



## Food preservation tips

### Winter Squash

Do not wash squash before storing. Store whole winter squash in a cool (45 to 50 degF), dry place. If stored properly, most varieties will keep up to 3 months. Store cut squash in plastic wrap in the refrigerator. Use cut squash within a week.

### Apples

Do not use apples that are bruised or damaged, or have dropped to the ground, to avoid patulin. Patulin is a toxin produced by certain species of molds which may grow in fruits like apples and pears with brown rot. Drops may also be a source of E. coli contamination. Also avoid using apples sold at gasoline stations because these may have been transported by trucks loading chemicals or fertilizers.

Purchase apples that are not bruised or damaged. Bag fresh apples separate from meat, poultry and seafood products. When storing in the refrigerator, keep apples away from raw meat so that meat juices do not contaminate them. Wash hands before and after handling fresh produce. Wash apples thoroughly under cool, running water before eating or preparing. Do not use soap or detergent. If necessary, use a clean, produce brush to scrub off dirt or soil. Dry with paper or cloth towel.

### Broccoli

Store broccoli in the refrigerator in a plastic bag with holes. Use broccoli within 3 days of purchase. The longer you store broccoli, the lower the vitamin content. Frozen broccoli can keep for 12 months.

Source: <http://migarden.msu.edu/migarden/preservation>

## Soy - good for you or not?

The controversy seems to continue about this protein-rich alternative to meat and dairy. Research shows that soy in its pure forms, like **tofu**, **tempeh** or **whole soybeans**, are a healthy food that may actually help with the prevention of cancer.

On the other hand, avoid soy products which are processed and refined such as **soy isolate**, proteins that are artificially extracted from the soybean.



Master bug cleaner-upper

## September Garden Events

September 13 and 27- Meditation Monday 7-8 p.m.

September 21 - Bird Watching - 6 p.m.

September 25 Fall gathering and clean-up, lunch at noon (bring bag lunch, drinks provided).

Meet in the garden unless it rains.



Pat helping children learn about composting



Sally harvesting tomatoes

## Reduce insects and diseases in gardens

- Remove diseased tomato, potato and squash foliage or other diseased plants. Do not toss these plants in your compost.
- Remove all vine crops and heavy mulch from your garden. Break down your sunflowers and large plant material before putting in compost.
- Remove all stakes, poles and any plastic tags, bags, etc.

## Pretzel encrusted walleye with dunkel mustard sauce

Chef Larry Meyer  
(Serves 4)

4 Michigan walleye fillets, skinned and deboned  
3 cups of mustard pretzels, crushed  
3/4 cup of a local ale like Big Bucks Antler Ale  
1 cup of Drakes fry mix or any fish rub

Prepare beer batter mixing fry mix and ale. Coat fillets in beer batter, draining excess.



Coat both sides of fillets with crushed pretzels. Place in greased sheet pan. Bake on 400 degrees for 20-25 minutes.

Sauce ingredients:

1/2 cup ale  
1/2 cup whole grain mustard  
1/2 cup heavy cream

Heat beer and mustard over medium heat and bring to simmer. Add cream and increase heat to reduce. Place sauce under fillets and enjoy.

Larry Meyer is the son of garden pal and extraordinary cook, Pat Meyer. Larry is the executive chef of Big Buck Brewery and Steakhouse in Gaylord. His recipe was recently featured in [www.michiganhomeandlifestyle.com](http://www.michiganhomeandlifestyle.com). Larry has 28 years of professional experience but may be unmatched by his experience growing up in a farm family with his mother's home-grown cooking.

### Choose Organic Strawberries

Side-by-side comparisons of organic and conventional strawberry farms and their fruit found the organic farms produced more flavorful and nutritious berries while leaving the soil healthier and more genetically diverse. The study is among the most comprehensive of its kind, analyzing 31 chemical and biological soil properties, soil DNA, and the taste, nutrition and quality of three strawberry varieties on more than two dozen commercial fields -- 13 conventional and 13 organic.

*No occupation is so delightful to me as the culture of the earth,  
no culture comparable to that of the garden ...  
But though an old man, I am but a young gardener.*

- Thomas Jefferson, *Garden Book*, 1811

## Lemon Rice, Chicken and Kale Soup

Pat Meyer  
(Serves 8-10)

1 medium onion, chopped  
2 celery ribs, thinly sliced  
2 cloves garlic, minced  
1 tablespoon olive oil  
2 large thinly sliced carrots  
1 c long grain brown rice  
9 c water  
3 Tablespoon chicken broth base  
1/4 teaspoon pepper  
3 - 4 chicken strips or large chicken breast  
5 Tablespoons lemon juice  
6 c kale (stems removed, chopped and steamed separately)

In soup kettle, sauté onion, celery and garlic in olive oil until tender. Add water, chicken broth base, rice, lemon juice, chicken, carrots and pepper; bring to a boil. Reduce heat; cover and simmer for 40 minutes or until rice is almost done. Add steamed, drained kale and simmer 5-10 minutes. Remove from heat.

After the chicken and rice is cooked and before kale is added, shred the chicken and add it back into the soup. Delicious -- even for breakfast!

### Green tomato tip

If you don't eat fried green tomatoes, preserve your mature green ones by ripening them indoors. Wrap each fruit individually in newspapers. Store in a cool location (55-60 degrees F) until ripe.

Read Commercial organic farms have better fruit and soil, lower environmental impact, study finds: <http://www.sciencedaily.com/>



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