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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 we are busy trying to get the fields broken down and ready for the end of the season and at the same time harvesting as fast as we can. This is an extremely busy time here at the farm.

Due to the lack of rain that we had been experiencing, plants had not been growing as fast as they should have been. With that said, we will be ending the CSA season on the 20th week. That means that the last week

of CSA deliveries will be October 14th and 15th.

Please remember to RSVP if you can or can not make our Fall Festival on October 4th. We hope to see you there.

Have a great week!

Your dedicated farmers,

Dick and Tracy



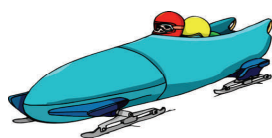
This week's box contains:

- Potatoes - Yukon Golds or Reds
- Mixed Greens
- Bunched Celery
- Peppers
- Tomatoes (heirlooms, slicers, salad, and cherries)
- Garlic
- Spinach - maybe
- Sugar Snap Peas
- Jar of homemade jam from our friends at the Cherry Orchard in Door County (The Bernard's) - varieties will vary

*The little things? The little moments?
They aren't little.
- John Zabat-Zinn*

Celer-really?

<http://thepittsburghkid>



In 1988, the Jamaican bobsled team, famous

for qualifying for the Olympic Games, briefly considered using celery sticks as runners on their sled. This claim has alternately been used to underscore the dire financial straits of the team, the team's in-

genuity and enterprising spirit, and stereotyping claims that its members were high on dope.*

*They were.



Melbourne's Caper of the Week

www.bellaonline.com

Dogs in Space - Sputnik Dogs

Laika was the first dog in space on the Russian satellite Sputnik 2. This momentous event occurred on November 3rd, 1957 at the height of the Cold War between Russia and the USA. It was a one-way trip as she burned up in the Earth's atmosphere on 4 April 1958.



www.space.com

Lisichka and Bars died during a test flight on July 28, 1960.

Strelka and Belka safely recovered from a Sputnik launched August 19, 1960. It orbited the Earth 18 times. This was the first successful recovery of living creatures after an orbital mission. Strelka gave birth to puppies, one of them called Pushinka was presented by Soviet Premier Krushchev to President Kennedy. Pushinka had 4 puppies of her own puppies who JFK called "pupniks"!

Pchelka and Mushka died when Sputnik-3 re-entered the Earth's atmosphere in December 1960.

Damka and Krasavka launched December 22, 1960 and the two dogs survived an unplanned sub-orbital flight.

Chernushka launched March 9, 1961.

Zvezdochka launched on March 25, 1961 and orbited once in final preparation for the Vostok 1 mission. Zvezdochka was named by cosmonaut Yuri Gagarin.

Verterok and Ugolek were launched on February 22, 1966, in the satellite Kosmos 110. This was a 22-day mission.

Weeknight Meals that Pack in the Produce

www.motherearthnews.com

Looking for ways to get your "5-a-day" (or more) of fruits and veggies? Here are some healthy choices:

Start dinner with a salad.

Begin with a base of leafy greens, which supply plenty of folate, a B vitamin needed for the growth of healthy cells. The darker the greens, the better. Then add some colorful vegetables — tomatoes, carrots, green peppers. The more colors you can include, the greater the variety of phytochemicals you'll benefit from.

Add blueberries to everything.

Cereal, yogurt, whole-wheat pancakes, even grain-based salads. Research

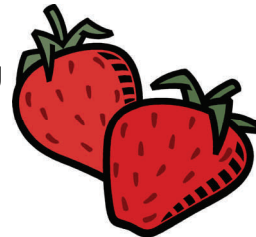


shows that people who eat blue and purple fruits and vegetables, including blueberries but also plums, purple cabbage and purple grapes, have a reduced risk for high blood pressure and low HDL cholesterol (that's the good kind).

Go frozen.

Don't let sky-high produce prices keep you from filling up on veggies and fruits in the off season.

Make your selection from the freezer section. Fruits and vegetables chosen for freezing tend to be processed at their peak ripeness, a time when — as a general rule — they are most nutrient-



packed.

Transform fruit into an extra-special treat with chocolate. Strawberries are naturally sweet and juicy — but you can elevate their appeal with

chocolate. Melt a couple of tablespoons of semisweet chocolate chips in the microwave (on medium power) and then ... dip! The strawberries and the chocolate both provide heart-healthy antioxidants; plus, you'll get fiber and vitamin C from the fruit. (If you prefer traditional chocolate-covered strawberries over strawberries dipped in melted chocolate, place the dipped berries on a piece of wax paper on a baking sheet and refrigerate until the chocolate is firm.)

Getting Children Back to the Great Outdoors

women.timesonline.co.uk

At dinner one evening, my younger son Matthew, then 10, said quite seriously: "Dad, how come it was more fun when you were a kid?" Like many parents, I do tend to romanticize my childhood — and children today do have plenty of fun, of a different sort. But my son was serious; he felt that he had missed out on something important. He was right.



Many people of about my age, baby boomers or older, were inclined towards a kind of free, natural play. I knew my Missouri woods and fields; I knew every bend in the creek and dip in the beaten dirt paths. I wandered those woods even in my dreams. Children today are aware of global threats to the environment but their physical contact, their intimacy, with nature is fading. A child can probably tell you about the Amazon rainforest but not about the last time he or she explored the woods in solitude or lay in a field listening to the wind and watching the clouds move.

"I like to play indoors better 'cause that's where all the electrical outlets are," one ten-year-old student told me recently. Our increasingly high-tech environment offers young people a new world of possibilities but at what price? It's pretty difficult to experience a sense of wonder while playing *Grand Theft Auto*.

"Times have changed," says Tina

Kafka, a teacher and mother of three in San Diego, California. "Even if kids have all the unstructured time in the world, they are not outside playing. They are inside with their video games." She recognizes that carefully planned activities pale in comparison with more spontaneous experiences in her children's long-term memories. Like many parents, she knows that playing independently outdoors didn't come naturally to her kids, but she lacked a language to describe the profound change that she sensed.

Yesterday a survey of 3,000 parents by the National Trust revealed that playing in a garden or a park was their favorite childhood memory, followed by building a den and seeing wildlife in its natural habitat — yet, says the Trust, 38 per cent of children now spend less than an hour a day outdoors.

In March this year, the *Report to Natural England on Childhood and Nature: a Survey on Changing Relationships with Nature Across Generations* measured differences in nature contact between children today and their parents' generation. The researchers found that fewer than 10 per cent of children played in natural places, such as woodlands and heaths, compared with 40 per cent of adults who did so when they were young. The researchers also reported that 75 per cent of adults claimed to have had a "patch of nature" near their homes when they were children, and that more than half went there at least once a week.

A survey by *BBC Wildlife Maga-*

zine, reported in 2008, found that many children in the UK sample group could not identify common species, including bluebells and frogs; these children ranked playing in the countryside as their least popular way of spending spare time. The report led Sir David Attenborough to warn: "Nobody is going to protect the natural world unless they understand it."

Why is this happening? In my interviews with American parents, they gave various everyday reasons, including disappearing access to natural areas, competition from television and computers, dangerous traffic, more homework and other time pressures. Most of all, though, they cited fear of strangers, as round-the-clock news conditions them to believe in an epidemic of child-snatchings. One father told me: "I have a rule. I want to know where my kid is 24 hours a day, seven days a week. I want to know where that kid is. Which house. Which square foot. Which telephone number." Such comments are widespread, despite evidence that the real number of kidnappings by strangers is small relative to the impression that the news and entertainment media create.

These are no small barriers. I felt that fear, too, as a parent, so my boys did not have the kind of free-range childhood that I did. But when Matthew made me aware of the nature gap in his life, I tripled my efforts to get both my sons outside more. My wife and I encouraged them to build forts in the canyon behind our house (within eyesight) and we took them hiking and fishing, standing back to allow them to play as independently as possible, as long as they were relatively safe.

(continued on page 4)

...Back to the Great Outdoors *(continued from page 3)*

Although times have changed, we all have to do what we can, in new ways and old, to give our children the gifts of nature. While some children do just fine without nature, a growing number of studies have indicated that nature can offer profound enrichment to young lives.

Environmental psychologists report that simply being in a room with a view of nature can help to protect children against stress, and that the protective impact of nearby nature is strongest for the most vulnerable children — those experiencing the highest levels of stressful life events. Mind, the mental health charity, commissioned a recent study that compared the benefits of a 30-minute walk in a country park with a walk in an indoor shopping centre on people with depression. It found that after the country walk, 71 per cent of participants reported lower levels of depression, while only 45 per cent experienced a decrease after walking in the shopping centre.

Researchers at the University of Illinois have correlated direct exposure to nature with the relief of symptoms of attention-deficit disorders. Studies also suggest that children's creativity, learning and test scores are stimulated in

schools with green play areas, or that emphasize experiential learning. Swedish researchers reported that children at "all-weather schools" who played outside every day regardless of weather conditions had better motor coordination and more ability to concentrate.

Physical health is also affected. A nationwide survey in Sweden indicated that children who spent at least six hours a week outside had fewer absences due to illness. The Swedish National Institute of Public Health notes research suggesting that "children who are out in the natural environment are healthier than children who are mostly indoors and do not have access to the nature environment in the pre-school yard". Greener neighborhoods may also help to reduce child obesity. In December 2008 the *American Journal of Preventive Medicine* published the results of a two-year study that followed 3,800 inner-city children; researchers found that trees and other vegetation were associated with slower

increases in children's body mass.

Why does nature appear to have such a powerful impact on health and wellbeing? One possibility is that when a child is in a natural setting, he or she is likely to be using all the senses simultaneously. E.O. Wilson, a Harvard University scientist and Pulitzer Prize winner, goes farther, proposing his "biophilia hypothesis". He defines biophilia as "the urge to affiliate with other forms of life" and argues that human beings have an innate affinity for the natural

world, probably with a biological basis. The theory, though not universally embraced by biologists, is supported by more than a decade of research. Simply put, children need to go outside and get their hands wet and their feet muddy.

A week ago my son Matthew, who asked such a pertinent question a decade ago, graduated from college and left for his summer job as a fishing guide on Kodiak Island in Alaska. He may have missed out on some of the childhood nature adventures that I enjoyed, but he is making up for lost time. It's never too late to have fun outdoors.



Leaves *by Elsie Brady*

How silently they tumble down
And come to rest upon the ground
To lay a carpet, rich and rare,
Beneath the trees without a care,
Content to sleep, their work well done,
Colors gleaming in the sun.



At other times, they wildly fly
Until they nearly reach the sky.
Twisting, turning through the air
Till all the trees stand stark and bare.
Exhausted, drop to earth below
To wait, like children, for the snow.

What Is Your Favorite Song about Autumn?

www.voanews.com

People have written and recorded hundreds of songs about autumn. Many of these songs express sadness that summer is over. The days are shorter. It is getting darker earlier each day. The weather is cooler. The skies are gray. Birds fly south because they know winter is coming. The leaves turn colors of red and gold and then die, falling to the ground. Some songs about autumn also express the sadness of lost love.

Mary Dawson, in her Internet Writing Journal, writes that this season influenced songwriters to write some of the greatest songs of all time. Here are some of our favorite songs about autumn.

"September Song" by Kurt Weill is one of the most well known, and saddest, songs about the season. It was introduced back in nineteen

thirty-eight in the Broadway musical "Knickerbocker Holiday." Many people have recorded this song. Probably the most famous version is sung by Frank Sinatra.

Another famous song about this season is "Autumn Leaves." This song also expresses sad emotions. It was first introduced in a French movie in nineteen forty-six. Later, the famous American songwriter Johnny Mercer was asked to write English words to the music. Since then, many artists have recorded it.

The Moody Blues are a British rock band that first became famous in the nineteen sixties. They also recorded a song about fallen leaves, darker days and lost love. It is called "Forever Autumn."

Another sad song about things

that happen in autumn is "Wake Me Up When September Ends." It is by the band *Green Day* from their album "American Idiot." The song is about the death of a father.



The rock group the White Stripes has a song called "Dead Leaves and the Dirty Ground," from their album "White Blood

Cells." Jack White sings about a woman who did not wait for him while he was away.

But not all the songs about autumn are sad. A more hopeful song is James Taylor's "October Road" from his album by the same name. The song is about leaving the big city for the countryside, going home again after a long time away.

Autumn Origins

<http://en.wikipedia.org>

The word *autumn* comes from the Old French word *autompne* and was later normalized to the original Latin word *autumnus*. There are rare examples of its use as early as the 12th century, but it became common by the 16th century.



(especially those who could read and write, the only people whose use of language we now know), the word *harvest* lost its reference to the time of year and came to refer only to the actual activity of reaping, and *fall*, as well as *autumn*, began to replace it as a reference to the season.

Before the 16th century, *harvest* was the term usually used to refer to the season. However, as more people gradually moved from working the land to living in towns

The alternative word *fall* is now mostly a North American English word for the season. It traces its origins to old Germanic languages. The exact derivation is unclear, the Old English *fiæll* or *feallan* and the Old Norse *fall* all

being possible candidates. However, these words all have the meaning "to fall from a height" and are clearly derived either from a common root or from each other. The term came to denote the season in the 16th century, a contraction of Middle English expressions like "fall of the leaf" and "fall of the year".

During the 20th century, English immigration to the colonies in North America was at its lowest point, and the new settlers took their language with them. While the term *fall* gradually became obsolescent in Britain, it became the more common term in North America.

Blue Moon Salad

Combine celery, dried cherries, and blue cheese in a bowl. Add lemon juice, olive

2 c finely diced celery	1-2 T olive oil
1/2 c dried cherries	Salt and pepper
1/2 c crumbled blue cheese	4 c arugula, spinach or sorrel leaves, cut into thin strips
1 1/2 T lemon juice	

oil, salt and pepper to taste; toss gently. Serve on small mounds of arugula, spinach or sorrel leaves. Makes 4-6 servings.

Refrigerate celery as soon as possible or celery will go limp. Wrap in a damp towel or place in a plastic bag and store in the hydrator drawer of the refrigerator. Retain maximum crispness by storing stems upright in a container with an inch of water.

MACSAC Cookbook

MACSAC Cookbook

For storage longer than 2 weeks, potatoes will keep best at 45-50 degrees, high humidity and in darkness. If their environment is too warm, they will sprout and shrivel. If too cold, the starch will turn to sugar.

MACSAC Cookbook

Parsley Potato Carrot "Hash"

2 T olive oil	1 large carrot, scrubbed and cut into
1-2 T butter	1/4-1/3 c finely diced shallots
1 1/2 pounds potatoes, scrubbed and	1/3-1/2 c coarsely chopped fresh parsley

Heat olive oil and butter in a cast-iron skillet over medium flame. Add potatoes and carrots. Season generously with salt and pepper and toss well. Cook undisturbed 4-5 minutes to brown on one side, then toss and brown again for 4-5 minutes.

Lower heat, stir in shallots and continue to cook, stirring occasionally until tender.

Stir in parsley. Note: You could add chopped ham, chicken or hard-cooked eggs to the mixture along with the parsley. Makes 4-6 servings.

MACSAC Cookbook

Juice to Build Your Immunity This Flu Season

www.organicauthority.com

We're sure you're like everyone else this flu season and can't afford to get sick. Here are two immunity boost juice recipes to help keep the doctor away and keep you healthy.

The Immune System Juice Booster

3 carrots chopped
1 stalk of celery chopped
1 apple chopped

1 cucumber chopped
1 beet with the greens, chopped
" handful of wheatgrass
" handful of parsley

First, juice the carrot and half of the apple. Follow with the wheatgrass and parsley. (To juice the wheatgrass and parsley, roll each into a ball and juice.) Next juice the beets and the cucumber and finish with the carrots and apple.

The Flu Fighter and Immune System Booster

6 carrots chopped
1 apple chopped
2 stalks of celery chopped
2 cloves of garlic

Juice the garlic first. Next, juice the celery and parsley together. (To juice the parsley, tuck the stems and the leaves into the groove of the celery sticks.) Finish juicing with the carrots and apples.

Olden Kids



Knock, Knock
Who's there? Lettuce
Lettuce who?
Lettuce in and you'll find out.

Stuffed Celery Sticks



- 1 (8 ounce) package cream cheese, softened
- 2 tablespoons sour cream
- 1/4 cup chopped walnuts
- 20 green olives with pimento, chopped
- 1 bunch celery, cut into bite-size pieces

In a medium bowl, mix together the cream cheese and sour cream. Stir in the walnuts and chopped olives. Spread filling onto the celery pieces. It's also good on crackers.

<http://allrecipes.com>

Fall Foliage Friends

Go outside and see what kinds of animals are hiding in your leaf piles. Below are some possibilities. When you've found leaves in your yard whose shapes you like, glue them to pieces of paper and use pencil, pen or crayon to make your creatures complete. To preserve your creations, press them between two books.



MAPLE: These leaves have three main points and lots of smaller ones; count them as they flutter by.



ROSE: The rounded shape of this bush's leaves makes them look a lot like little shields.



BIRCH: As big and tall as this white-bark tree can get, its leaves are as small and as light as feathers.



GERANIUM: You might flip your wig if you find one of these wild-looking leaves in your yard.



BARBERRY: While this plant doesn't live underwater, its leaves resemble raindrops.

<http://jas.familyfun.go.com>

Great Outdoor Fun for Fall



Scavenger Hunt

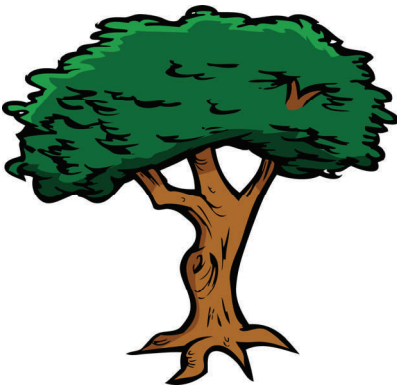
Make a list of different items to search for on your scavenger hunt. Some ideas may include looking for a spider web (with bonus points if a spider is on it), four different colored leaves, five different kinds of trees, litter (be sure to pick up any litter), a rock, a bird in a tree, a bird flying in the air, berries on a tree or on the ground, etc. You can use a pencil to cross off items as you find them.

Nut Collection

Check out a book on nuts from the library. Plan an outing in an area with lots of trees. Take along a pail or bag for collecting. See how many different kinds and sizes of nuts you can find. Once you have collected a lot, look for a nice sunny spot to examine and sort them.

Sensory Walk

Walk through a park, garden or woodsy trail, and spend time feeling all the different textures in nature. You may be surprised to find out how many different textures of bark are on the trees — some smooth, some rough. Compare prickly holly leaves to pine needles to oak leaves. Hold a handful of dirt then sand then small pebbles. You can even close his eyes and guess the different items. Just be sure you are familiar with plants, such as poison ivy or poison oak, that are off limits to touch!



Nature Rubbings

Pack a backpack full of paper, colored pencils, crayons and even a few snacks. Collect various kinds of leaves and make leaf and bark rubbings on the paper to take home after your nature walk.

Bike Ride Treasure Hunt

If your town has bike trails that are in nature and off the Strap on your bike helmet and begin the fun!