Week nine updates! Check out the fennel!

Help us help you - fill out the survey provided to let us know how we are doing!
Student Gardens Updates

August 7, 2014 (Week Nine)

Weekly Produce
Solo Shares
Cucumbers
Cabbage
Carrots
Tomatoes
Lettuce
Pepper
Mint
Potatoes
Medium Shares
Peppers
Full Shares
Purple/Yellow Beans
Eggplant

Fruit shares receive non-organic cherries!
Farm fresh eggs are now delivered for $4.00 a dozen.

Down-dog, Devils in my head, and Golf

Garth Woodruff

Friday evening after a long week, Lani and I were invited to a sunset cruise with some close friends in St. Joseph. The knee jerk reaction after an over stuffed week was, “No, let’s just stay in and go to bed early.” However, the weather was just perfect. It was going to be simply the four of us and a quite evening on the lake is never a bad idea. The game changer was my comment, “I’m always talking about connecting to nature. We have a chance to stay in or go out. ‘Outs’ got to be the answer.” As my weekend progressed, I had this thought constantly in the back of my mind: At every turn I was trying not to be the hypocrite who talks, but won’t do.

Saturday morning we got up and went to beach yoga with this on my mind. I envisioned restorative, relaxing time stretching my body out. Half way in when I was sweating bullets and was taking “breaks” in the plank or down-dog position I realized how wrong I was. Sand sticking to every inch of my OCD shaking body and heavy breathing in a line of 40-50 year old women with 8% body fat wasn’t exactly my idea of restorative Saturday morning beach time. So, when in the afternoon my oldest boy was ready for our long run, I again made plans for rebuilding myself. We could find a trail or quiet scenic spot, take an easy pace and use the time to contemplate and enjoy the outside, spending quality time together. However, he has a new watch! Mile one, “Beep…a little over nine. Dad, we need to pick this up.” Mile two, “Beep, just under nine dad. It’s ok, but build.” Mile three: 8.75, mile four: 8.5, 8.25… By the last mile of this long “relaxing” run in nature I had not streaming down my cheek and I was running like I stole something. “In the sevens, dad, lets finish strong.”

Vegetable production class is available during fall – for more information email agri@andrews.edu
Down-dog, Devils in my head, and Golf

Sunday, I was convinced. I would get my outside time in, but it would be relaxing! By happenstance all other exercisers in my home had already made plans for the day. Each had a different goal and I was left with a nice leisurely bike alone. My favorite. I plugged into my ear buds, pulled out of car road and set to it. Now, one of my greatest joys is to race cars through town. St. Joe was ever crowded with weekend events and I wanted to get caught into the open countryside and I started to really lay into it. Cars who had just pulled up to a stoplight in front of me began to move again with a green as I approached to their right. I picked my speed up, 15, 16, 17… when to my great surprise, some nice out-of-town lady noticed a car shop to her right and made a last minute decision. I was a car length away in my aero bars pedaling as hard as I could. I pulled a tight hand back to the break, my tire locked up, my mouth went from biker to sailor in 1.3 seconds and - with feet still clipped into my charge and an arm leaning on an aero bar - I was launched into the air. Perfect from. First my head, then a slightly arching back and a firmly clinched tail to follow. I flew like the first high jumper vaulting backward over the trunk of this car...

...Continued next week!

Take our mid-season survey and let us know how we are doing:

https://docs.google.com/forms/d/1FoCeNeLrYcO8WSVJt1gswU1CHskXEDPLW6jUgk1g/viewform

You can also visit our website www.augardens.com for the link.

info@augardens.com www.augardens.com (269) 471-6006

Fennel Soup
Allrecipes.com

What is fennel, and how do I use it?
http://www.bobisharm.com

Fennel is a bulbous vegetable with a tall, wispy, fronded top that looks rather like dill. The fronds can be used in salads, but the main attraction of fennel is the bulb itself. It's very firm and crunchy, and it tastes a bit like licorice and anise. It has a fresh, bright taste and it's one of our favorite vegetables for salads and slaws. It can also be grilled or braised until tender.

The bulb is made of overlapping layers of vegetable, almost like a cabbage — but very firm and hard. To be used in salads, fennel should be sliced very thin, and it's easiest to do this with a mandoline.

PREP: 7 MINS
COOK: 25 MINS
READY IN: 32 MINS

INGREDIENTS

- ¼ cup butter
- 5 fennel bulbs, trimmed and quartered
- 1 (32 fl. oz.) container vegetable broth
- salt and pepper to taste

DIRECTIONS

- STEP 1 Melt the butter in a large skillet over medium heat. Add the quartered fennel bulbs; cook and stir until golden brown, about 10 minutes. Pour in the broth, and simmer until fennel is tender, about 15 more minutes. Ladle into soup bowls, and season with salt and pepper.