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Volume 2, Issue 20



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

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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.

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News From The Farm

This week on the farm, the season is coming to an end, whether we want it to or not. Mother Nature has decided that winter is coming early here in WI. We are working to finish putting the fields to bed for the season. We will then be taking a few weeks off.

The first week in December we will be attending the Great Lakes Fruit, Vegetable and Farm Market Expo in Grand Rapids, MI. We hope to learn as much as we can and too see what the seed companies have for new varieties of veggies this coming year. We also get a chance to talk with fellow farmers from

around the country. Of course, Melbourne will be going with us.

After we get back from Grand Rapids, the seed catalogs start showing up. This is a very exciting time of year for me. I am like a kid looking at a toy catalog. Then the holidays which are always fun.

After that we are starting to plan out where everything will be grown and just like that it is February and time to start planting in the greenhouse.

Wow how time flies!!!

Have a good week!

Your dedicated farmers,

Dick and Tracy



This week's box contains:

- Winter Squash - Spaghetti, Stripetti, Acorn, Butternut, Buttercup, or Sweet Dumplings
- Turnips
- Beets
- Garlic
- Radishes
- Celeriac
- Baby Fennel
- Honey Crisp / Gala Apples
- Bok Choy
- Mixed Greens

Fennel Facts

<http://thenewcook.com>

Fennel is a "stem and stalk" vegetable that is part of the carrot family. Fennel and fennel seeds come from slightly different plants.

Fennel has a white bulb on one end and tough,

green stalks growing out of it. Usually the bulb is eaten and the fronds can be used for garnish. It is an aromatic vegetable like celery and carrots, but it has a distinct anise flavor.

You can prepare fennel by cutting off the green

stalks, then removing its hard core by slicing off the bottom and cutting it into quarters. Or cut it in half and remove the core.

Fennel can be eaten raw in salads, braised, roasted, or satéed. The fronds can be used as garish.



Melbourne's Caper of the Week

by Bryan Nelson
www.mnn.com

Many people owe their lives to the tender protection and brave acts of other animals. Here's just a small look at the stories of 10 remarkable animals that have saved people's lives.

Pig dashes into street for heart attack victim

JoAnn Altsman had a heart attack and collapsed to the ground. Lulu, her daughter's pot-bellied pig, rushed out of the house, lying down in the street to stop traffic. The pig tried relentlessly to get help, returning to the house to check on JoAnn, only to rush back to the street desperate

for help. Finally, one person stopped and followed the determined pig back to the house, where they found JoAnn in pain on the floor. She was immediately rushed to a hospital.

Goat feeds farmer milk, keeps him warm for 5 day

While doing his daily farm work, Farmer Noel Osborne was accidentally knocked into a pile of manure, shattering his hip. He was rendered immobile and stranded too far away for anyone to hear his calls for help. For five days, his goat Mandy huddled by his side keeping him warm, even throughout stormy, cold nights. Perhaps more remarkably, Mandy allowed Osborne to milk her for sustenance.

Beluga whale saves drowning diver

Diver Yang Yun was part of a competition to hold her breath for as long as possible in a pool of beluga whales in China. The dive was running smoothly until she tried to move her legs and they wouldn't move. That's when Mila, one of the beluga whales, came to her rescue. Sensing something was wrong, the whale immediately swam to the drowning diver, took Yun's leg in her mouth and lifted her to the surface to breathe, saving her life.

(continued on page 4)

Garlic Planting Time

www.theslowcook.com

I look forward to planting garlic in the fall. It connects me to my garden next year, reassuring me that the too long winter ahead will yield something wondrous. The cloves I plant now will soon send up shoots that will survive through cold and ice and become mature plants on the other side of the calendar. Sometime in June, I reckon, they will be ready to harvest.

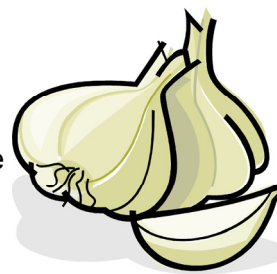
I have two kinds of garlic, a "hard neck" and a "soft neck." Soft neck garlic is the type you normally see in the store, with an odd number of cloves of all sizes. Hard neck garlic has a much stiffer stem with a more determinate number of evenly sized cloves centered around it. This is the kind of garlic

that produces those scapes—or flower stems—that have become popular on restaurant menus and in farmers markets for their delicate allium flavor.

I'm planting in a bed that was previously populated by tomatoes, eggplants, peppers. In fact, I remove several pepper plants to make room, harvesting the fruit. I also pull the last of our marigold plants, which even now are sporting new flowers. With my forked spade, I give the soil a gentle heave all over, then stir in a good dusting of fresh compost with my stirrup hoe.

The soil is rich and soft—as it should be. Garlic and onions like plenty of food, especially phos-

phate and potassium. Previous soil tests have shown there is no shortage of either in our garden. Then I simple plunge the cloves into the soil—stem end down—spacing them about six inches apart. Eventually, I will mulch the area with a thick layer of shredded straw.



The whole procedure doesn't take long. I've calculated the size of my bed well for two heads of soft neck garlic and three heads of hard neck. I even have some room left over to plant more greens: tat soi, arugula, tenderleaf.

And so next year's garden has already begun.

Seasonal Foods: 5 Best Winter Vegetables

Written by Jessica Mordo
<http://eatdrinkbetter.com>

Winter veggies usually get short shrift, but there are many reasons to savor them. They add loads of **vitamins and nutrients** to our diets, do wonders for our **immunity**, and are wonderfully versatile. Plus, eating seasonally is eating green: as it takes us back to the old days of eating only the freshest available products, it's a more **sustainable** eating model and it's better for reducing our **carbon footprints**.

Here's my guide to making the most of these five fabulous winter veggies:

1. Play Squash



actually look forward to winter just for its **squash** varieties. **Acorn, banana, butternut, spaghetti, delicata, hubbard, sweet dumpling, buttercup, and turban** squashes—not to mention **pumpkin**—add a colorful and sweet accent to your plate. Plus, they are among the healthiest types of complex carbohydrates (the best kind of carbs), with high fiber, vitamin A, and vitamin C content. Roast 'em, mash 'em, or slow cook 'em into a heaping bowl of soupy goodness for the perfect warm winter meal.

2. Reconnect With Your Roots

Carrots and white potatoes are staple **root vegetables**—but you can also enjoy **sweet potatoes** and **yams**, which have higher nutritional value than white potatoes and serve as healthy complex carbs, as their vitamins A and C content are off the charts. Let's face it: **sunchokes, salsify, turnips, parsnips, and rutabagas** seem bland. However, they're high in fiber and vitamin C, and with the right seasoning, they can serve as delightful foundations for soups, purees, and roasted veggie medleys.

3. Get Down to the Beet



suppose the **beet** is an acquired taste, but for those of us who are believers, it sure is a good one. The sugary root vegetable deserves an individual mention because it's the most nutritious root veggie of the patch. Not only is it packed with vitamins, but it also serves as a natural cleanser for the liver and bloodstream. And although it's as sweet as candy, it's surprisingly low-calorie, making it a deceptively decadent addition to salads. For a hotter take, help yourself to a steaming bowl of **borscht** (beet soup), or add a gorgeous shock of color to your winter plate with roasted pink and golden beets.

4. There Once Was a Sprout from Brussels

Brussels sprouts have gotten a bad rap over the years. If you've only ever had them boiled to the point of mushy abandon, you'd hide them in your napkin, too. The fact is, these little green nuggets are particularly vitamin C-rich—a huge bonus during head-cold season. Roast them with a touch of olive oil, cracked pepper, fresh lemon juice, and a sprinkling of fresh Parmesan for a dish that wows.

5. Kale-er Greens



Kale is one of nature's superfoods, packed with essential vitamins and nutrients such as folate, iron, and magnesium. As are **chard** and **spinach**, as well as many other varieties of **winter greens**, such as **collards, escarole, and mustard greens**. I enjoy these leafy wonders best lightly sautéed with garlic, shallots, and fresh lemon juice,

Fabulous Animal Rescues *(continued from page 2)*

92 stranded sailors saved by a dog named Tang

In 1919, a ship called *Ethie* crashed into rocks stranding 93 sailors amidst stormy seas. After one of the sailors was swept out to sea, the crew turned to Tang. With the rope in his mouth, the dog leaped into the water. When he reached land, onlookers were amazed to discover that his jaw was still fastened to the rope. All 92 of the remaining sailors were pulled to safety due to Tang's ceaseless bravery.

Willie the Parrot gives the squawk of his life

A 2-year-old named Hannah would have choked to death if it wasn't for Willie the parrot. "While I was in the bathroom, Willie started screaming like I'd never heard him scream before and he started flapping his wings," said Meagan, the babysitter (pictured here with Willie). "Then he started saying 'mama baby' over and over and over again until I came out and looked at Hannah and Hannah's face was turning blue." Willie saved the day.

Horse protects owner from a raging cow

Rancher Fiona Boyd was leading a stray calf into a shed when the calf's enraged mother suddenly charged her, knocked her down and proceeded to stampede over



her. "I was absolutely terrified, and remember rolling up into a ball to protect my head from her hooves," she recalled. That's when Kerry, who was grazing nearby, immediately leaped to assist her. The horse bucked and kicked at the cow until it moved away, certainly saving Boyd from being trampled to death.

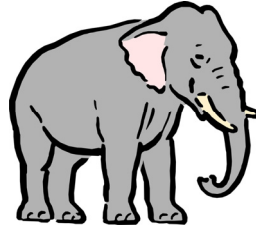
Gorilla protects boy who falls in zoo enclosure

Here's the remarkable story of Jambo, a silverback gorilla at the Jersey Zoo. After a young boy, Levan, fell into the gorilla's zoo enclosure, fracturing his skull and breaking limbs, Jambo immediately came to his aid. The silverback stood firmly next to the young boy and even stroked his back in comfort, protecting the boy from danger. When Levan woke up and began to cry, Jambo led his entire troop away so human rescuers could reach the boy.

Cat warns family about carbon monoxide

After a gasoline-powered water pump leaked odorless carbon monoxide into the Keesling family's home, their cat Winnie began to nudge and meow loudly at their ears. "It was a crazy meow, almost like she was screaming," said Cathy Keesling. By the time

she got up, Cathy was already dizzy and nauseous from the fumes, and her husband and son were completely unconscious. But thanks to Winnie, Cathy was able to dial 911 before anyone was seriously harmed.



Elephant saves a girl from 2004 tsunami

8-year-old Amber Mason was saved by a 4-year-old elephant during the 2004 Thai tsunami. Just as the wave struck, the elephant took Amber on its back and ran for higher ground. As the wave crashed around them, the elephant even turned its back to the water, creating a protective wall from the impact. "If she had been on the beach on her own or with us on the beach, she would never have lived," Amber's mother recalled. "The elephant took the pounding of the wave."

Dolphin saves surfer from shark attack

Surfer David Rastovich describes a how a dolphin saved him from a shark attack. "I was sitting in the water, when all of a sudden I saw a dolphin next to me that was behaving unusually hectic. From the top I saw how the dolphin came flying and hit a shark hard in the side. I myself hadn't even seen the shark before," he recalled.

"Come said the wind to the leaves one day,
Come o're the meadows and we will play.
Put on your dresses scarlet and gold,
For summer is gone and the days grow cold."

- A Children's Song of the 1880's



Food is Central to the Health Care Debate

www.treehugger.com

The debate over health care has, thus far, revolved around access and cost. While these are important issues, and will no doubt be the focus of any reform plan that emerges from Congress, they overshadow other more fundamental health concerns. Food, what we eat and how we eat it, is central to the health care debate in America for six reasons.

1. America's Epidemics

The CDC reports that preventable chronic diseases account for three quarters of America's health expenses each year. This includes, as Michael Pollan points out, "\$147 billion to treat obesity, \$116 billion to treat diabetes, and hundreds of billions more to treat cardiovascular disease and the many types of cancer that have been linked to" our diets.

Indeed, America is suffering from several costly epidemics and nearly all of them are related to what we eat. Reducing the frequency of these diseases would significantly lower our annual health care expenditures, making a universal plan without deficits, rations, or extreme tax increases possible.

2. The Answer is Health, not Care

Instead of creating a system focused on solving expensive problems we create for ourselves, a universal health care system should be devoted to helping people get and stay healthy. Writing about the health care debate in the Huffington Post, Dr. Andrew Weil explained that if we did so: It would be a system that puts the *health* back into *health care*. And it would also happen to be far less expensive than what we have now.

The first step to a plan that encourages health, rather than manages disease, is to change what we eat.

3. You Are What You Eat

"You are what you eat," a mother once scolded when her family chose chips over fruit. It turns out, that mother was right. It's becoming increasingly apparent to more and more people that fast food, corn syrup, processed snacks, and sodas are the root of our nation's problems of obesity, heart disease, and Type 2 diabetes. A health care system that gave doctors an incentive to teach healthy ways of eating and living would help fight these epidemics. A national food system that encouraged healthy, local eating would be even more powerful: it would remove the very source of the problem.

4. Food is Part of the Environment

Fast food and soda are easy targets but out-of-season fruits, factory farms, and other elements of our industrial food system are also to blame. Understanding that food is part of the environment, that something grown locally and organically is better for you, for the producer, and for the planet, is an integral part of America's transition to health. Making the switch to local and organic food will lead to reductions in pollution, another serious health concern, fewer farm workers poisoned by pesticides, and leave the American public with simpler food choices based on what's fresh and in season, rather than what has the most evocative marketing.

5. Food is a Gateway Choice

Eating good, fresh, healthy food is

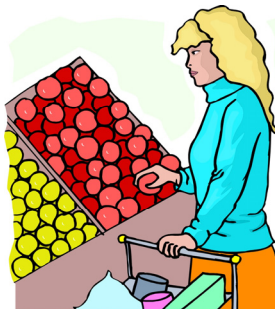
one choice that leads to many others. Once you start down the road of locally-sourced vegetables, sharing grass-raised meat or becoming a vegetarian is not far behind. If you spend an afternoon walking around the farmers' market, it's easier to make the choice to walk home or to work the next day. Over time, all that walking may lead to running and other forms of exercise. Understanding that your food is a product of the environment encourages you to care for your surroundings. Conserving water is easy when you know the relationship it has to the food you eat and composting makes much more sense if you've seen the magic it can produce in a garden.

People's habits won't change overnight, but, through many small steps, they can change. Finding healthy food is just one of the first of those steps.

6. It's All About Respect

Ultimately, a system based on *health* instead of *health care* will depend on respect. Insurance companies must respect the choices of doctors who say it's better to prevent illness than treat it. Doctors must respect patients by teaching them healthy ways to avoid illness. Most importantly, however, patients, the American people, must respect their own bodies. Eating food that was grown with dignity, near your neighborhood, without chemicals or engineering, is one way, an easy way, to respect your body.

If our diets in America changed, *health care* would be a much smaller issue. Indeed, people would have reformed the system themselves, using nothing more than their kitchens and their stomachs.



Grilled Pork Chops and Bok Choy with Sesame Garlic Glaze

3 T soy sauce
1 1/2 T sesame oil
1 1/2—2 t bottled Vietnamese-style chili garlic sauce

4 pork chops (5/8 in. thick)
8 lg. stalks bok choy (including greens), root ends trimmed

Combine soy sauce, sesame oil and chili garlic sauce in a large, deep plate or dish. Place pork chops in the mixture, turning to coat all surfaces. Let stand at room temperature, turning the chops occasionally, while you prepare coals in an outdoor grill to medium-high heat. When coals are ready, remove chops from the marinade and grill them until just done, 3-4 min. on each side. Meanwhile, grill the bok choy stalks until tender, about the same amount of time as the chops, basting them with the remaining marinade while they cook. Serve with rice or an Asian noodle dish. Makes 4 servings.

[MACSAC Cookbook](#)

Wrap bok choy in a damp towel or put it in a plastic bag and place in the hydrator drawer of the refrigerator.

[MASAC Cookbook](#)

Store fennel in a plastic bag in the refrigerator for up to 2 weeks. The delicate leaves will go limp. Wrap them in a moist towel and refrigerate.

[MACSAC Cookbook](#)

Fennel Orange Muffins

1 medium seedless orange, peeled
2 eggs
1/2 c vegetable oil
3/4 c brown sugar
1 t vanilla

2 c grated fennel bulbs
2 1/4 c flour
1 1/2 t baking powder
1/2 t salt

Heat oven to 350 degrees. Oil muffin cups. Puree orange in blender, then combine with eggs, oil, sugar, vanilla and fennel in a bowl. Sift flour, baking powder and salt, then gently fold into wet ingredients. Do not over mix. Spoon into muffin cups; bake 20-25 minutes until golden brown. Makes 8-12 muffins.

Angele Theriault, Harmony Valley Farm Member, [MACSAC Cookbook](#)

Oh Boy—Bok Choy!

www.whiterose.com

Bok Choy is classified as a cabbage, sometimes even called Chinese cabbage. However, bok choy bears little resemblance to the round cabbages found in our supermarkets. It has glossy dark-green leaves and thick, crisp white stalks in a loose head. Its white stalks resemble celery without the stringiness, while the leaves of the most common variety is similar to Romaine lettuce

or spinach.

Bok choy's popularity comes from its light, sweet flavor, crisp texture and nutritional value. The yellow flowering center (head) is especially prized.

Bok choy is found in soups, stir-fries, appetizers, salads, side, and main dishes. The smaller varieties are valued for their tenderness. An added benefit is that recipes often call for them to be cooked

whole, reducing preparation time.

Bok choy is very nutritious, it is high in Vitamin A, Vitamin C, potassium and calcium. Leaves are higher in vitamin content and flavor, than stalks with a really mild taste, similar to Swiss chard or romaine lettuce. Bok choy is one of those good-for-you vegetables that can be eaten raw, quick-cooked, steamed, stir-fried, or boiled. When cooked, bok choy stalks are tender but crisp.

Olden Kids



What's worse than finding a worm in your apple?

Finding half of a worm in your apple!

Apple Smiles



4 or 5 medium red or green apples,
cut into wedges
peanut butter
10 oz bag miniature marshmallows

Spread peanut butter onto one side
of each apple wedge. Using minia-
ture marshmallows, position the
"teeth" in place onto one of the ap-
ple wedges. Top with other apple
wedge so that the peanut butter
acts as a cement for the marshmal-
low dentures.

www.familycorner.com

Make A Rad Radish Rose!

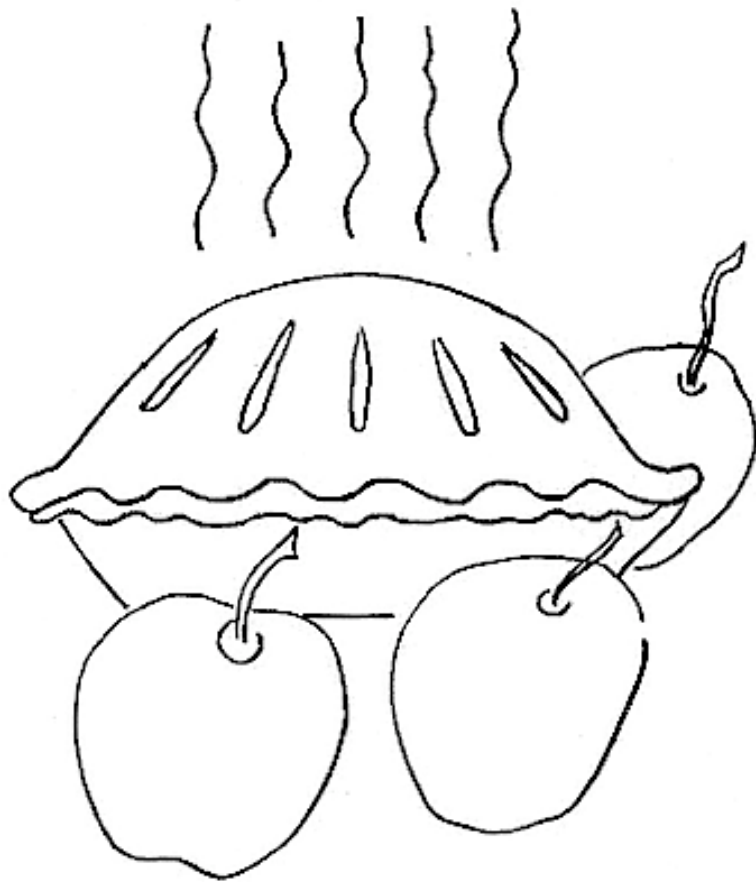


www.gardensablaze.com

You will need:
radishes
a bowl 2/3 full with cold water
a small serrated knife
cutting board
vegetable brush

1. Wash and lightly scrub with a vegetable brush.
2. Cut the tops and roots off the radish.
3. Take one of the radishes, trim off 1/8 of an inch at top of radish. From the top of this cut edge, cut down 2/3's of the way down. Do this on the other three sides. Make more smaller cuts at the corners of the radish.
4. Place in cold water. After several hours the radish petals will start to pop out to make a rose. It's fun to do each radish differently.

www.montessorimom.com



© www.colormountain.com

Word Bank

APPLE

PIE

BASKET

CINNAMON

FRUIT

HARVEST

AUTUMN

RED

WARM

TREE

Y R W B O L P V W Z E E R E D S D Y G B U L O E
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