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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

Mother Earth's Recipes: Raw Food to Relish! 2-3

Raw Foods Questions and Answers 3

Peas(e) Porridge Hot 4

Strawberry Fun Facts 4

My Friend The Garlic Scape 5

Made of Veggies 5

Guidelines For Storing Fresh Produce 6

This Week's Recipes 7

Olden Kids 8-9

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.

News From The Farm

The farm has been busy this past week. Peas are being harvested as fast as we possibly can. Pests are also hatching very fast with these temperatures. The potato beetles and squash beetles are here in large numbers. We spent Sunday evening looking under the leaves of the potato plants for the larva of the beetles. We were able to find a large number of leaves

that had the larva on them. Disposing of these leaves significantly reduced the population. Stay tuned for more info next week about the organic means that we use to control these pest problems.

We also have a large number of chipmunks who have decided that every seed that is planted in the greenhouse should be dug up and eaten by them. The

population of chipmunks have exploded here on the farm. We have tried all of the home remedies that we know of to get rid of them with little to no success. If you have any good recommendations for making sure the chipmunks and all of their friends decide to

take up residency somewhere else, please let us know as soon as you can. (Please keep in mind that Melbourne goes everywhere on the farm and we

do not want to put out anything that would kill or make him sick.) We truly do not want to have to kill the chipmunks—just make them move somewhere else.

Here at Olden Produce we believe in focusing on what we do best which is produce. Therefore we do not grow strawberries at this time. Once we put in our irrigation system we will put them in. This

year we have partnered with Kirschbaum's Strawberry Acres in Beaver Dam. In your boxes this week I will include one of their brochures so that you can read about them. Diane and Stan are wonderful people who have wonderful berries. We hope you enjoy them.

We will be opening our stand at Choice Bank in Oshkosh on Thursday. We will have sugar snap peas, strawberries, and herb plants. The stand will open at Noon. CSA boxes will be located by the stand this week. If you are looking to freeze strawberries and need a large amount of them, please contact us.

Stay cool and have a wonderful week!

Your dedicated farmers,

Tracy and Dick



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Melbourne's Caper of the Week

The Doggie Dictionary (Part 2)

www.dogbreedinfo.org/jokes

WASTEBASKET: This is a dog toy filled with paper, envelopes, and old candy wrappers. It is important to evenly distribute its contents throughout the house before your person comes home.

BATH : If you find something especially good to roll in, humans get jealous, and they use this degrading form of torture to get even. Be sure to shake only when

next to a person or a piece of furniture.

LEAN: Every good dog's response to the command "sit!," especially if your person is dressed for an evening out. Incredibly effective before black-tie events.

BUMP: The best way to get your human's attention when they are drinking a fresh cup of coffee or tea.

GOOSE BUMP: A maneuver to use as a last resort when the regular bump doesn't get the attention you require ... especially effective when combined

with the sniff.

CHILDREN: Short humans of optimal petting height. Standing close to one assures some good petting. When running, they are good to chase. If they fall down, they are comfortable to sit on.

LOVE: A feeling of intense affection, given freely and without restriction. The best way you can show your love is to wag your tail. If you're lucky, a human will love you in return.

Mother Earth's Recipes: Raw Foods to Relish!

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.

By Cindy Morse

Hi. My name is Cindy Morse, and I own and operate Mother Earth's Recipes, LLC. I am a certified raw food chef who has directly benefited from the power of raw food. My raw food lifestyle has freed me of allergies and other dietary ailments after eating completely 100% raw for 2 years. After that time, I decided that adding some fish and cooked grains occasionally worked out well for my body.

I experienced such great results that I started to share my passion of preparing my own meals with my friends and family. The feedback was so positive. Many were shocked at the deliciousness and the way their bodies felt. I then decided to prepare food at an off-site location and sell to a couple of health food stores in the area.

I have learned that people would rather learn how to prepare the raw food themselves than to purchase the food already prepared. I have since started raw food classes in people's homes, with an integrated hands-on experience for preparing food. What's really important is to tailor the classes to the individual's needs. It can last anywhere from 2-

4 hours. For the customers who don't have the time, and would prefer me to prepare their food for them, I do this as an added custom. I recently prepared food for the

Aurora Medical Employees health fair. There was a lot of interest in eating more fresh and local and in preparing simple dishes that taste fantastic with raw foods.



I've always been a foodie, and really enjoy eating the freshest, best produce available, its such a pleasure, and an honor to use the produce from Tracy and Dick's farm. I used to sit in the fields when I was very young, and just eat fresh pea pods, YUM!

(continued on page 3)

Mother Earth's Recipes (continued from page 2)

Raw foods are foods that are not processed or cooked and are made from fruits, seeds and other natural foods. They are also called living foods, as they keep all the nutrients and enzymes intact, allowing you to fully benefit from your food. Raw foods for me has help to amplify my energy levels, im-



prove my digestion, increase and add to the variety of my nutrient intakes, lower my sensitivity to certain allergies, and enhance my sense of well-being. Raw, fermented foods contain good bacteria and other micro-

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!

organisms that support the immune and digestive systems. By incorporating raw foods into other healthy lifestyles, you can fully take advantage of the enzymes and nutrients of your food. Raw foods are a delicious and healthy way to give your body the boost it needs!

Raw Foods Q and A

www.living-foods.com

What are Raw Foods?

Raw Foods are foods that contain enzymes. In general, the act of heating food over 116 degrees F destroys enzymes in food. (Enzymes start to degrade in as little as 106 degrees F). All cooked food is devoid of enzymes. Furthermore, cooking food changes the molecular structure of the food and renders it toxic. Raw foods also have enormously higher nutrient values than the foods that have been cooked.

What are Enzymes?

Enzymes assist in the digestion of foods. They are known to be the "Life-Force" and or "energy" of food.

Why are Enzymes Important?

Enzymes are important because they assist in the digestion and absorption of food. If you eat food that is enzyme-less, your body will not get maximum utilization of the food. This causes toxicity in the body.

Is this a "new" fad diet or something?

Not at all! Consider the following: during the vast majority of our existence on this planet, what choices did we have for food? What COULD we have eaten before we discovered fire, tools and implements to kill animals? The original diet for us MUST have consisted primarily of vegetables, fruits, and nuts! What other choices did we have? Clearly, a raw, plant based diet is the main food staple throughout the vast majority of the history of Humankind! Before Humans started killing and

eating dead animal carcass, we ate fruits, leaves, nuts, berries, etc...



How can you tell if something is a raw food?

Most foods that have not been processed in any way, shape or form are raw and living foods (until cooked). Processed foods (canned, bottled or prepackaged) are most often adulterated, (changed from their original state) by heating, additives, preservatives, colorings, salt, and sugar. Don't think this is all for your benefit; the benefactor is the manufacturer's profit margin, NOT YOU. Try to purchase foods that are in their natural state.

Peas(e) Porridge Hot...

www.vegparadise.com

If you grew up enjoying nursery rhymes read by your parents or grandparents, you may find this Old English rhyme familiar:

Pease porridge hot,

Pease porridge cold,

Pease porridge in the pot

Nine days old.

For many, the rhyme didn't have a clear meaning--it simply sounded good and was easy to recite with its singsong rhythm. However, if you were a young peasant child growing up in six-

teenth century England, your frequent meals of pease porridge served hot, cold, and in-between may have prompted you to express your lack of enthusiasm in just such a verse.

A large kettle containing a thick porridge made of peas hung over the fire in many English and Scottish homes during the Middle Ages and was customary even in the sixteenth and seventeenth centuries. Because few of the peasants could afford meat, they based their meals on pease porridge with an abundance of whatever vegetables were on



hand. When the fire died down at night, the morning porridge was quite cold. Each day the fire was relit, and more peas and vegetables were added to the

kettle. Indeed, the original ingredients in the kettle could have been nine days old.

Pease porridge actually evolved from Pease Potage, a very thick porridge made of dried peas that was served with highly salted bacon. The pease porridge, cooked without salt, relied on the bacon for flavor.

Strawberry Fun Facts

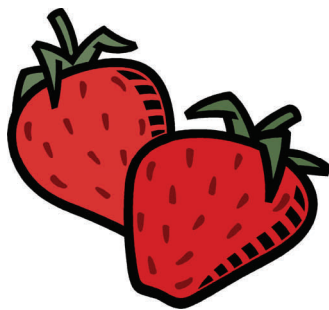
<http://www.michigan.gov/mda>

- Strawberries are the only fruit with seeds on the outside.

- The average strawberry has 200 seeds.

- The ancient Romans believed that strawberries alleviated symptoms of melancholy, fainting, all inflammations, fevers, throat infections, kidney stones, bad breath, attacks of gout, and diseases of the blood, liver and spleen.

- To symbolize perfection and righteousness, medieval stone masons carved strawberry designs on altars and around the



tops of pillars in churches and cathedrals.

- In parts of Bavaria, country folk still practice the annual rite each spring of tying small baskets of wild strawberries to the horns of their cattle as an offering to elves. They believe that the elves, who are passionately fond of strawberries, will help to produce healthy calves and an abundance of milk in return.

- Madame Tallien, a prominent figure at the court of the Emperor Napoleon, was famous for bathing in the juice of fresh

strawberries. She used 22 pounds per basin. Needless to say, she did not bathe daily.

- The fruit size of the very early strawberries was very small.

- Strawberries are the first fruit to ripen in the spring.

- There is a museum in Belgium just for strawberries.

- Strawberries are a member of the rose family.

- Over 53 percent of seven to nine-year-olds picked strawberries as their favorite fruit.

My Friend The Garlic Scape

By Kim O'Donnel
Seasonal Produce

While in Miami over the weekend, I received an e-mail from home base with the subject line: Scapes Are Here!

Even at a distance of 900-plus miles from home, I was delighted by the news that one of my long-anticipated produce items had made its annual debut at the farmer's market. The "scape" in question is hardly a typo or a secret code word; it's shorthand for garlic scape, a part of the garlic plant that is a garlic lover's nirvana.

Here's the anatomy lesson: Garlic and its relatives in the allium family, (leeks, chives, onions) grows underground, where the bulb begins its journey, soft and onion-like. As the bulb gets harder (and more like the garlic we know), a shoot pokes its way through the ground. Chlorophyll-

green like a scallion (maybe even greener), the shoot is long and thin and pliable enough to curl into gorgeous tendrils.



Garlic scapes in all their glory.

This stage of growth is the garlic scape, folks. If left unattended, the scape will harden and transform from green to the familiar opaque white/beige color of garlic peel. Keeping the shoot attached will also curtail further growth of the bulb. So, in an effort to allow the garlic to keep growing, the farmer is getting a two-fer with this edible delectable that cooks are just beginning

to discover.

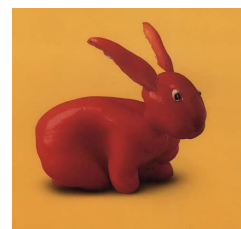
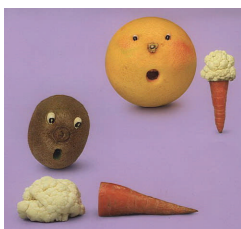
At home, the scape is great fun; try dicing it into scrambled eggs, adding to a veggie sauté or using as garnish for rice. However, the mac-Daddy way to understand the beauty of the scape is to pulverize a bunch into pesto. Instead of pine nuts, I use heart-healthy walnuts and far less cheese than I do with a basil-based pesto. The garlic flavor is fresh and light rather than redolent and pervasive, which means you can spread the pesto on toast and still kiss your kitchen mate.

I love it with short pasta and few cherry or grape tomatoes thrown in for color and acidity. The scapes last through June, a small window to understand what the fuss is all about. If you're like me, you'll stockpile a bunch and whip up pesto to enjoy into the rest of the summer.

Made of Veggies!

www.weirdomatic.com

Can you guess which vegetables were used to make these interesting images?



"Human beings, vegetables, or comic dust, we all dance to a mysterious tune, intoned in the distance by an invisible player"

—Albert Einstein

Guidelines for Storing Fresh Produce

www.oldenproduce.com

Artichokes – Store in a loose bag in the refrigerator for up to one week.

Beans - Do not wash until ready to use. Store in a loose bag in the refrigerator, 3-5 days.

Beets - Top to maintain moisture in beets. Leaves should be used within 3 days; roots will last for a couple of weeks.

Broccoli – Store in a loose plastic bag in the fridge for up to one week.

Brussels Sprouts - Store in a loose bag in the fridge for one week +.

Cabbage – Store loosely in a bag in the fridge. May last a few weeks in the fridge.

Carrots – Store in a plastic bag in the fridge. Put a few holes in the bag for longer storage.

Celery – Store in loose bag in the fridge, may last a few to several weeks.

Cauliflower - Do not wash until ready to use unless you cut up the head and store as florets. Up to one week in the fridge.

Corn - Eat as soon as possible or freeze.

Cucumbers – Store in loose bag or in crisper of fridge for up to one week.

Eggplant – Store in loose bag or in crisper of fridge; use as soon as possible for maximum texture, but storable up to one

week.

Fennel – Store in loose bag in the fridge; can last up to a few weeks.

Fresh Herbs – Store in a loose bag in the fridge. Remove rubber band to increase air flow. Soft leaved herbs (basil and cilantro) should not be washed until ready to use. Use or dry within one week.

Kale – Wash, trim stems, and pat dry for quick use. Store in a closed plastic bag in the fridge for up to one week.

Leeks – Store in a loose bag in the fridge. They should last for a few to several weeks.

Lettuce – Wash and gently spin dry. Keep in the fridge with leaves whole until ready to use.

Melons – Leave out on counter until ready to use.

Onions & Shallots - Store loose in a bag or in crisper in fridge. Or keep in a dry dark place to prevent molding and sprouting. May last up to several months with proper storage. Sort frequently and use those with blemishes first.

Green Onions – Remove rubber band and store in the fridge, loose and in bag until ready to use—up to one week.

Parsley – Store loose in bag in the fridge. Gently pat dry if needed for longer storage. May also be hung out of direct light and left to dry.

Parsnip – Store in plastic bag in the fridge. Put a few holes in the bag for long term storage.

Peas - Do not wash until ready to use. Store in a loose bag in the refrigerator for 3-5 days.

Peppers – Do not wash until ready to use. Store in a loose bag in the fridge up to one week.

Radicchio – Do not wash until ready to use. Store in a loose bag in the fridge & peel off leaves as needed.

Radishes – Store in loose bag in the fridge for up to one week.

Rutabaga – Store in plastic bag in the fridge. Put a few holes in the bag for long term storage.

Spinach – May be washed and gently spun dry, then stored in a closed bag in the fridge. Leave the leaves whole until ready for use.

Summer Squash – Store loose in a bag in fridge for up to one week.

Winter Squash – Store in a dark dry place to prevent molding and over ripening. May store through December or longer. Sort frequently and use those with blemishes first.

Swiss Chard – Store in a closed bag in the fridge. Remove twist tie to increase air flow. May be washed and gently spun dry. Use in one week.

Tomatoes – To maintain flavor, do not refrigerate—but will keep longer in the fridge.

Very Berry Strawberry Smoothie Pie

Kirschbaum's Strawberry Acres

- 1 envelope unflavored gelatin
- 1/3 c cranberry juice
- 3 cups strawberries
- 1 (8oz) red raspberry yogurt
- 1 graham cracker pie crust
- whipped cream

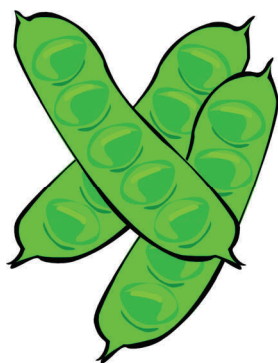


In small microwave-safe bowl, sprinkle gelatin over juice. Let stand 5 minutes. In a blender, puree strawberries, yogurt and gelatin mixture for 3 minutes or until smooth. Pour into pie shell. Refrigerate 4 hours or until firm. Garnish with whipped cream. 8 servings.

Nutrients in 3/4 cup of strawberries

- Calories 37
- Protein (g) 0.7
- Fat (g) 0.5
- Carbohydrate (g) 8.4
- Vitamin A (units) 60
- Vitamin C (mg) 59
- Calcium (mg) 21
- Phosphorus (mg) 21
- Iron (mg) 1
- Sodium (mg) 1
- Potassium (mg) 164

Garlic Stir-Fried Snap Peas



- 3 cups sugar snap peas
- 1tbsp oil (any mild one)
- 2 large garlic cloves, minced (or garlic scapes)
- 2 teaspoons fresh lemon juice
- salt and pepper to taste
- Cooked rice (optional)

Heat oil in skillet. Stir in garlic. Add peas; cook and stir 2-4 minutes on medium heat. Remove and sprinkle on lemon juice, and salt and pepper. Serve over rice if desired. Makes 3-4 servings.

MACSAC Cookbook

BACK BY POPULAR DEMAND!

Garlic Scapes Pesto

- 1/2 lb. garlic scapes, chopped into 1 inch sections
- 1 cup olive oil
- 2 cups grated Parmesan cheese

Combine the garlic scapes and olive oil in a blender. Pour the mixture into a bowl and blend the cheese by hand. Serve on pizzas, sandwiches, pasta, or with pita chips.

www.freshpicks.com

***Pesto** is a sauce originating in northern Italy. The name is a version of the word "pestâ", which means "to pound or to crush" in reference to the sauce's crushed herbs and garlic.*

wikipedia

Olden Kids



What do vegetables wish for, more than anything else in the whole world?

Peas (peace) on earth!

Ladybugs on a Stick



- Red grapes
- Strawberries
- Mini chocolate chips
- Honeydew melon

For each ladybug, push half of a red grape onto a trimmed wooden skewer for the head.

Next, push on a hulled strawberry body and score the back to create wings.

For spots, use a toothpick to gently press mini chocolate chips, tips down, into the fruit. Arrange the skewers on a honeydew melon half.

www.familyfun.go.com

My Garden—A Fingerplay

This is my garden. I'll rake it with care.
(Pretend to rake.)

And then some seeds I'll plant there.
(Pretend to plant seeds.)

The sun will shine,
(Put arms over head in a circle.)

And the rain will fall,
(Put hands in air and bring down as rain.)

And my garden will blossom and grow
straight and tall.
(Make fist then open slowly as the flower blooms.)

stepbystepcc.com/garden

Elmer Fudd's Garden

www.uky.edu

Elmer had a terrible time with his vegetable garden last year. He planted his lettuce early in a row running east to west. He planted the rest of his vegetables in rows running north to south—or he meant to—but the BEETS and ASPARAGUS rows slanted from northeast to southwest. .

While Elmer was looking for his vegetables, he discovered a lot of other things were in his garden too—one kind of insect or another. The asparagus beetle was on the asparagus, of course, and the potato beetle was on the potato. (In other words, ASPARAGUS BEETLE is a continuation of the word ASPARAGUS and likewise for POTATO BEETLE and POTATO.) The rest of the insects were scattered in all directions.

Elmer spotted Bugs Bunny a couple of times in his garden, but he couldn't catch him because Bugs didn't run in a straight line. Bugs always showed up near a spot in the garden that Elmer had marked with Z's. When Bugs knew he was discovered he would hop in a zigzag path to his burrow entrance which was marked with X's. On some days he would take one path and other days he would take another. The zigzag paths Bugs took spelled out his name, BUGS BUNNY. Can you find the two paths that Bugs used?

Elmer's Garden Plot

A	P	P	C	W	E	E	D	M	A	N	T	I	S	O
C	S	E	G	E	F	W	A	P	W	E	E	D	N	L
A	H	P	R	O	T	H	H	A	C	H	E	L	A	A
B	P	P	A	R	N	I	O	O	O	A	R	C	E	D
B	O	E	S	R	D	T	H	R	R	L	E	S	B	Y
A	T	R	S	S	A	E	H	W	N	W	P	T	W	B
G	A	S	H	Z	Z	G	O	R	I	W	P	O	E	I
E	T	T	O	Z	B	R	U	N	A	B	O	R	E	R
L	O	O	P	W	M	U	G	S	R	E	H	R	D	D
E	B	M	P	H	G	B	P	I	B	L	F	A	M	B
R	E	A	E	I	S	S	L	U	G	E	A	C	Q	E
A	E	T	R	T	B	E	A	N	B	E	E	T	L	E
D	T	O	H	E	U	N	N	Y	X	K	L	T	S	T
I	L	E	A	F	B	U	G	X	X	S	E	L	L	L
S	E	S	B	L	O	U	M	I	T	E	S	R	S	E
H	O	N	E	Y	B	E	E	S	B	A	R	K	Q	U
E	K	P	W	E	D	E	W	A	N	T	S	A	U	A
S	R	E	C	C	A	T	E	R	P	I	L	L	A	R
B	A	A	N	B	E	L	E	T	T	U	C	E	S	T
O	L	S	E	A	F	I	D	E	S	N	A	G	H	G

Elmer's Plants

- Asparagus
- Beans
- Beets
- Cabbage
- Carrots
- Corn
- Kale
- Lettuce
- Okra
- Peas
- Peppers
- Potato
- Radishes
- Squash

Elmer's Pests

- Ants
- Aphids
- Asparagus Beetle
- Bean Beetle
- Borer
- Caterpillar
- Earworm
- Flea Beetle
- Grasshopper
- Honey Bees
- Horn-worm
- Lacewing Bug
- Ladybird Beetle
- Leaf Bug
- Leafhopper
- Mantis
- Mites
- Potato Beetle
- Slug
- Wasps
- Weed (4)
- Whitefly
- White Grub

"Be vewy vewy quiet, I'm hunting wabbits..."

