On My Way to Work today

by Garth Woodruff

I’m a landscape design instructor. That’s where my greatest skill and depth of experience is best realized. These classes come easy to me and much to my student’s entertainment I approach them with a great deal of zeal and passion. However on occasion, we design edible gardens, container gardens and rooftop gardens all bumping into topics I also address in the Student Vegetable Gardens. I desperately want to talk about landscape design in my articles and blogs and I’ve developed a growing list of funny stories and interesting anecdotes to share however I’m struggling to escape the lure of these darn vegetables. On the surface these are farms with simple farmers who work from dawn to dusk in the dirt. But, it’s not that simple.

On my way to work this morning, bemoaning the fact that I didn’t have a topic for my weekly blog I was struck once again by the news that surrounds what we do on the farm. NPR played two stories consecutively, one on Telomeres and the other on American farmers saying they ‘feed the world’. I’m only in the truck for 20 minutes- a little news, a lite story or two and off to my desk. Yet, so topical is the mission of our farm that it’s regularly in the center of our papers and news stations as it was today.

Telomeres are the caps on chromosomes. Likened to the plastic tip on a shoelace that keeps the threads from unraveling. These telomeres hold together our chromosomes. In a recent study on aging scientists’ found that longer sturdier telomeres correlate to a longer life span. More importantly is that the findings suggest not only that we slow the aging process but you can reverse damage done in the past causing you to essentially increase your life expectancy. You would never guess how one would maintain or increase their telomeres. In this study they took a group of aging men some living life as usual and the others following new lifestyle changes. No meds just lifestyle changes. The test group increased their exercise to walking 30 minutes a day. They addressed life stress management by meditating or yoga for an hour each day as well as added time spent with family or loved ones. Lastly they adopted a plant based diet low in refined carbs. The results were overwhelming. Increased telomere length was seen in the test group members no matter how aggressively they took to the life adjustments.
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.

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

STUFFED RED BELL PEPPERS WITH RICE, PINE NUTS AND Currants

- 2 onions, finely chopped
- 1/2 cup long-grain white rice
- 1/4 cup pine nuts
- 1 1/3 tablespoons raisins
- 1 1/3 small Tomatoes, chopped
- 2/3-1 1/3 tablespoon fresh mint or 1 1/3 teaspoons dried mint
- 1/4 teaspoon ground allspice
- 1/3 teaspoon sugar
- 1/3 teaspoon lemon juice
- 2/3 to taste salt and pepper
- 1 7/8 cups vegetable broth
- 4 -4 2/3 small red peppers  (total weight about 1-1 1/3 kg.)

1. Heat 3 T olive oil in a saute pan, add onions and saute over medium heat for 10 minutes. Add rice and pine nuts and stir 5 minutes over low heat. Add currants, tomatoes, mint, allspice, sugar, lemon juice, salt and pepper; cook 2 minutes.
2. Add 1 1/4 cups broth and bring to a boil. Cover and cook over low heat for 12 minutes or until liquid is absorbed.
3. Taste and adjust seasoning; rice will be only partially cooked.
4. Preheat oven to 175°C Cut a slice off stem end of peppers, leaving stem on. Reserve slice; remove core and seeds from inside pepper.
5. Spoon stuffing into peppers and cover with reserved slices.
6. Stand them in a baking dish in which they just fit.
7. Add 1 1/2 cups broth or hot water to dish.
8. Sprinkle peppers with 2T oil.
9. Cover and bake for 1 hour or until peppers are tender, basting occasionally and adding a little more water if needed.

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

Apples
Need apples in bulk quantity? $16.00 a half bushel. Email for more information.

Recipes
Do you have any favorite or family recipes? Please share your recipes to all. Email the recipes along with a picture to info@augardens.com.

Baskets
Please return your basket upon your next delivery.

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.