Seasons of My Life
by Garth Woodruff

“Don’t you love New York in the fall? It makes me wanna buy school supplies. I would send you a bouquet of newly sharpened pencils if I knew your name and address”. Read this with your best Tom Hanks impersonation and you’ll remember the origin from You’ve Got Mail. It’s a quote that races to mind this week as new faces start to dapple the campus, old faces fill my door, tanned and smiling after a summer of adventure and our gardens shift gears. This Monday our farm students will put down the fulltime role of pruning, weeding and picking and take up those pencils. Their days on the farm will be limited and hours in the books will replace those once spent in the dirt. With that we start to recognize seasons inside of seasons. Certainly the garden has many more fruits to produce, apples still to pick and prune and baskets to prepare and deliver. Yet, some larger force that governs all those under 20, and many just over, has decided that school will start...now.

I personally have always had a seasonal job. A landscaper from mid college, my falls beckoned fevered calculations on how to stretch the winter. Ironically although winter was hard on accounts it was never long enough. Regularly in September with the cooler evenings I would start a winter list of hopes needing attention and time. Then with winter assignments not quite finished I would get my first smell of fresh mulch in March and I couldn’t be pulled away from the excitement of new designs. The transition from the private workforce now to academia hasn’t changed that one bit. For those with a short attention span it fits quite well. Like the tides that ebb and flow so does my ability to focus. Life just starts to become mundane and regular when all of a sudden you wake up and today your not a farmer or landscaper you’re a student or teacher. Worse then that you may be both, and it’s fantastic. I love the randomness of the seasons. With the added early classes laced with new books, exciting learning opportunities and fresh faces those seasons become even more complex. How we get it all done on the farm will become a challenge.

I got up for my early morning run today and sat on the couch for a while. Hoping that the sun would come and the need to head out in the dark wouldn’t be. But, the larger force that governs all those things also decided it was time for sunrises to change. It was a full moon however with a clear sky and time along the glassy lake turned out to be an honor. The air was warm this morning, not a pleasure I’ll get to enjoy for much longer. Yet, in spite of all elements being so perfect like many mornings past, today you could feel the autumnal shift. Not fishermen one on the pier, no summer vacationers out for a walk with coffee or run. It was eerie quite in St. Joe today...a sure sign of fall.
**FRESH TOMATO SALSA**

- 2-3 medium sized fresh tomatoes (from 1 lb to 1 1/2 lb), stems removed, finely diced
- 1/2 red onion, finely diced
- 1 jalapeño chili pepper (stems, ribs, seeds removed), finely diced
- 1 serano chili pepper (stems, ribs, seeds removed), finely diced
- Juice of one lime
- 1/2 cup chopped cilantro
- Salt and pepper to taste
- Optional: oregano and or cumin to taste

1. Start with chopping up 2 medium sized fresh tomatoes. Prepare the chilies. Be very careful while handling these hot peppers. If you can, avoid touching them with your hands. Use a fork to cut up the chilies over a small plate, or use a paper towel to protect your hands. Wash your hands thoroughly with soap and hot water after handling and avoid touching your eyes for several hours. Set aside some of the seeds from the peppers. If the salsa isn’t hot enough, you can add a few for heat.

2. Combine all of the ingredients in a medium sized bowl. Taste. If the chilies make the salsa too hot, add some more chopped tomato. If not hot enough, carefully add a few of the seeds from the chilies, or add some ground cumin.

- Let sit for an hour for the flavors to combine.
- Makes approximately 3-4 cups.
- Serve with chips, tortillas, tacos, burritos, tostadas, quesadillas, pinto or black beans.

http://www.simplyrecipes.com/recipes/fresh_tomato_salsa/

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**5 Colors of Phytonutrients**

8/10 Americans Don’t Eat Enough Color...

#### 74% Don’t Eat Enough Red

- **Phytonutrients:** lycopene, ellagic acid, quercetin, hesperidin, anthocyanidins
- **Red Benefits:** Supports prostate, urinary tract, and DNA health. Protects against cancer & heart disease.

#### 76% Don’t Eat Enough Purple/Blue

- **Phytonutrients:** resveratrol, anthocyanidins, phenolic, flavonoids
- **Purple Benefits:** Good for heart, brain, bone, arteries, & cognitive health. Fights cancer & supports healthy aging.

#### 69% Don’t Eat Enough Green

- **Phytonutrients:** lutein, zeaxanthin, isoflavonoids, EGCG, indoles, isothiocyanates, sulforaphane
- **Green Benefits:** Supports eye health, fetal development, liver function, & cell health. Helps wound healing & gum health.

#### 83% Don’t Eat Enough White

- **Phytonutrients:** EGCG, allin, quercetin, indoles, glucosinolates
- **White Benefits:** Supports healthy bones, circulatory system, & arterial function. Fights heart disease & cancer.

#### 80% Don’t Eat Enough Yellow/Orange

- **Phytonutrients:** alpha-carotene, beta-carotene, beta cryptoxanthin, lutein/zeaxanthin, hesperidin
- **Yellow Benefits:** Good for eye health, healthy immune function, & healthy growth & development.

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**Goal:** Eat two foods from each color group daily

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**Flowers** Flower bouquets are available upon request. Please email for pricing and information.

**Bulk Order** Green Beans, Cabbage, and peaches are available for bulk order. Please email for pricing at <info@augardens.com>

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

**Mid-Season Survey** Let us know how we are doing. Please take time to fill out our Mid-Season Survey at: http://www.surveymonkey.com/s/6KVHK6Y