**CSA GARDEN UPDATES**

**Andrews Student Gardens**
Growing Fruits, Vegetables, & Students

**July 3, 2013 (Week Four)**

**CSA GARDEN UPDATES**  (269) 471-6006   info@augardens.com www.augardens.com

---

I attended a Chamber of Commerce luncheon a while back and was given a small task. Before the speaker gets up to make their presentation at these events, we go around the room and introduce ourselves each giving our ‘elevator’ speech. In addition to this routine, we were asked to share one word that would sum up or describe us as an individual. I remember rolling my eyes outwardly to the gentleman sitting next to me and complaining. I mean really, we all know that these silly little exercises are forced attempts and seldom if ever yield any kind of authenticity. Or do they? On that day, I shared the word ‘tri-athlete’ in a rebellious attempt to be unconventional. But in the months that followed this luncheon, I have thought about this elusive one word description and I have discovered one for me. I share it with you now because it is also my ‘Why’. It is the reason I am a landscape designer. Why I earned a Horticulture Degree with an emphasis in Landscape Design at Andrews and am thus connected to you. It is my gift to give while I journey in this world. It is BEAUTY.

Do not misunderstand. My use of ‘beauty’ to describe me as an individual has nothing to do with my outward appearance. Rather, my very inner core. Beauty makes me tick. It energizes me, inspires me and teaches me. When I see something beautiful, I get giddy. Ask those closest to me and they will attest to it! And this encompasses all faces of Beauty; an 80-year-old woman completing a triathlon, a quiet moment of simply being fully present, the birth of new life, a basket of fresh vegetables from Andrews Student Gardens, the shelves at Target full of towels in every imaginable color, a field of cosmos in a highway median, a dog lapping up water (don't they make it sound SO delicious?), food served on a white plate.

Giving Beauty. This is what I do for a living. Sometimes it comes in the form of an herb garden or discovering a solution to that muddy spot off the deck steps. Sometimes it’s a walkway with sexy curves leading visitors to the front door. Often it's creating a nook for sitting and reconnecting. And there are always new ways that pop up to share like helping out budding landscape design students, adjunct teaching or volunteering at Fernwood. I find that by staying connected to my ‘why’, I am more available to give. And the giving celebrates the Source from which it came.

Benjamin Disraeli once said, “Beauty can inspire miracles”. I would take it even further and definitively say that beauty inspires miracles. Today, we are so detached and distracted from all that is beautiful in our busy lives. Somehow, in all the avenues to be ‘connected’ we are becoming less and less so. We miss the hummingbird hovering at the butterfly bush. We don't taste the food that goes in our mouths. We don't hear the song of the crickets on a hot summer night. And all of these are miracles. I believe when we stop to discover Beauty, we breathe deeper and miracles unfold.

Lani Woodruff

---

**Weekly Produce**

- **Pickle Cucumbers**
- **Cucumbers**
- **Kale Mix**
- **Basil**
- **Summer Squash**
- **Green Onions**
- **Broccoli (Full Share)**
- **Green Beens (Full Share)**
- **Sweet Peas (Half Share)**
- **Eggplant (Half Share)**
While not often considered as a premiere food source of antioxidants, summer squash can provide you with unique amounts of antioxidant nutrients, including the carotenoids lutein and zeaxanthin. While summer squash contains very little overall fat (only 1/2 gram per cup), the fat in summer squash (mostly stored in its edible seeds) is unique in composition and includes omega-3s (in the form of alpha-linolenic acid), monounsaturates (in the form of oleic acid), and also medium chain fats (in the form of lauric and myristic acids). Summer squash is an excellent source of antioxidant-promoting vitamin C; enzyme-catalyzing manganese and molybdenum; and nerve-healthy vitamin B6. It is also a very good source of heart-healthy potassium, folate, and vitamin B2. In addition, summer squash is a good source of digestion-promoting dietary fiber; bone-supportive magnesium, vitamin K and copper; immune-supportive vitamin A; energy-producing phosphorus and niacin; anti-inflammatory omega-3 fatty acids; and muscle-building protein. Thank's to http://www.whfoods.com/genpage.php?tname=foodspice&dbid=62.

**HERBED SUMMER SQUASH AND POTATO TORTE WITH PARMESAN**

**Ingredients:**
1 bunch green onions, thinly sliced  
1 cup grated Parmesan cheese  
2 tablespoons all purpose flour  
1 tablespoon chopped fresh thyme  
1 1/2 teaspoons salt  
3/4 teaspoon ground black pepper  
2 pounds Yukon Gold potatoes, peeled, cut into 1/8-inch-thick rounds  
12 ounces yellow crookneck squash, cut into 1/8-inch-thick rounds  
6 teaspoons olive oil

**Preparation**

Preheat oven to 375°F. Butter two 8-inch-diameter cake pans. Set aside 1/4 cup sliced green onions. Toss remaining green onions, cheese, flour, thyme, salt and pepper in medium bowl to blend.

Layer 1/6 of potatoes in concentric circles in bottom of 1 prepared pan, overlapping slightly. Layer 1/4 of squash in concentric circles atop potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Repeat with 1/6 of potatoes, then 1/4 of squash and 1/6 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Top with 1/6 of potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture and press gently to flatten. Repeat procedure with second cake pan and remaining potatoes, squash, oil, and cheese mixture.

Cover pans with foil. Bake until potatoes are almost tender, about 40 minutes. Remove foil; bake uncovered until tortes begin to brown and potatoes are tender, about 25 minutes longer. (Can be made 6 hours ahead. Cool. Cover with foil and chill. Rewarm, covered with foil, in 350°F oven until heated through, about 30 minutes.)

Cut each torte into wedges. Sprinkle wedges with 1/4 cup green onions; serve.

Read More http://www.epicurious.com/recipes/food/views/Herbed-Summer-Squash-and-Potato-Torte-with-Parmesan-105167#ixzz2XufKxvnw

Have a Safe and Happy 4th of July!

For more recipes please visit our website at http://augardens.com/recipes/

**Free Range Eggs**
Free Range Eggs are available for $3.00 from Redbarn Farm in Buchanan, MI. To order eggs for your next delivery please email <info@augardens.com>

**Local Pickup**
Our normal pick-up location is at our Student Gardens stand nearby Neighbor-to-Neighbor. Local-pick up's are available on Fridays between 11:00am-2:00pm.