Here's our third week of updates! Look what we've added!

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Student Gardens Updates

June 26, 2014 (Week Three)

Weekly Produce
Solo Shares
Lettuce
Parsley
Green Onions
Red Russian Kale
Mint
Zucchini
Red Tomatoes
Pickles
Mixed Greens (Solo only)
Medium Shares + Solo
Swiss Chard
Kale
Toscana Kale
Broccoli
Full Shares + Medium + Solo
Tomato Cherry
Green Beans
Cucumbers
No Fruits this week.

Jensen - Siftings
by Garth Woodruff

It was a longer winter than normal. For myself longer because of the weather, our families change in latitude and certainly my academic/work pursuits. I spent most of my time writing for work, research and grades - not for my own pleasure as is here. All came to an end last month, both the cool weather, I hope, and as it looks some larger responsibilities here at the university. Recently, for the first time in many, I was at liberty to read for my own enjoyment and now maybe a little writing.

In the course of a Saturday this winter my family and I decided to trot off to the great dunes of Southwest Michigan and take in a little hiking, where I ran across this fine Pin Oak (Quercus palustris) seen in this picture. Weathered by the lake winds, standing strong in the sandy native soil and set against a crystal blue sky it marked the tone of my recent read. The shift in my schedule and the memory of a busier time

Luther Burbank

“Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul.”

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prompted me to share.

“The old tree down the lane, the old oak tree touched by the storms and fires of many ages, with roots deep in the native soil, has a message to tell. He has listened to the tramping feet of the Indians on their war path, to the pioneers in search of gain; he has listened to the cradle song of Indian squaws and to the cry of little children of the pioneers. He is now old, but beautiful in mature age. He speaks of the past, and he speaks of the tomorrow because his offspring will carry his memory into the distant future. In his old age he still sings the song of spring, life resurrected, jubilant and beautiful, with golden tassels in his hair silhouetted against the blue sky of his native land. Like a landmark he looms over the edge of the prairie, casting a radiant light on his environment. And when summer days are on the wane, great is his contribution to our autumn festival when all living growth joins together in all the colors of the setting sun for one last song before winter night calls for rest and slumber. To understand and appreciate the message of this old oak means more for the good life then all the books of man” (Jensen, 1939, p. 8).

Jens Jensen - Sittings

Today I was reminded of the importance in connecting to this message of the Oak whilst in my learning journey through the books of men. So here as noted by Jensen, do those on this farm, and those who appreciate and connect with its bounty, take a shift in seasonal learning. Gone are the papers of the last semester our children bring home to pin to the refrigerator and now are the flowers, which adorn our counters. Nature is the classroom as we all finally get out for our first times after a winter to remember. The learning remains but the professor is the old Oak or in the case of AU Student Gardens - the tomato.

Sautéed Kale with Smoked Paprika

ingredients
- 8 cups (packed) kale, center ribs and stems removed, leaves coarsely chopped (from about 1 1/2 pounds)
- 2 tablespoons olive oil, divided
- 3/4 cup chopped onion
- 1/4 to 1/2 teaspoon sweet or hot smoked paprika
- Generous pinch of dried crushed red pepper

preparation
Cook kale in large pot of boiling salted water until wilted, about 5 minutes. Transfer to colander; drain.

Heat 1 tablespoon oil in heavy large skillet over medium heat. Add onion and sauté until soft, about 5 minutes. Stir in 1/4 teaspoon smoked paprika and crushed red pepper; sprinkle with salt. Add kale and sauté until heated through, about 4 minutes. Season to taste with salt and pepper and more smoked paprika, if desired. Transfer to serving bowl; drizzle with remaining 1 tablespoon oil and serve.

http://www.epicurious.com/recipes/views/Sautéed-Kale-with-Smoked-Paprika-242589

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