Week ten is here! Find out what happens this week as our story continues.

Help us help you - fill out the survey provided, if you haven't already, to let us know how we are doing!

Monday Splash Party! Join us in Niles from 11-3 for some watertastic fun!
Student Gardens Updates

August 14, 2014 (Week Ten)

Weekly Produce
Solo Shares
Beets
Tomatoes
Kale
Lettuce
Fennel
Basil
Potatoes
Sweet Corn
Medium Shares
Kohlrabi
Green Peppers
Full Shares
Cucumbers
Parsley
Summer Squash

Down-dog, Devils in my head, and Golf, continued
Garth Woodruff

My speed moved up: 15,16,17 mph...When to my great surprise, some nice out-of-town lady noticed a yarn shop to her right and made a last minute decision, turning right in front of me. I was a car length away in my aero bars pedaling as hard as I could. I pulled a right hand back to the brake, my tire locked up, my mouth went from cyclist 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 form. 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.

I was supposed to be connecting to nature. I wasn’t racing anyone. A little exercise, some fresh air and some time to sort out life in my head. Yet, in my head lives a little devil. I was informed of this about two years ago when an older, very athletic friend stood in front of my treadmill at the Y and asked why I was working so hard. Are you still training for events? “No, I say. I’m setting that aside while I focus on school and my new job. I can’t push myself in so many places it’s wearing me out. So, I’m just going to use these times to restore.” He smiled as many with years of wisdom do, “It’s the devil in your head chasing you. You’re racing yourself. Don’t race the devil, Garth.”

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

So, as I’m hovering in mid air over the trunk of this car I have only a few seconds to sort it all out. The devil is gone at this point because he got what he wanted as soon as my front tire made contact with the quarter panel. My mind is clear, the whole world paused around me and my life did not pass before my eyes. What passed before my eyes were six simple words, “It’s time to take up golf.”

I landed in the middle of the intersection exactly like a high jumper on my tail, head and feet high in the air, but without that big puffy pad. I don’t really remember that part, but I’m sure my form was excellent. What I do remember is standing up and instinctively knowing my sunglasses, now in three pieces, needed to be picked up and that my bike, thank goodness, had come unclipped from my shoes. The kind folk driving behind this car I collided with had stopped, jumping out of their car with eyes the size of saucers and worried to death. I composed myself, got back on my bike, headed for South Haven, and took the next two hours unpacking what an idiot I am. There is a vast delta between connecting with nature and colliding with nature. All things in moderation seemed to have slipped from my focus. A few weeks back I wrote on the meaning of life. I never noted the take home of my satire as I went from caring for others to the number 42. But in my own mind as I processed all those life perspectives I decided for myself this meaning. It was balance. Take care of others yet be mindful of your own needs and progress. Be serious but remember 42.

In those two hours to South Haven and back as I pieced together my own clear doing in the recent trip through the air, I realized my error. The bike ride was great but I needed balance. Connecting to nature was fantastic but it needed balance. And, somehow along the way I allowed my own drive (little devil) to usurp balance. Note to self and friends who share my problem - Please connect to nature on a daily basis. Insidedness is consuming our children and contributing to the obesity rate in America being 1/3 of the population. But killing yourself in an attempt to live forever isn’t very productive. It’s still summer. So eat some ice cream once in a while.

Don’t forget to take our survey! Your feedback is very important to us.
https://docs.google.com/a/augardens.com/forms/d/1FoC2eNeyQv2GjO8WsvTjRSWU1IgGxXxGWP/1W6JxUqk1g/viewform

Corn on the Grill
Allrecipes.com

PREP: 15 MINS
COOK: 15 MINS
READY IN: 30 MINS

INGREDIENTS

- 5 cloves garlic, minced, or more to taste
- 1/2 cup butter
- 1 tablespoon white sugar
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ground black pepper
- 1/2 lime, juiced
- 2 tablespoons hot pepper sauce

DIRECTIONS

- STEP 1 Preheat an outdoor grill for medium heat, and lightly oil the grate
- STEP 2 Heat the garlic and butter in a small saucepan over low heat for 5 minutes to infuse the butter with the flavor of garlic. Do not let the butter simmer. Stir together the sugar, salt, black pepper, and cumin in a small dish. Stir into the butter mixture along with the lime juice and hot sauce until evenly blended. Brush the ears of corn generously with the garlic butter; reserve remaining butter.
- STEP 3 Cook the corn on the preheated grill, rotating occasionally until the corn is hot and tender, 10 to 15 minutes. Brush the corn with the remaining butter as the corn cooks.

MONDAY SPLASH PARTY!
WHO: Everyone!
WHAT: A fun time with water & the Mobile Farm Market!
WHEN: 11am to 3pm
WHERE: Ferry Street Resource Center
620 Ferry Street
Niles

2014 CSA Newsletter Week Ten
NOTE: This message was trained as non-spam. If this is wrong, please correct the training as soon as possible.

Spam
Not spam
Forget previous vote