



“The greatest advantage of all is that when people think you're a witch, you can eat an entire serving of squash all by yourself.”

– Kathleen O'Neal Gear, People of the Mist

## News from the Farm

**Welcome to Stoney Acres CSA Week 17, 2019!** In case you hadn't heard we shut down the tomato patch. A lot of red laying, tragic... sad. But they are not nearly dying in the name of a bountiful harvest. (and it was bountiful with almost three hundred bushels of tomatoes picked and over 150 turned into sauce) The patch has one last gift to give the farm. After picking the last four bushels on Monday and seeing a dismal forecast we decided to hand over the remaining good pulp to the pigs. We used to outside bed of trellising posts as one boundary of the new fence. We pulled the inner trellised bed of posts and repositioned them to form the new perimeter. After spiking them to space them and prep them to be pounded down I was thinking of ways to not have to come around and pound them in with a post pounder as that is exhausting. I suggested using the skidsteer to go post to post and press them in. Alex said we should just pound because there would be problems with access with the skidsteer and it would likely be faster with a good man and the pounder. Stin volunteered to do it and I challenged him to a man vs. machine John Henry style post pounding contest. Contestants: in one corner: Skidsteer Cowboy Tony Schultz banging the posts that are laid out in advance with the skidsteer bucket in the other corner proud hard-working welterweight Justin Thomas using a traditional post pounder and doing it manually. The posts were also pre erected. Skid steer cowboy Tony revealed his fatal flaw almost immediately as he got stuck in the mud on the end because of the rainy conditions whereas John Henry Stin easily stumbled through them. Skidsteer Cowboy eventually surpassed Stin Henry after jettisoning the getting stuck part. Stin finished with 18 posts. Whereas skidsteer Tony finished with 25 and was unable to finish his last post. Advantage Stin Henry (aka man). Total posts advantage machine cowboy (aka machine) exertion of human toil advantage: machine cowboy. Obligatory human fitness: advantage Stin Henry. Pollution: advantage Stin Henry. Cost Advantage: Stin Henry.

Conclusion: Advantage Human! Congratulations Stin Henry on your continued employability! This was a test. Congrats to all our pounders! **Have a delicious week- Tony, Riley, Ted and Maple**

## In Your Box

Onions  
Carrots  
Melon  
Bok Choy  
Butternut Winter Squash  
Shishito Japanese Roasting Peppers  
Sweet Peppers  
Heirloom Tomatoes  
Lettuce Heads  
Broccoli/Califlower  
/Romanesco  
Next Week's Best Guess:  
celery, broccoli onions, tomatoes, Melons, peppers

Pizza specials of the week –  
**Veginald VelJohnson-** Roasted fennel zucchini, caramelized onions, kale.. **Samurai Delicatessen** – Fried shishito peppers, shitake mushroom, teriyaki marinated steak, fresh mozz, baby mizuna greens in post. **Betty Draper** – Roasted Eggplant, Sausage, Roasted Fennel, Parm in post. **Margarita** - Fresh Mozz, Fresh heirloom tomato, fresh basil in Post.  
**Which Came First?** – Bacon, Spinach, Maitake Mushrooms (Aka Hen of the Woods), Overeasay Egg, Parm in **post**

**First taste of fall** – Butternut Squash sauce base, kale, flecked maple ham, roasted delicatta squash

## Tony's Big Friendly Kitchen (Now with Katie!)

### Shishito Pepper Primer from Epicurios.com

1. Here's what you do. Heat a little olive oil in a wide sauté pan until it is good and hot but not smoking. Add the peppers and cook them over medium, tossing and turning them frequently until they blister. They shouldn't char except in places. Don't rush. It takes 10 to 15 minutes to cook a panful of peppers. When they're done, toss them with sea salt and add a squeeze of fresh lemon. Slide the peppers into a bowl and serve them hot. You pick them up by the stem end and eat the whole thing, minus the stem, that is.
2. You can probably do fancier, cheffy things with them, but they're terrific like this. For variety, I sometimes use a little toasted sesame oil instead of olive oil and finish them with togarashi. If you have leftovers, an unlikely event in my experience, chop off the stems and put the peppers in an omelet or some scrambled eggs.

## Preservation: Freezing Techniques (from Just Food NYC)

Freezing is a simple and quick way to preserve foods at home and allows you to enjoy garden/farm fresh produce all year round. It is a great way to deal with bounty now!

1) Selecting and Preparing Vegetables - Use vegetables at peak flavor and texture. - Ideally, harvest in the cool part of the morning and freeze within two hours. - Sort and discard any produce with decay, bruises or mold. - Wash vegetables thoroughly in cold water.

2) Blanching and prompt cooling are necessary steps in preparing practically every vegetable for freezing. Blanching destroys bacteria, deactivates enzymes and helps remove any surface dirt.

- Steam Blanch Vegetables & Fruits (recommended method): - Put a minimum of 2 inches water in a large pot. - Heat water to boiling. - Place a rack or colander in pot to keep vegetables above water. - Place prepared vegetables directly in colander or first in a cheesecloth bag, work with small batches vegetables. - Cover pot and steam. - Half way through - check to see that all pieces are being steamed. Stir or shake if necessary. - Replace cover and continue heating. - Test vegetables. They should feel limp and heated through, but not cooked. - Lift out vegetables and spread on clean cloth or paper towels.

- Water Blanching Vegetables: - Fill large pot half full with water and bring to a boil. - Put no more than 3 qts. of vegetable pieces in cheesecloth or mesh bag. - Dunk this bag in boiling water, making sure water covers the vegetables. Shake bag so hot water reaches all pieces. Allow vegetables to cook for a few minutes. - Adjust heat, so water continues to boil. - Remove from boiling water and dunk directly into a cold water bath to stop the cooking. - Drain on paper towel or cloth.

3) Selecting Freezing Containers - Packaging materials should be moisture- and vapor-proof such as glass jars and metal and rigid plastic containers. - Most plastic bags and heavily waxed cartons, are not moisture- and vapor-proof, but are sufficient to use. - Paper cartons are not sufficient for quality frozen foods. - Use containers that allow the food to be removed easily. - Square or rectangular flat-sided containers help make the most of freezer space.

### 4) Packing Methods

- Dry Pack: Place prepared vegetables into meal-sized freezer bags or containers. - Pack tightly to cut down on the amount of air in the package. - Leave 1/2 inch at the top of rigid containers and close securely. For freezer bags, fill to within 3 inches of top.

- Tray Pack: - Place prepared vegetables in a single layer on shallow trays or pans. - Freeze until firm, then remove and quickly fill labeled bags or containers. - Close and freeze immediately. - By freezing separately first, each piece of tray-packed food remains loose so that the amount needed can easily be taken from the container and the package resealed.

5) Labeling and Storing - Label packages with the name of the product and the freezing date. - Leave space between packages to freeze quickly. - Once frozen, store packages close together. - Most vegetables maintain high quality for 12-18 months at 0 degrees or lower. = Longer storage may impair quality. - It is a good idea to post a list of the frozen vegetables near the freezer and to check off packages as they are used.