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

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## News From The Farm

Thank you to those who were able to make it out to our Fall Festival. The weather was cold, windy, and damp. However, it did not stop us from having a wonderful meal and great conversation. We plan to make this an annual event.

A very special thank you to Andy & Donna Derengowski for coming early and helping Dick and I set everything up. We could not have done it without you.

We have gotten a lot of requests for the recipes for the dishes that everyone brought. Please email them to me and I will post them along with pictures to our website from the event. This way everyone can enjoy the wonderful items that we all got to experience.

For those of you who have an Every Other Week share, this will be

your last box for the season. You can either hold onto your box for next season or drop it off at your drop site and we will re-use for next season. Everyone else, there will be one more week after this one. We really hope that everyone has enjoyed this year's bounty. We hit on some things and unfortunately did not on a few as well. We are working very hard to learn and develop new ways to handle what Mother Nature and also some very unwanted pests throw our way.

What our shares are going to look like for next year??? The shares that we currently offer are not going to change from this year very much if at all in what you have gotten with the exception of additional produce items. We have not been able to set the prices of the shares as of yet due to

costs of seeds, equipment, etc.. We hope to have this all sorted out soon. We will let everyone know via email as soon as we do as well as update our website and post it on Facebook.

We are adding a few new shares due to requests that we have received. What follows is a list of what they are and a brief description.

*(continued on page 2)*

**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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This week's box contains:

- Radishes
- Mixed Greens
- Celeriac
- Turnips
- Beets
- Swiss Chard
- Winter Squash (acorn, butternut, sweet dumpling, buttercup, spaghetti, or stripetti)



# Melbourne's Caper of the Week

## Did You Know..?

<http://facts.randomhistory.com>

1. All dogs can be traced back 40 million years ago to a weasel-like animal called the Miacis which dwelled in trees and dens. The Miacis later evolved into the Tomarctus, a direct forbearer of the genus *Canis*, which includes the wolf and jackal as well as the dog.
2. Ancient Egyptians revered their dogs. When a pet dog would die, the owners shaved off their eyebrows, smeared mud in

- their hair, and mourned aloud for days.
3. Small quantities of grapes and raisins can cause renal failure in dogs. Chocolate, macadamia nuts, cooked onions, or anything with caffeine can also be harmful.
4. Apple and pear seeds contain arsenic, which may be deadly to dogs.
5. Rock star Ozzy Osborne saved his wife Sharon's Pomeranian from a coyote by tackling and wrestling the coyote until it released the dog.
6. Dogs have sweat glands in between their paws.

7. In 2003, Dr. Roger Mugford invented the "wagometer" a device that claims to interpret a dog's exact mood by measuring the wag of its tail.
8. Dogs have three eyelids. The third lid, called a nictitating membrane or "haw," keeps the eye lubricated and protected.
9. A dog's shoulder blades are unattached to the rest of the skeleton to allow greater flexibility for running.
10. Puppies are sometimes rejected by their mother if they are born by cesarean and cleaned up before being given back to her.

## News From the Farm *(continued from page 1)*

**1/2 Fruit Share & Full Fruit Share** - These shares will be very similar in size to our current shares except they will only include fruit. The fruit included will be strawberries, blueberries, cherries, peaches, pears, apples, melons, plums, and possibly raspberries, blackberries, and apricots.

**Freezing/Canning/Storage Share** - This share was designed for those who like to can, freeze, and store food for the winter. As things come into season you will receive the following: a flat of strawberries, 10 lbs of blueberries, 10 lbs of cherries, 1/2 bushel of peaches, bushel of tomatoes, potatoes, onions, garlic, squash, and root crops to store for sometime in a root cellar or similar location.

**Bread Share** - We will offer a 1 or 2 loaves of Renard's European

Bakeshop's bread each week. Throughout the season you would receive an assortment of different loaves of their bread. These loaves would be tucked away in your boxes each week.

**Market/Stand Share** - This share was designed for those who like to pick and choose what they get and eat. You would be given vouchers to use at either market or our stands to get items when you want them. More details on this share to come.



**Egg Share** - We are for sure getting chickens this spring. The question is are they going to lay eggs? We sure hope so. We are only going to offer a limited number of these shares as this will be our first experience with them. The chickens will be free ranged

within a fenced in area. Unfortunately we can not allow them to roam freely on the farm as we do not want them getting into our fields during the growing season and due to predators. We will be fencing off some acreage and this winter we will be building a mobile coop that we can move around the farm during the season.



Have a great week!

Your dedicated farmers,

Dick and Tracy



# Bird Feeding in Fall

By Dianne Porter  
www.birdwatching.com

## WANTED:

**BED & BREAKFAST -  
Family seeks winter lodgings,  
with regular meals; all-day buffet preferred. Central heating not required, but water a decided plus. Applications now being taken in your back yard.**

You might not see the above ad in your local newspaper, but wild birds are already making decisions about which back yards they will visit this winter. What you do as the days grow shorter lets the birds know that you want their business and invites them to come back when serious winter comes.

People who don't start feeding birds until severe weather arrives may be missing out. Fall is the season to begin, even though natural foods are plentiful and the birds like the tufted titmouse above may not spend much time at your feeder yet. They are out in the fields and woods, feasting on seeds and berries and well-fed insects.

The birds that do visit feeders in the abundance of autumn are scouting. They need to be ready when cold weather hits. Cold will increase their calorie requirements, right at the moment that food becomes harder to get. Insects stop flying and wiggling. Snow covers seeds. Ice seals away tree buds, wild fruits, and the insects that woodpeckers and nuthatches like to find under the bark of trees.

So they need to be ready. That's why they're studying their resources in advance. Noting where

food is available. Locating alternatives. Taking inventory of contingent provisions. It's good to be included in their inventories. If the birds discover that your yard is worth visiting, they'll remember. And when that first storm hits, they'll show up. Hungry. Chirpy and chattery. Red and blue and black-and-white and yellow. Fun to look at on a snowy day.

On the other hand, if you wait until hard weather arrives, the birds may not ever realize what you have to offer. Under the stress of freezing weather, they can't afford the luxury of exploring. They must go where they know there will be a payoff. They might not discover your feeder all winter, even though it is abundantly supplied. So start offering provisions now.

## What foods to offer

Seeds: black oil sunflower, white millet, niger, safflower, cracked corn, broken nuts. Offer suet in hanging baskets, for woodpeckers. You can try some chopped up fruits.

## Water -- the best advertisement

One of the best ways to get the birds into your yard is to provide unfrozen water, replenished daily. Sometimes water is harder to come by in winter than food.

You can get a heating element that soaks in your bird bath and turns on whenever the water begins to freeze, or purchase a bird bath with the warmer built in. One

of the best such designs I've seen is a plastic bath so light that you can lift it with one finger, but which looks like a boulder with a natural hollow for the water.

## OK. You'll feed the birds. What birds will come?

In each part of the country you'll get species characteristic of your region. Generally you'll attract the most common species of your locale.

## What the best kind of feeders to use?

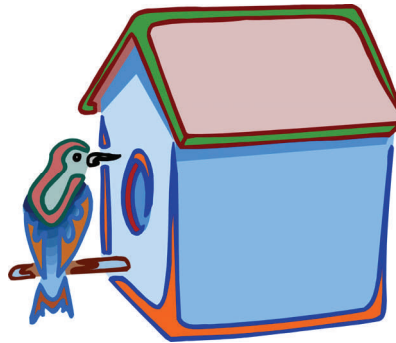
You can go simple or elaborate, depending on how much time, money, and space you have to devote to the subject.

Most people who feed birds do several of these things.

The simplest is just to toss the birdseed on the ground. Many birds, such as the white-throated sparrow enjoy eating at or near the ground. A step up is to put it on a porch railing, where it won't get so dirty. Better yet, put it under your eaves, where it won't get wet, either. One of the most successful feeders we've used was a coconut shell that my father hollowed and wrapped with wire. We suspended from a tree. The chickadees loved it!

A variety of feeding locations will bring you more kinds of birds than a single feeder, because each species will find its own preferred level and location.

Whatever you use, be sure to put your birdfeeder where you can watch the birds from where you live. Enjoy the chirps of chickadees while you're eating. And start now. You'll enjoy the birds all winter long.



# One Green Year: What You Can Do Today

By Kate Hanley  
www.thegreenguide.com

You could decide to lose weight—again—or this year you could resolve to lighten the load you leave on the planet. To help, we've outlined a series of small changes that add up to big results and divided them up by time frame—tasks you can complete today, in the next week, during the next month and over the course of the next year. Breaking your efforts into smaller, more manageable tasks isn't a cop-out: By following this plan, each small step adds up to changes that will benefit the health of the planet—and, yes, even your own health—immediately and in years to come.

## Food

Instead of having lunch delivered to your office, walk to a nearby restaurant and save take-out containers by dining in. Or bring your own container to the restaurant and have it filled there. At the very least, bring a set of your own silverware and a bottle of your favorite condi-



ment to the office so you can skip the plastic utensils and the little packets of salt, pepper, ketchup and soy sauce.

## Transportation

Start making a note of each car trip you take. "Changing your car habits is one of the most dramatic ways to reduce your environmental impact," says Jodi Helmer, author of *The Green Year: 365 Small Things You Can Do to Make a Big Difference* (\$14.95, Alpha, 2008). Getting a clear picture of exactly how car-dependent you are can help in finding ways to cut back.



## Energy

Get a baseline of your current carbon footprint using the reliable online calculators at either [safecclimate.net](http://safecclimate.net) or [lowimpactliving.com](http://lowimpactliving.com). Set a goal of how much you'd like to reduce your impact over the coming year—10 percent is a good start. To up the ante, get a likeminded friend or group of friends to make a competition out of it: Send out an email today inviting them to join your year-long challenge.

## Everyday Purchases

Buy a calendar and a notebook made out of recycled paper so you can track your consumption throughout the year. In the coming months, you'll be noting each of the following on your calendar:

- the highest and lowest temperatures at which you set your thermostat each day
- the number of kilowatt hours of electricity your household uses each month (it's listed on your bill)
- the quantity of fuel you buy for home heating each month, whether it's natural gas or oil
- how many gallons you buy at each trip to the gas station. In the notebook, create tally pages for car trips, trips made by public transportation, and self-powered (walking and biking) trips. Another page can be for waste, especially if you're going to compare your progress with friends and neighbors. Divide this page into "recycled" and "not recycled" columns, and tally the things you dispose of and the things you recycle—plastic bags, drink containers, etc.—week by week.

## Goodbye To The Garden

"There comes a time when it cannot be put off any longer.

The radio warns of a killing frost coming in the night,  
and you must say good-by to the garden.

You dread it, as you dread saying good-by to any good friend;  
but the garden waits with its last gifts,  
and you must go with a bushel basket  
or big buckets to receive them."



- Rachel Peden

# How Do Animals Prepare for Colder Weather?

www.sciencemadesimple.com

The weather gets colder, days get shorter and leaves turn color and fall off the trees. Soon, winter is here. Snow covers the ground. People live in warm houses and wear heavy coats outside. Our food comes from the grocery store. But what happens to the animals?

## MIGRATE

Animals do many different, amazing things to get through the winter. Some of them "migrate." This means they travel to other places where the weather is warmer or they can find food.

Many birds migrate in the fall. Because the trip can be dangerous, some travel in large flocks. For example, geese fly in noisy, "V"-shaped groups. Other kinds of birds fly alone. How do they know when it is time to leave for the winter? Scientists are still studying this. Many see migration as part of a yearly cycle of changes a bird goes through. The cycle is controlled by changes in the amount of daylight and the weather.

Birds can fly very long distances. For example, the Arctic tern nests close to the North Pole in the summer. In autumn, it flies south all the way to Antarctica. Each spring it returns north again. Most birds migrate shorter distances. But how do they find their way to the same place each year? Birds seem to navigate like sailors once did, using the sun, moon and stars for direction. They also seem to have a compass in their brain for using the Earth's mag-

netic field.

Other animals migrate, too. There are a few mammals, like some bats, caribou and elk, and whales that travel in search of food each winter. Many fish migrate. They may swim south, or move into deeper, warmer water.

Insects also migrate. Some butterflies and moths fly very long distances. For example, Monarch butterflies spend the



summer in Canada and the Northern U.S. They migrate as far south as Mexico for the winter. Most migrating insects go much shorter distances. Many, like termites and Japanese beetles, move downward into the soil. Earthworms also move down, some as far as six feet below the surface.

## ADAPT

Some animals remain and stay active in the winter. They must adapt to the changing weather. Many make changes in their behavior or bodies. To keep warm, animals may grow new, thicker fur in the fall. On weasels and snowshoe rabbits, the new fur is white to help them hide in the snow.

Food is hard to find in the winter. Some animals, like squirrels, mice and beavers, gather extra food in the fall and store it to eat later. Some, like rabbits and deer, spend winter looking for moss, twigs, bark and leaves to eat. Other animals eat different kinds of food as the seasons change. The red fox eats fruit and insects in the spring, summer and fall. In the winter, it can not find these

things, so instead it eats small rodents.

Animals may find winter shelter in holes in trees or logs, under rocks or leaves, or underground. Some mice even build tunnels through the snow. To try to stay warm, animals like squirrels and mice may huddle close together.

Certain spiders and insects may stay active if they live in frost-free areas and can find food to eat. There are a few insects, like the winter stone fly, crane fly, and snow fleas, that are normally active in winter. Also, some fish stay active in cold water during the winter.

## HIBERNATE

Some animals "hibernate" for part or all of the winter. This is a special, very deep sleep. The animal's body temperature drops, and its heart-beat and breathing slow down. It uses very little energy. In the fall, these animals get ready for winter by eating extra food and storing it as body fat. They use this fat for energy while hibernating. Some also store food like nuts or acorns to eat later in the winter. Bears, skunks, chipmunks, and some bats hibernate.

## AND MORE

Cold-blooded animals like fish, frogs, snakes and turtles have no way to keep warm during the winter. Snakes and many other reptiles find shelter in holes or burrows, and spend the winter inactive, or dormant. This is similar to hibernation.

Water makes a good shelter for many animals. When the weather gets cold, they move to the bottom of lakes and ponds. There, frogs, turtles and many fish hide under rocks, logs or fallen leaves.

*(continued on page 6)*

### Horseradish Mashed Potatoes and Celeriac

1 pound celeriac, peeled and cut into chunks	1/2 c heavy cream
1 pound potatoes, peeled and cut into chunks	4 T butter
1 bay leaf	2 t horseradish
4 cloves garlic, peeled	Salt and pepper to taste

Combine celeriac, potatoes, bay leaf, and garlic with water to cover; boil until just tender, about 20 minutes. Drain, remove bay leaf, and return vegetables to pot. Add cream, butter and horseradish. Mash and season with salt and pepper. Makes 4-6 servings.

MACSAC Cookbook

*Raw celeriac is excellent. Try celeriac sticks tossed in your favorite creamy dressing, or use for dipping. Grate it raw into a tossed green salad or a vegetable root salad.*

MASAC Cookbook

*No need to peel [beets], only scrub clean; trace minerals lie just below the surface of the skin.*

MACSAC Cookbook

### Beet Chocolate Cake

2 c sugar	3-4 oz unsweetened chocolate
2 c flour	4 eggs
1/2 t salt	1/4 c oil
2 t baking powder	3 c shredded beets
1 t baking soda	

Heat oven to 325 degrees. Grease 2 9-inch cake pans. Whisk dry ingredients together. Melt chocolate very slowly over low heat or in double boiler. Cool chocolate; blend thoroughly with eggs and oil. Combine flour mixture with chocolate mixture, alternating with the beets. Pour into pans. Bake until fork can be removed from center cleanly, 40-50 minutes. Makes 10 servings.

Zephyr Community Farm, MACSAC Cookbook

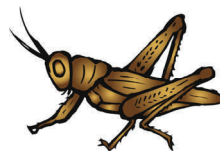
## How Do Animals Prepare... (continued from page 3)

They may even bury themselves in the mud. They become dormant. Cold water holds more oxygen than warm water, and the frogs and turtles can breathe by absorbing it through their skin.

Insects look for winter shelter in holes in the ground, under the bark of trees, deep inside rotting logs or in any small crack they can find. One of the most interesting places is in a gall. A gall is a swelling on a plant. It is caused by

certain insects, fungi or bacteria. They make a chemical that affects the plant's growth in a small area, forming a lump. The gall becomes its maker's home and food source.

Every type of insect has its own life cycle, which is the way it grows and changes. Different insects spend the winter in different stages of their lives. Many insects spend the winter dormant, or in "diapause." Dia-



pause is like hibernation. It is a time when growth and development stop. The insect's heartbeat, breathing and temperature drop. Some insects spend the winter as worm-like larvae. Others spend the winter as pupae. (This is a time when insects change from one form to another.) Other insects die after laying eggs in the fall. The eggs hatch into new insects in the spring and everything begins all over again.

# Olden Kids



What's a dancer's favorite kind of vegetable?

Spin-ach!

## Happy Face Salad



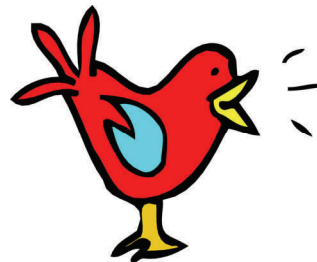
To make a happy face salad, all you need is some of your favorite salad ingredients.

- Lettuce
- Baby carrots
- Radish
- Eggs, hardboiled
- Black Olives
- Red Pepper
- Celery
- Lettuce or Mixed Greens
- Light Ranch dressing

1. Spread lettuce or mixed greens on a plate to create the backdrop for the face.
2. Arrange hard-boiled egg slices to resemble eyes. Put a black olive in the center of each slice to make the pupil.
3. Lay a red pepper in place for a smile.
4. Slice a radish or a baby carrot for a nose.
5. Once the face is complete, use the salad dressing and/or the celery to create hair.

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

## Build a Bird Feeder



Take an empty milk carton (half-gallon). Cut a rectangle out of the front panel.

Carefully use scissors or a hole puncher to punch a hole out of the very top. Thread a string or cord through the hole and tie a knot to make a hanger for the feeder.

Put seeds or little pieces of bread in the bottom of the carton. Hang your feeder and enjoy watching the birds that visit it.

[www.almanac4kids.com](http://www.almanac4kids.com)

