Here's our fourth week of updates! Look what we've added!
Student Gardens Updates

July 3, 2014 (Week Four)

Weekly Produce

**Solo Shares**
- Kale
- Green Romaine Lettuce
- Radish
- Basil
- Summer Squash
- Red Tomatoes
- Potatoes
- Cabbage

**Medium Shares + Solo**
- Cherry Tomatoes
- Lettuce
- Green Beans
- Bell Peppers + Medium + Solo
- Purple Peppers
- Cucumbers
- Pickles

This week fruit shares receive organic raspberries!
Farm fresh eggs delivered for $3.00 a dozen!

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**September 14**
Garth Woodruff

“And the rockets’ red glare, the bombs bursting in air, Gave proof thro’ the night that our flag was still there”. - Francis Scott Key, The Star-Spangled Banner.

I was at the University of Maryland in the early nineties and just beginning my journey in Landscape Architecture. The professor of my first studio class was a well-known Architect out of Frederick, Maryland. The final project was with a live client from his firm, the Mount Olivet Cemetery. This seemingly easy project proved much tougher than one would think. The original design was ornate and curvy. It was as if a bird had dropped a series of paisleys on the earth, molding them into the hillsides, yet allowing the roads to function in a feasible way, allowing access to each site. This was a small wooded park-like setting. Our goal was to form an adjacent barren cornfield into a complimentary rolling antique with function.

America is turning 238 years old!

“We, the People, recognize that we have responsibilities as well as rights; that our destinies are bound together; that a freedom which only asks what’s in it for me, a freedom without a commitment to others, a freedom without love or charity or duty or patriotism, is unworthy of our founding ideals, and those who died in their defense.”

- President Barack Obama
September 14

Continued…

You may well have been putting the pieces of the design of a cemetery and September 14 together at this point. Mount Oliver Cemetery is the resting place of Francis Scott Key, a historical Frederick resident. And on the morning of September 14, Key sat in a British ship waiting dawn to expose a braced Baltimore. He had successfully negotiated the release of a Washington colleague onboard a British vessel on the 13th. But then having the information about the upcoming bombardment, he was commanded to stay until they were done destroying Fort McHenry. When dawn wicked over the Chesapeake, the tattered stars and stripes still flew above the fort. The British themselves were shocked to not see the Union Jack, and soon gave up. Key’s pride in America and the emotional events of watching from afar without the ability to even warn them, spawned his penning the poem The Star-Spangled Banner, now our national anthem.

Sesame Green Beans

Allrecipes.com

PREP 5 MINS
COOK 25 MINS
TOTAL TIME 30 MINS
SERVINGS 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon sesame seeds
- 1 pound fresh green beans, cut into 2 inch pieces
- ¾ cup chicken broth
- ¾ teaspoon salt
- Freshly ground black pepper to taste

DIRECTIONS

- STEP 1 Heat oil in a large skillet or wok over medium heat. Add sesame seeds. When seeds start to darken, stir in green beans. Cook, stirring, until the beans turn bright green.
- STEP 2 Pour in chicken broth, salt, and pepper. Cover and cook until beans are tender-crisp, about 10 minutes. Uncover and cook until liquid evaporates.

2014 CSA Newsletter Week Four
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