he could do to keep a straight face.

"If he thinks all the fruit that grows wild is for him,  
He'll find he's mistaken. See here, for a whim,  
We'll pick in the Mortensons' pasture this year.  
We'll go in the morning, that is, if it's clear,  
And the sun shines out warm: the vines must be wet.  
It's so long since I picked I almost forget  
How we used to pick berries: we took one look round,  
Then sank out of sight like trolls underground,  
And saw nothing more of each other, or heard,  
Unless when you said I was keeping a bird  
Away from its nest, and I said it was you.  
'Well, one of us is.' For complaining it flew  
Around and around us. And then for a while  
We picked, till I feared you had wandered a mile,  
And I thought I had lost you. I lifted a shout  
Too loud for the distance you were, it turned out,  
For when you made answer, your voice was as low  
As talking--you stood up beside me, you know."

"We sha'n't have the place to ourselves to enjoy--  
Not likely, when all the young Lorens deploy.  
They'll be there to-morrow, or even to-night.  
They won't be too friendly--they may be polite--  
To people they look on as having no right  
To pick where they're picking. But we won't complain.  
You ought to have seen how it looked in the rain,  
The fruit mixed with water in layers of leaves,  
Like two kinds of jewels, a vision for thieves."

## Blast Away Those "Blue Boos"

[www.ehow.com](http://www.ehow.com)

To remove blueberry stains:

1. Gently dab the stain with cold water to saturate. The longer a blueberry stain sets, the more stubborn the stain will become.
2. Pour white vinegar onto the stain and let soak for ten to fifteen minutes. If the stain still
3. Repeat as needed.
4. To remove the remainder of the stain, spray with a stain remover that is formulated for organic stains. Saturate the stain and let soak for several hours if the fabric is light colored—some stain removers will remove color from clothing.
5. Wash the stained clothing in the washing machine using laundry detergent. Check to see if the stain has been removed before using the dryer.
6. If the stain still remains, repeat any of the previous steps. If the clothing is white, dip a cotton swab into bleach and gently dab the stain until it is lightened.

# Those Helpful Herbs

www.asianonlinerecipes.com

Need flavor? Add herbs. They are the simplest way to boost the character of a dish. Use them in baked recipes too.

To wash herbs, put them in a large bowl of cool water and swish them about with your hands to loosen any bits of grit. Lift the herbs out of the water, leaving the grit in the bottom of the bowl. If the herbs are very gritty, repeat the process. Then, spin them dry in a salad spinner or blot dry by rolling up in a kitchen towel.

## The Basic

- To dry fresh herbs - tie hardy herbs such as thyme and rosemary together in a bouquet. Then hang them upside down in a dry, well-ventilated area until crumbly, 3 to 6 days. If the herb has seeds you'd like to catch for future plantings, tie a bag around the stems so that the seeds fall into the bag as the herb dries. To dry tender herbs, such as basil and parsley, spread them on a mesh screen and leave in a dry, well-ventilated area until crumbly. Then store in airtight containers.
- To coarsely chop fresh herbs - stuff the leaves into a glass, insert the pointed end of scissors into the herbs, and snip, rotating the scissors 90 degrees with each snip. Or just tear the leaves into pieces with your fingertips.
- To shred fresh herbs - stack the leaves no higher than 1/4 inch. Roll the stack

lengthwise into a cigar shape. Cut crosswise into paper-thin slices, also known as chiffonade.

- To mince fresh herbs - use a large, tapered chef's knife, and quickly chop back and forth across the herbs, using the point of the knife as a pivot. Or tear the herbs coarsely and chop them in the work bowl of a mini food processor.

- To store dried herbs - keep them tightly sealed, away from heat and light. Next to the stove in clear containers is the worst place. For easy access, store opaque bottles of dried herbs in alphabetical order in a closed cabinet. To keep track of freshness, write an "expiration date" on the bottles. They usually lose most of their flavor within a year of opening the bottle.

- To substitute dried for fresh - generally, use about one-third as much dried as fresh. But avoid adding more than a teaspoon or two of any dried herb to a dish, unless you are cooking in large quantities. Excessive amounts of dried herbs can easily overpower the other flavors in the food.

## Time Savers

- To quickly remove leaves from hardy fresh herbs - for

thyme, rosemary and oregano, pluck off the tender top leaves, then pinch the top of the stem and run your fingers down the length of the stem to strip off the rest of the leaves.

- To quickly dry fresh herbs - place fresh herb leaves in a single layer between paper towels. Microwave on medium power for 2 to 4 minutes, or until almost dry. Set on a rack and let sit overnight until herbs are crumbly. Place in a tightly sealed container and store in a cool and dark place. Use as you would store-bought dried herbs.



## Flavor Tips

- To get the best flavor from fresh herbs - add tender herbs such as basil, parsley, cilantro and dill toward the end of cooking time. Or sprinkle on top of the finished dish. Cooking these tender herbs rapidly diffuses their flavor. Add strong-flavored hardy herbs such as thyme, marjoram or rosemary earlier in the cooking process so that they have time to mellow. Added at the end, these hardy herbs may be too overpowering.
- To get more flavor from dried herbs - just before using, rub dried herbs between your fingers to release their flavor-carrying essential oils. Also add dried herbs at the beginning of cooking time so that they have a chance to heat up and release more flavor.

## Sage-Roasted Squash

2 medium zucchini  
2 medium yellow crookneck squash  
2 tbsp olive oil  
2 tbsp chopped fresh sage  
1 tbsp minced garlic  
salt and pepper

Heat oven to 350 degrees. Cut squash and zucchini into 1-inch slices, toss with other ingredients, and roast until tender, 15-20 minutes. Season with salt and pepper to taste. Makes 4 servings.

MACSAC cookbook



## Did You Know...?

[www.mn-farmtoschool.umn.edu](http://www.mn-farmtoschool.umn.edu)

- Squash is technically a fruit, because it contains the plant's seeds, but is treated like a vegetable. The shoots, leaves, and tendrils can be eaten as greens. The blossoms are an important part of Native American cooking and are also used as food in many other parts of the world.
- Squash was originally culti-

vated for its seeds.

- Varieties of summer squash include chayote, patty pan, yellow crookneck, yellow straightneck and zucchini.
- Varieties of winter squash include acorn, banana, buttercup, butternut, calabaza, delicata, golden nugget, hubbard, spaghetti, sweet dumpling, turban and pumpkin.
- Columbus brought squash to Europe from the Americas.
- Both summer and winter squash belong to the plant family that contains melons and cucumbers. Even though some varieties grow on vines and others grow on bushes, squash are commonly divided into two groups, summer and winter.
- Zucchini is sometimes called Italian squash, green squash, or summer squash. Zucchini seeds are soft and edible.

## Incredible Sunburn Remedy: Vinegar

[motherearthnews.com](http://motherearthnews.com)  
By Jeramee Sikorski

I started law school last summer and thus went from spending 20 to 40 hours per week outside to only 20 to 40 minutes a week. During my between-term break, I needed to catch up on some yardwork. I completely forgot to put sunscreen on the first



day and, after about eight hours outside, my lily white skin had turned tomato red.

My wife thought I would be in misery, but I remembered a tip from my mom that has been part of our family lore for generations: Use vinegar to season a tan. After getting out of the shower, I applied some vinegar (any type works, but apple cider seems to be the

best) liberally to all the affected areas. The next morning I had a couple of pink spots left on my face, but everywhere else was tanned as if I had spent a careful week with sunblock. I was in no pain whatsoever.

Though I would never recommend forgetting the sunblock, vinegar is an incredible first-aid remedy for dealing with a sunburn.

# Olden Kids



What do you call a bunch of blueberries trying  
to get through the door?

**Blueberry Jam!**

## Blueberry-Banana Cream Pie



- 1/2 cups of fresh blueberries
- 1 8oz pkg. cream cheese, softened
- 1 cup sugar
- 2 ready made graham cracker pie crusts
- 2 large bananas
- 1 12oz container Cool Whip

Slice bananas into pie crusts, covering bottom completely. Mix sugar into cream cheese. Gently fold Cool Whip into cream cheese and sugar. Spread evenly into each pie crust. Divide blueberries and spread across top of pies. Chill 3-4 hours before serving.

[www.wate.com](http://www.wate.com)

## Nature Art: Blueberry Painting

- small bowl
- 1/2 cups blueberries
- 1/4 cup warm water
- potato masher
- crayons
- paintbrush
- white paper



Use the crayons to draw and color a picture upon the white paper. Color the picture boldly and completely. Set aside.

Put 1/2 cup blueberries into the bowl. Add 1/4 cup warm water. Mash the blueberries carefully using the potato masher, mixing the blueberries with the water as you mash.

Use the "blueberry paint" to paint over the picture made with crayons. The paint will make a "wash" effect, creating a beautiful blue background for the picture.

[www.homeschoolblogger.com](http://www.homeschoolblogger.com)

**I'm the king of the berries,  
thank you very much.  
Look at me and you'll see  
each one of us blueberries  
wears a crown.**

