

2015 CSA Info

It is the time for dreaming of the garden and fresh veggies and animals running about. We're running through our frozen produce stock faster than ever this year (*thanks a lot Arya!*)! All of this has got us thinking about the summer and what plans we have for our gardens. This year we have even more excitement and anticipation than last year. The huge lower garden we wanted to put in last season, is now there and ready to go (*short of adding more compost and manure*). The pigs (*Hamlet, Sarimner, Ernest Hamingway, Bean and Chops*) last year cleared out two huge areas of the yard, one of which was already converted into our potato bed, the other was where



the pigs stayed till they were slaughtered. This year we will finish pulling out all the large stumps they couldn't get and will be planting pumpkins, squashes there and maybe a few lettuce. Additionally, we are going to be putting in a small plot at our property in Traverse City, to see if the extra heat there, helps produce a few more melons and squashes. All of these changes and improvements increase our growing area immensely, with probably one to almost two acres of land to farm.

We already have loads of seedlings growing and getting ready for planting and have big plans for even more. Just like last year, we strive to have great produce that is unusual and unique. Things that you can not just go pick up at the store, and often, can't even get at the farmer's markets. As we plan out all these quirky and unusual seedlings, we contemplate and plan our CSA as well.

As you also probably know, CSA's are community supported agriculture. You put money into the farm in the beginning and each week get "shares" of the produce coming out of the farm. The hope is to get a plethora of veggies at a steal of deal. However, you are not guaranteed that - if the tomatoes all die from deer or disease, sadly, no tomatoes in the shares, however if zucchini is plentiful, you'll know it. Additionally, you can be a part of the process, if you want, or not, if you want. You can come to our little homestead any time and help weed or plant or till or lay straw or pick vegetables and fruit or watch chickens, OR just enjoy the produce in the comfort of your own home.

Last year was the first year we ever ran a CSA. We learned a lot. One of the main things we learned is that we need more help on picking days, which we have already lined up, so we should be better in that department. Another was that we didn't have enough greens, so we are working to correct that this year. All-in-all, we are really pumped and confident that this year will be even better than last year. In large part because we have so much more garden space, ready to go as soon as we have a thaw.

This year we will have four different types of shares to consider joining: Our main veggie/fruit/flower/herb share, an egg share, a pig share and finally a meat chicken share. All pig and chicken shares must be paid in full by April 20th, 2015. All vegetable & egg shares must be paid in full by May 15th, 2015, though we ask that you pay the vegetable share as soon as possible.

Produce & eggs will be picked on Fridays.
There will be four options for pickup/delivery:

1. Fridays - 5-7pm - Our Homestead in Northport
2. Saturdays - 9-1pm - Suttons Bay Market - Piedmontese Beef Booth
3. Saturdays - 10-3pm - Delivery at your home - additional \$5 charge per week
4. Mondays - 9-6pm - Imagine Health in Traverse City - produce won't be as fresh as we will still be picking on Fridays



Pig Shares - Arriving Early May, Slaughter Mid-November - \$750 per pig + Slaughter Fee

Last year we raised Old Spotty Gloucestershire pigs, which is a rarer breed from England that is known for being extremely tasty. We are hoping to get the same breed again this year. Your investment is for us to raise your pig to the age of slaughter (*about six months*). In addition to your financial investment, we ask that you bring as much scrap food as possible, and come to help clean out the pig run at least every other week (*if you can not do this, it does not eliminate the possibility of raising an animal, but may need further arrangements, please contact us if this is your problem*). We are willing to let folks do half-shares for half-price, but keep in mind that means you will only get half the animal and the other half will be assigned to someone else. If you do a half-share, you will not get to name your pig. Some pork (*hams, sausages and bacon*s) can be ordered once the pigs are slaughtered, but will be at least \$10 per pound.

We don't really get a choice whether we have males or females, but all males are castrated. We hope for males, as they get bigger. This year, we raised the pigs till mid-November and they each weighed from 525-600 pounds. Once slaughtered that left us with about 455-500 pounds of meat per animal, which if you do the math, breaks down to about \$1.50 per pound, for organic, gmo-free, free range happy pigs. You CAN NOT beat that price.

There are a few things to keep in mind, if you are considering this endeavor:

1) The main one being, you are responsible for the slaughter of your animal. This means that you either need to book a date with a slaughterhouse, or coordinate with us, that you are going to help slaughter your pig with us. Either option is going to incur some additional cost.

I am not sure on the costs involved in sending your pig out for slaughter, but could get the info from our friend who did that with their pigs last year. If you go this route, you will have the cost to the slaughterhouse for the slaughter and the processing of your pig. You do get to pick the cuts you want them to do. You will need to get an animal trailer for transporting the pig to the slaughterhouse and you will be responsible for getting your pigs into the trailer, which will be a difficult chore (*this is a certainty*).

We personally prefer slaughtering our animals ourselves, it eliminates the fear they feel when traveling, and we can ensure that they are taken immediately and without the awareness that other animals have met the same fate. You also can be certain that the meat you are getting back, is ALL your pig and no one else's. You can control how your meat is processed and you can also keep all the cuts and pieces you want (*even the blood*), and with a slaughterhouse, there are many cuts they are legally not allowed to give back to you (*like the blood and lungs*). However, slaughtering a pig is a lot of work, and a lot of time. It will take an entire day for the slaughter and break down and will take another week to month to get it all processed. If you choose to have us help you slaughter your own pig, we would charge \$150 for two of us to help you through and do the work with you, but you would need to provide two people to help as well. We will help you break down the animal

into whatever cuts you want and will supply you with recipes and instructions for curing your meats and making sausages.

2) The second is, that a whole pig, despite its size, still only will have two racks of ribs (*if you want that cut and don't want bone in pork chops*), and two tenderloins, and two pork loins, etc. So, if what you really want is 100 pounds of ribs, or 20 pounds of tenderloins, you unfortunately, probably just need to go buy that, because you're not going to get that with one or even two pigs. I guess we're just saying, be sure you've thought through why you're doing it and what you really want out of it. (*NOTE: if you want bacon, you will get a lot of that, pigs have a lot of "bacon" on them, per pig, we probably got at least 70 lbs*).

3) 500 pounds of meat is a lot of meat. You will need a whole freezer to store it. We kept two pigs last year and we filled a medium-large chest freezer and a medium sized stand-up freezer. You are welcome to come look at our freezers before you make a decision, but be sure to keep in mind, that you will need the proper storage space by the time mid-November rolls around.

4) Your pig, could die, before you take it to slaughter. Obviously, this is a worst case scenario, but you have to understand that it is possible. Raising an animal does not involve the most security. Our area has coyotes and bears, bobcats, a cougar and probably more. Last year our pigs broke down their fence and were all the way on Plum Lane and in the swamp before we knew they'd done it. Thankfully, we got them all back, but we might not have. After that lesson, we improved fencing and changed some things, hoping that we've learned our lesson, but you can never be sure. Things can happen. If you decide to go with a pig share, you are unfortunately also taking on the risk that the animal could die before you get to put it in your freezer. This has to be something that you could accept and deal with. If this happened, we would not be able to refund your investment, because we will have already invested in your animal.

After all that being said, let me say that our pork from Hamlet and Sarimner last year, is by far, hands down, the best pork we have ever had in our lives. It does not compare, not even a little bit, to pork that we've purchased, even from organic local farms. We don't ever want to go back to eating bacon from another farm's pig again. It's a whole other level. And it has been an amazing experience, from raising to slaughter to processing, despite the fact that raising them is very hard work.

LOOKING FOR SLOP

Last year, we got food compost from Oryana, The Soup Cup, and local friends and family. Despite getting bags of it often, the pigs would chow through it faster than you could pour it in their trough. Therefore, we are looking for additional sources. If you know of someone or somewhere that would have food waste, dry corn, picked weeds, or some other consumable, please let us know (*pigs eat pretty much anything*). Especially if it is easily picked up. And if you have some yourself, but not enough all at once, you can always put it in a ziploc bag and freeze it until you see us next. Our pigs will thank you and if you get us a substantial hook-up we might share some bacon!

HALF PIG AVAILABLE

Laura's sister, Paula, is only looking to raise a half pig this year (*a whole pig is just too much meat for her family*). Since you can't actually raise half a pig, this means she needs to find a partner to raise the other half of the pig with her.

The cost would therefore be \$375 for the pig and then \$75 for slaughter + one person to help. This means your cost would only be \$450 for probably around 225-275 pounds of organic pork!

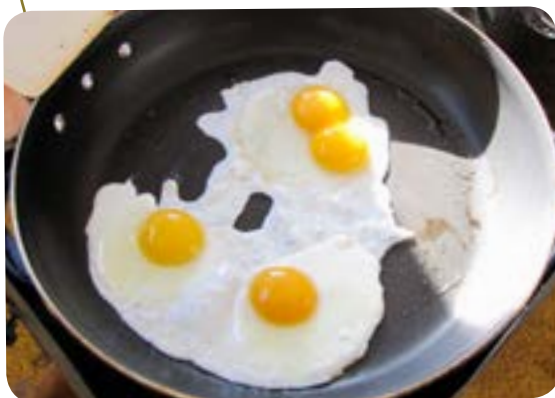
If you or someone you know is interested, contact us, [Email Laura@LordandLadyConstruction.com](mailto:Laura@LordandLadyConstruction.com) or call/text (231)218-3612.

Egg Shares - June 5- October 16 (20 weeks) - \$120

One Dozen eggs per week. We have a multitude of rare chickens. This year we will be able to add our Olive Egger eggs to the mixed selection, so in addition to our rainbow of eggs (white, off-white, teal, pale blue, pale green, peach, dark brown, orange, speckled and more) we will have very dark olive green eggs. For those who have tried our eggs, you know there is very little comparison to store bought, or even other farmers eggs. We feed our chickens all organic feed, lots of organic food scraps, they free range all day and lots of gmo-free organic corn. This results in eggs with very rich dark orange yolks.

Please keep in mind, that by joining this share you are helping support or girls, but also understand that you are joining with us in the inherent risk of raising animals and having a farm. Therefore, if we have a catastrophe and loose birds, or they have issues and don't lay eggs, you may miss out on eggs, and that is all part of the deal. We will always work to make up any missed eggs in the following weeks deliveries, but sometimes nature will get the better of us.

Eggs can be ordered on a per week basis and paid at that time, however, last year we rarely had extras available. If you order on a per week basis we will be charging \$7 per dozen, which is what we will be selling them for at market this year.



Elephant Head Amaranth (and other amaranths): This heirloom was brought to the USA from Germany in the 1880's and so named because the huge flower heads often take on the appearance of an elephant's trunk. The 3- to 5-foot plants produce flowers that are deep reddish-purple in color. A striking variety that is among the most unique of amaranths.

Thai Red Roselle: A valuable plant for making cranberry-flavored bright red beverages, jelly, pie and tea. Much grown in Asia and the mid-east as the flavor is wonderful. A tasty sauce can be made by boiling and sweetening the fleshy calyxes; the leaves are also used to make a drink. The entire plant of this Hibiscus is red and very beautiful. Citrus-flavored flowers are delicious on frozen deserts. This plant has too many uses to name. Seeds collected in Thailand.

Lettuces/Chard/Spinach/Celtuce:

Nettles, Lambsquarter, Red Romaine, Red Kitten spinach, Five star lettuce mix, Bright lights chard, Wasabi arugula (*Arya picked this specifically*), Watercress, Spring Tower Chinese Celtuce, Garden Cress, Pepper cress, Flamingo Pink Chard, Oriole Orange Chard, Perpetual spinach, Verde de Taglio, Wonder Wok Mix, Corn Salad Dutch, Black Mustard Greens, Jiu Tou Niao Mustard, Rossa Di Treviso Radicchio, Rossa di Verona Radicchio, Sugar Loaf Chicory, Italiko Rosso Dandelion, Rocky Top Lettuce, Siamese Dragon Stir Fry Mix, Giant Noble Spinach, Red Malabar Spinach, Amsterdam Prickly Seeded Spinach, Merlot Lettuce, French Dandelion, Ice Queen Lettuce (*Laura is really excited about organic iceberg lettuce*)

Flashy Butter Oak Lettuce: Here's a newer lettuce introduction that combines crimson-red splashes with the leaf form of apple-green oak-leaf lettuce, and a butter-cos lettuce habit! It might sound mixed up but that's a good thing because "Flashy Butter Oak" combines superior taste, texture and form—truly at the forefront of today's open-pollinated breeding. The texture is silky, the taste is mild, juicy and sweet.

Strawberry Spinach: An old-fashioned plant that dates to 1600 in Europe. This curious plant produces greens that are picked and cooked like spinach, but it also produces attractive, red berries that are bland in flavor. These add a nice touch to fruit salads. Easy-to-grow plants are similar to "Lamb's Quarters", a wild relative. Found and saved from a monastery garden.



Potatoes (we have a rough history with sweet potatoes, but we've done a lot of research over the winter and have higher hopes this year):

Beauregard Sweet Potatoes, Gold Rush, Elba, Red Pontiac, Stampede Jerusalem Artichokes, Kennebec, Okinawan Purple Sweet Potato,

Molokai Purple Sweet Potato:

Purple-fleshed type that is a locally-developed, signature type on the islands, but seldom offered elsewhere. Much higher in antioxidants than orange-fleshed types. Very sweet-fleshed and creamy, with overtones of chestnut in the flavor. Perfect as-is when baked or roasted, needing no further adornment. Deep purple flesh and skins.

African Potato Mint: Also known as Kaffir Potato. This mint relative is grown for its potato-like tuber. These tubers can get very large, up to 4 lbs., are very high in protein, carbohydrate, iron and calcium. A so called "lost crop" of Africa that in fact is of immense value today! Thrives in hot and fairly dry conditions. Requires 6 months of warm to hot growing conditions to yield mature tubers; in most of the nation we recommend starting plants indoors in containers and setting outdoors after weather has warmed in late spring.

Yacon: Here's a delicious and unusual South American relative of Dahlia and Jerusalem Artichoke. Sweet-potato-like tubers weigh up to 3 lbs and are produced in 3-5 months from planting. Yacon plants reach 4-5 feet in height, and occasionally bloom, bearing small yellow daisies. The flavor is like a crisp apple combined with Asian pear. The roots contain inulin (may be useful to diabetics), and possess anti-oxidant and pro-biotic qualities.



Vegetable/Fruit/Flower/Herb Share -

Every Week - June 5- October 16 (20 weeks) - \$540

Every Other Week - June 5- October 16 (10 weeks) - \$290

Every Four Weeks - June 5- October 16 (5 weeks) - \$160

Boxes can be ordered on a per week basis and paid at that time, but we must know by Friday at 9am at the latest for that week's box. If you order on a per week basis we will be charging \$35 per box.

Each week we work to have a newsletter listing the produce you'll find in your box, as well as recipes or ideas for many of the unusual items. Because we do not yet have a greenhouse (hopefully that will change this year), we will not have a lot of "normal" produce until at least mid-June, but the boxes will still be very full and complete. We get seeds from a variety of sources, Rare Seeds, Johnny Select Seeds, Burpee, Seed Savers Exchange, Southern Seed Exchange and a few others. All the seeds we use are organic and test GMO free. We never use any chemical pesticides, just good compost, weeding and organic remedies to pest problems.

Read on for a list of some of the different variety we're hoping for, along with some fun tidbits that I find absolutely fascinating!

Flowers:

Lilacs, Poppies, Daisies, Wildflowers, Peonies, Tiger Eye Sunflowers, Lily of the Valley, Double Mock Orange, Dara Flowering Carrot, Honeysuckle, Summer Gown Nasturtium & more, Marigolds,



Tatume, Honey Boat Delicata, Ambar, Blue Hokkaido, Luffa Gourd: Burpee's 1888 catalogue said, "A natural dishcloth, and a most admirable one. Many ladies prefer this dishcloth. The fruit grow about 2', and the vine is very ornamental, producing clusters of yellow blossoms, in pleasing contrast with the silvery-shaded, dark green foliage. In the North this variety requires starting in a hotbed. The dried interiors of these gourds have already become an article of commerce; grown in Florida, they are sold by Philadelphia and NY druggists."



Zucchini Rampicante: The famous Italian heirloom vine-ing zucchini and pumpkin; long slender 15-inch fruit have a flat bulb at the bottom. They are one of the best eating summer squash: very tender, mild and sweet tasting. The flavor is superb! This squash is also great as winter squash. The Italians use it for stuffing in gnocchi and ravioli; the flesh is rich and flavorful, great for baking and pies! The mature fruit grow very long.



Kakai Squash: Kakai's completely hull-less seeds are superb for roasting! Slightly oblate, delicately ribbed fruits are an unusual shade of yellow-orange, mottled here and there in dark green to virtually black. Simply scoop the seeds out of the 5- to 8-pound pumpkins, rinse, salt if desired, and roast in the oven until slightly browned. Semi-bush plants are compact and great for smaller gardens.



Hawaiian Dance Mask Gourd: Uniquely-shaped fruits like a large flat bottom pear, about 10 inches tall and around 8 inches across at the base. Hawaiians used the gourd to make ritual helmets or "makini" prior to European contact. The small end of the gourd was removed, the large end hollowed out, eye openings cut, and the entire piece was decorated with fern fronds or sedge grass and white streamers. Each item had ritual significance, as the masks were worn at Makahiki, the annual festival honoring Lono, the deity of fertility and harvest. Could there be a better symbol for nature's abundance than gourds?



Gelber Englishcher Custard: Clear lemon-yellow fruits are a patty-pan type, but with a bizarre twist. Fruits are oddly flat-tented—impossible to describe. Productive bush plants yield over a long season if kept picked. Recommended for cooler climates like the Pacific Northwest. This unique variety originated in Gatersleben, Germany. Described in Amy Goldman's book "The Compleat Squash."



Melons (WM = Watermelon):

Pepino, Snow Leopard Honeydew, San Juan, Serenade, Sweet Granite, Ali Baba Wm, Blacktail Mountain Wm, Colorado Preserving Wm, Early Moonbeam Wm, Orange Flesh Tendersweet, Kleckley's Sweet Wm, Golden Midget Wm, Orangeglo Wm, Long Ex Snake, Cream of Saskatchewan Wm, Jubilee Wm, Vert Grimphant, Green Skin Bittermelon, Muskateer, Ananas D'Amérique A Chair Verte, Green Nutmeg, Emerald Gem, Old Time Tennessee, Mother Mary's Pie, Cassabanana Melecoton, Amarillo Oro, Boule d'Or, Noir de Carmes, Hero of Lockinge, Sakata's Sweet, Metki Painted Serpent, Metki White Serpent, Mango, Thai Golden Round, Rich Sweetness 132, Apple, Bateekh Samara, Sweet Dakota Rose Watermelon: One of the best-tasting and most reliable watermelon varieties! Striped fruits are nearly round and weigh in at 8-15 lbs. Superior flavor, sunburn resistant, and has very few seeds. Thin, firm rind makes it an excellent keeper! Developed decades ago by North Dakota farmer David Podoll, who stabilized a cross between Early Canada and Black Diamond.



African Horned Cucumber: Very unusual fruit with spiny "horns." The green-yellow skin turns a bright deep orange when ready to harvest, and the pulp resembles lime-green Jell-O. The fruit has a sour-sweet, banana-lime-tropical fruit taste and is good juiced. This fruit is appearing regularly in U.S. markets. Native to Africa, it is hardy and easy to grow; can be grown just about anywhere you can grow melons. Beautiful vine and fruit! Tiny seed.



White Wonder Watermelon: Beautiful, snow-white flesh is so pale it's almost transparent! The flavor is unique, fruity, and so delicious. White-fleshed watermelons were common in the 1800's, but due to corporate agriculture, these genetic treasures are about to be lost. That is a shame, as white-fleshed varieties date back hundreds of years and were developed in Africa from wild strains. This early variety is not for shipping as it cracks easily, but you will enjoy its unique crispness, fresh from the garden.



Metki Dark Green Serpent: An ancient heirloom introduced from Armenia into Italy as far back as the 1400's. It is a melon but is used like a cucumber. Picked small (18 inches or less), it is very mild and tasty, but the fruits can grow to over 3 feet long! Easy to grow and good yields; it should be planted in more gardens.



Cucumbers:

Lillie Mae's Little White, Suyo Long, Salt & Pepper, Northern Pickling, Fresh Pickles, Summer Dance, Mexican Sour Gherkin, Crystal Apple, Hmong Red,



Telegraph Improved: Smooth, straight, dark-green fruit, 18" long. Flesh is very crisp, tender and mild; superb flavor. This is an excellent English heirloom variety, introduced around 1897.

Sikkim: The historic cucumber of Sikkim. Fat, large fruit can reach several pounds in size. The ripe fruit is a unique rusty red color and is good eaten cooked or raw. In Asia, cucumbers are often stir-fried and are quite tasty. This variety is grown in the Himalayas of Sikkim and Nepal. Sir Joseph Hooker first discovered it in the eastern Himalayas in 1848. Here is part of what he wrote about it: "So abundant were the fruits, that for days together I saw gnawed fruits lying by the natives' paths by the thousands, and every man, woman and child seemed engaged throughout the day in devouring them."



Prescott Fond Blanc: The most unique and beautiful French melon we sell! The fruit is 4-9 lbs., very flattened and ribbed, with warts and bumps. Melons have grey/green skin turning straw color; flesh is salmon-orange. Once one of the best known melons, it was mentioned in the 1860's, but it likely is much older. The flavor is very rich if picked at perfection, and the fragrance is heavenly. This is a favorite melon of many seed collectors; almost unheard of in this country.

Banana: Banana-shaped fruit with smooth yellow skin and sweet, spicy salmon flesh. 16-24 inches long, 5-8 lbs. It was listed in 1885 by J. H. Gregory's Catalogue, which said, "When ripe it reminds one of a large, overgrown banana... It smells like one, having a remarkably powerful and delicious fragrance." This is seed collectors all-time favorites, being very sweet.

Beans/Peas:

Large Green Lentil, Large Red Lentil, Cannellini, Tongues of Fire, Christmas Pole Lima, Dixie Speckled Butterpea, Henderson's Bush Lima, Kind of the Garden Lima, Barnside Sweet, Golden Sunshine, Painted Lady, Chinese Green Noodle, Chinese Mosaic Long, Taiwan Black Seeded Long, Clay Cowpea, California Blackeye Cowpea, Rice Cowpea, Monkey Tail Cowpea (Arya's Pick), Mammoth Melting Sugar Snow Pea, Sugar Snap Pea, Sugar Ann Snap Pea, Corne De Belier Snow Pea, Carouby De Maussane Snow Pea, Ozark Razorback Cowpea, Maestro Pea, Asian Winged: This is one of the most unique beans; it produces delicious pods with four winged edges, the leaves are cooked like spinach and the roots have a delicious, nutty flavor. This high-protein bean is an excellent crop and is so useful in the kitchen. Was featured in Mother Earth News.



Tongues of Fire Bean: Also known as Horto. Reputedly originated in Tierra del Fuego in South America, but extremely popular in Italy, where cooks like the beans' subtle characteristic of picking up other flavors from a dish. Bush-type plants yield pods of white with flame-like red streaks, making great snaps when very young; beans are light pink with darker red mottling, reminiscent of the Cranberry Bean. Makes an outstanding baked bean.



Taiwan Black Seeded Long Bean: This is the true "Yard Long" bean, with light green pods 38" long, with black beans. The long vines set heavy yields of these delicious pods that will amaze your friends! Long beans should be lightly fried and not boiled. They have superior flavor to common beans. This variety was collected from a Taiwanese immigrant in the 1970s. RARE!



Eggplants:

Jade Sweet, Rosa Bianca, Traviata, Kermit (Arya picked this specifically), Turkish Orange, Bangladeshi Long, Ukrainian Beauty, Edirne Purple Striped, Kazakhstan, Korean Red, Early Black Egg, Mitoyo: Large fruits are oval to teardrop-shaped and nearly black. Flesh is very tender and sweet, it is even highly recommended for use without



cooking! Fruits are also excellent baked or roasted, and are often used in pickling as well in their native Japan, where the variety was originally collected at a local market. Traditionally grown in the Mitoyo and Kanonji areas. One of the best tasting eggplants we have ever tried.

Thai Yellow Egg: Famous in Thailand, the egg-sized fruit are picked when they are bright golden-yellow. They are used in many Thai dishes and as a garnish.

Cambodian Green Giant: Here is a large, round, flat variety from the kingdom of Cambodia. This was collected in 2004, when Baker Creek Heirloom Seeds were touring this once war torn southeast Asian country. Attractive fruit are pale green with dark green stripes, and are lightly ribbed. This is a very unique color pattern for a large variety. Rare Seeds is one of the first companies to offer varieties from Cambodia, a country with a delicious cuisine that is in danger of being lost. These are great eating, and have a deep, full bodied eggplant flavor.



Okra/Peppers/Celery:

Emerald Okra, Jing Orange Okra, Eagle Pass Okra, Red Velvet Okra, Jambalaya okra, Tango Celery, Ancho Pepper, Gourmet pepper, Flavorburst Pepper, Yankee Bell Pepper, Big Boss Man Pepper, Sweet Thunderbolt Pepper, Black Hungarian Pepper, Anaheim Pepper, Chinese 5 Color Pepper, Bhut Jolokia (*Ghost Pepper*), Lemon Drop Pepper, Golden Cal Wonder Pepper, Italian Pepperoncini, King of the North Pepper, Bulgarian Ratund Pepper, Friariello Di Napoli Pepper, Sigaretta De Bergamo Pepper, Sheepnose Pimento Pepper, Chervena Chuska Pepper, Midnight Dreams Bell Pepper, Canary Bell Pepper, Giant Prague Cele-
raic, Tendercrisp Celery, Giant Red Reselection, Beck's

Big Buck Horn Okra,

White Habenero Pepper: Small bushy plants yield loads of these 1"-2" creamy-white, bullet-shaped fruit. This Caribbean variety is a favorite for its smoky, fruity taste and extreme heat.

Red Cheese Pepper: Candy-sweet, round, flat, 3-inch pimento-type peppers that have thick, red flesh; great for stuffing or fresh eating. So good they are almost addictive. Very productive plants. Once used to color cheese.

Stewart's Zeebest Okra: This spineless okra produces extra tender, green pods that are round and not ribbed; tasty. Tall,



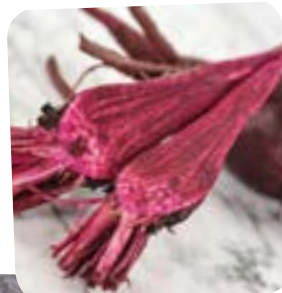
branching plants set heavy yields of this great Louisiana heirloom.

Peppermint Stick Celery: This attractive 'candy-striped' variety retains its color even when cooked! Use the spicy stalks fresh or let plants bolt and use the seed as a spice.

Brassicas:

Skywalker Cauliflower, Belstar Broccoli, Torage No 4 Cabbage, Diablo Brussel Sprouts, Nautic Brussel Sprouts, Waltham Broccoli, Romanesco Italia Broccoli, Purple of Sicily, Snowball Self-Blanching, Auber-villiers Cabbage, Glory of Enkhuizen Cabbage, Greyhound Cabbage, Tatsoi, Sweetheart Lettuce Caraflex, Tiger Collards, Dwarf Siberian Kale, Fringed Kale Mix, Superschmelz White Kohlrabi, Morris Heading Collards, Georgia Southern Creole, Vates Collards, Ching Chang Bok Choy, Siamese Dragon Stir Fry Mix,

Scarlett Kale: A lovely curled "red" kale that produces lots of delicious, frilly leaves and takes on the chill of winter with stride! Pretty in the flower garden or on the plate. Rich in nutrition and flavor.



Herbs:

Anise, Ginger, Stevia - Sweetest Stevia, Saltwort, Salad Burnett, Papalo, Giant of Italy Parsley, Mountain Mint, Mint, Calypso Cilantro, Amethyst Improved Basil, Sweet Thai Basil, Genovese Basil, Oregano, Multiple varieties of Sage, Lovage, Goldkroner Dill, Zefa Fino Fennel, Common Thyme, Arat (*parsley root*), Golden-seal (*not harvestable for 2 years*), American Ginseng (*not harvestable for 2 years*), Feverfew, Epazote, Staro Chives, Garlic Chives, Common Chives, Vertissimo Chevril, Roman Chamomile, Angelica, Borage, Perfect Skewer Rosemary, French Tarragon, Red Shiso, Green Shiso, Britton, Stevia, Lavendar, Spruce tips, Camellia Sinensis Tea, Rouge d'Alger Cardoon, Saffron Crocus, Pandan, Katuk

Root Vegetables:

Salsify - Mammoth Sandwich Island, Black Salsify, Gobo - Japanese Burdock, Mars - Celeraic, Yaya Carrots, Chiko Burdock, Belstar Super Salsify, Red Meat Radish, Nero Tondo Radish, Rover Radishes, Albino Beets, Bull's Blood Beets, Lutz Salad Leaf Beets, Mc-Mardi Gras Radishes, Mokum Carrots, Atomic Red Carrot, Cosmic Purple Carrot, Amarillo Carrot, Joan

Rutabaga, Golden Globe Turnip, Shogoin Turnip, Petrowski Turnip, Boule D'or Turnip, Wilhelms-burgery Rutabaga, Swede Ostgota Rutabaga, Oxheart Carrot, De 18 Jours Radish, Zlata Radish, Chinese Green Luobo Radish, Rat's Tail Radish, Formosa Giant Luo Buo Radish, Saxa 2 Radish, Pusa Asita Black Carrot

Gregor's Favorite Beets: Old dual-purpose variety is grown for both its leaves and its roots. The leaves are unique: long and narrow, incredibly dark ruby red, with an unusual, silky sheen. The long, cylindrical roots, which can reach 6 inches long, are unusually colored: red, yes, but with overtones toward purple-blue. The dark color translates to increased phytonutrients-- among the highest of any beet variety! This Scottish heirloom, also called Dracena, was until recently almost extinct.

Tomatoes/Tomatillos:

Golden Husk Cherries, Toma Verde Tomatillo, San Juanito Tomatillo, Aunt Molly's Ground Cherry, Cucumber Currant, Hawaiian Currant, Ildi Currant, German Johnson, Amish Paste, Indigo Rose, Aunt Ruby's German Green, Emerald Evergreen, Green Bell Pepper, Green Doctors, Green Giant, Green Skin Long Keeper, Malakhitovaya Shkatulka, Blueberry, Amana Orange, Orange Icicle, Yellow Brandywine, Bali, Goliath Tomato, Northern Pickling Tomato, Cloudy Day Tomato, Omar's Lebanese, Pearly Pink, Brave General, Pink Accordion, Pink Icicle, Raspberry Lyanna, Cour Di Bue, Principle Borghese, Buckbee's New Fifty Day, Sioux, Reisetomate, Granny Cantrell German Red, Moskvich, Black from Tula, Black Prince, Japanese Black Trifele, Paul Robeson, Carbon, Purple Calabash, Violet Jasper, Vorlon, Ananas Noire, Isis Candy Cherry, Nature's Riddle, Great White, Cream Sausage, White Tomesol, Transparent, Large Barred Boar, Pork Chop, Solar Flare, Wapsipinicon Peach, Golden King of Siberia, Indigo Apple, Hungarian Heart, Chocolate Pear, Minibel, White Cherry Tomato,

Berkeley Tie-Dye Green: Incredibly colorful and delicious large-fruited slicing variety! Fruits run 8 to 16 ounces. Exterior color is green with stripes in red and yellow. But the flesh is truly tri-color! Creamy green flesh infused with various shades of red and yellow. Each of these colors has a different flavor resulting in a spicy, sweet, tart tomato with good acid all in one fruit. Discovered in a planting of Beauty King. Fair to good production. A truly incredible new open-pollinated variety, and a new favorite of many chefs.



Corn (*we are usually not very successful with corn, last year we got a few ears and lots of baby ears, but this was an improvement over our typical record*): Oaxacan Green, Golden Bantam, Bedwell's Supreme White Dent

Asparagus/Horseradish/Rhubarb:

Precoce d'Argenteuil & Jersey Supreme Asparagus (*may or may not be harvestable this year, just planted last year - typically takes 3 years*), Large Variety of Rhubarbs, Himalayan Rhubarb (*may or may not be harvestable this year, just planted last year - typically takes 2 years*), Victoria Rhubarb, Horseradish, Shiitake Mushrooms, Button Mushrooms (*just starting this year*), Portobello Mushrooms (*just starting this year*), Spiderwort, Glaskins Perpetual Rhubarb

Onions/Garlic/Leeks/Shallots (*we had really awesome, tasty and huge onions last year, excited for this year, we will plant even more*):

Evergreen hardy green onions, Candy onion, Variety of Garlics, Scapes, Ramps, Giant Musselburgh Leek, Bulgarian Giant Leek, Bleu De Solaise Leek, Autumn Giant Leek, Ishikura Onion, Northern Onions

Grains/seeds:

Hi Yield Quinoa, Multi-Hued Quinoa, Spring Wheat, Hard Red Winter Wheat, Mennonite Sorghum, Black Seeded Sesame

Fruits (*all of these are very variable, some years we get lots, some years none - please note there will not be strawberries, we don't have enough for shares*):

Peaches, Raspberries, Blackberries, Apples, Plums, Tart Cherries, Sweet Cherries, Cranberries, Variety of Blueberries, Variety of Gooseberries, Pears, Honeyberries, Variety of Grapes, bush cherries, Saskatoons, Thimbleberries, Autumn Olive, Sumac Blossoms, Figs, Cornus Kousa, Garden Huckleberry, Naranjilla, Wonderberry, Jaltomato, Litchi Tomato, Passiflora Foetida, Tamarillo, *{the following are all new fruit plants this year, so they probably won't fruit - Orange Master Pomegranate, Pink Banana, Dwarf Coffee Plant, Dragon Fruit, Goji Berry, Mulberry, Possum Purple Passion Fruit, Truly Tiny Banana, Edgar's Baby Dragon Fruit, Musa 'Dwarf Nam Wa' Banana, Hardy Kiwis}*

Chicken Meat Shares -

Available June 27-28 or July 4-5 - \$22 per bird

Chickens will be arriving April 28-30th. They are totally adorable and cuddly and warrant a visit if you have time, but they grow EXTREMELY fast, so if you want to see them all fresh and new, you have to get here as soon as they do!

We will be getting white broilers, which in our experience, after raising every type of meat bird there is, stay the most tender and get the largest. Birds will be about 4.5-6.5 pounds when slaughtered. Our birds typically have more fat than an average bird from the store and that fat is a yellow color, this is because they are able to eat more of

their natural diet and lots of corn. Additionally, their breasts are NOT ENORMOUS, like you often find at the grocery store. This is because our birds get a lot of free ranging and exercise, birds raised in factories don't even move/walk, so their breasts get much bigger as a result of this stationary lifestyle.

Each bird or "share" that is preordered is \$22 each. *Birds can be purchased after slaughter, however, they will be \$25 each at that time.* Birds are fed a completely organic and GMO free diet. Due to the nature of the breed, we have

had some die because of heart attacks, however, because we will have a large number of birds, it shouldn't affect your receiving your bird if that happens. The only and main threat to this share, is coyotes or weasels somehow getting into our run. When that has happened before, we have had massive casualties.



Tofu Frites - this is a new recipe that Laura played around with and was exceedingly impressed with! We served them with an Asian Ketchup and would double the recipe next time around!

- 1 package Extra Firm Tofu packed in water
- Oil for frying
- Seasoning Salt
- 1 tablespoon kosher or sea salt
- 2 teaspoons ground black pepper
- 1/4 teaspoon paprika
- 1/4 teaspoon cayenne
- 1 mounded teaspoon ground cumin
- 1 mounded teaspoon of dried parsley/oregano/marjoram/thyme
- 1 teaspoon of garlic salt

1. Remove tofu from package. Cut into 1/8" - 1/4" slices.

Blot dry with paper towel. Slice lengthwise again into 1/8" - 1/4" strips.

2. Mix seasoning salt ingredients together in a small bowl. Dredge tofu slices in seasonings.
3. In large pot or fryer, heat about 3-4 inches of oil to about 350°F. Carefully lay tofu strips into hot oil. Work in small batches, do not allow tofu strips to touch each other in hot oil. They can stick to one another during the initial frying.
4. Cook for about 3-4 minutes or until golden brown. Remove from oil and blot on paper towel to remove excess oil.



UPCOMING EVENTS

March 17 - St. Patrick's Day - Enjoy all your favorite St. Patrick's Day treats, and don't forget to try Irish butter and Stout Milkshakes!

March 20 - Meat Out Vegan Day - Rise to this nationwide challenge for one day and eat vegan! Message me if you need recipes!

March 28 - 10-4pm - Dinner Table Cooking Class - Homemade Pantry with Laura Cavendish at Woods & Water - \$120 per person, 6 person maximum - visit [here](#) for more details!

March 29 - 3pm - Chili Beer Brewing Potluck at Woods & Water - Bring your favorite Chili and we'll taste test all the variety while brewing beer!

March 29 - 7:30pm - Game of Thrones Premiere Dinner at Woods & Water

April 4 - Property and Garden Clearing and Prepping - Staking Raspberries, Collecting Firewood, Fixing Fences

April 12 - 3pm - Painting Masters Potluck at Woods & Water

April 17-19 - Up North Lake and Cottage Show - Lord & Lady Construction booth - Traverse City Civic Center - more information below!

May 9-10 - Planting & Chicken Coop Building at Woods & Water

May 23 - 3pm - Tie Dye Garden Potluck at Woods & Water

May 24-25 - Mae's Garage Sale Blow Out at 2860 M37 S, Traverse City

May 24-25 - Planting, Tilling and Laying Straw at Woods & Water

May 30-31 - Planting, Tilling and Laying Straw at Woods & Water

June 6-7 - Planting, Tilling and Laying Straw at Woods & Water

June 13-14 - Planting, Tilling and Laying Straw at Woods & Water

June 20 - 10-2pm - Dinner Table Cooking Class - Salads and Dressings with Laura Cavendish at Woods & Water

June 30 - 10-6pm - Dinner Table Cooking Class - Freezer Meals for a Month with Laura Cavendish at Woods & Water

Turkeys and Rabbits

Next year we are hoping to again have heritage turkeys (*chocolate, naragansett, royal palm, etc*) and introduce rabbits. If you are interested in either of these, let us know and we'll keep you in mind for next year!

Up North Lake & Cottage Show

Lord and Lady Construction is once again going to have a booth at the Up North Lake & Cottage show and the date is fast approaching! Join us Friday, April 17th - Sunday, April 19th at the Civic Center in Traverse City for a great business fair. Featured exhibitors include designers, decorators, yard landscaping, indoor and outdoor furniture, several unique & specialty retailers, cottage & home services, recreational products & activities, artisans, floor covering, kitchen & bath, custom builders, contractors, docks, real estate, novelty, and many more. Many Exhibitors will be selling products & services directly from their booth. Find out more and buy tickets at www.tccottageshow.com!

