**The Broadcaster** ▪ June 4, 2020 ▪ 715-432-6285 ▪ stoneyacrescsa@gmail.com ▪ www.stoneyacresfarm.net

 **“Let thy food be thy medicine and thy medicine be thy food.”**

* Hippocrates 460-377 BCE

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| News from the Farm **Welcome to Stoney Acres CSA Week 1, 2020!** This is the 14th CSA Season of Stoney Acres Farm. I’m so happy you’re here with me! I’m so grateful you’ve all signed up. Since I came back to the farm in 2006 the idea and practice of Community Supported Agriculture has been at the core of legitimizing, stabilizing, and keeping the farm rooted in the principles of sustainability, economic democracy, and community. One of the reasons I came back to the farm after college and teaching for three short years is because I believed personally and politically in the legacy of the small family farm. In recent years following my divorce at times I’ve struggled with the farm as a source of my identity, but this spring has demonstrated to me how important what I’ve been doing and saying all along is: growing food for people in my community. I’ve said that a concentrated food system with a few massive firms at the top consolidating everything down to the level of production was bad for farmers, communities, consumers and the planet; (See first newsletter) But I’ve always stated that as a kind of ideological hypothetical. Now that we’ve seen a pandemic expose supply chains, hogs being euthanized, and vegetables being plowed down while demands on food banks has skyrocketed we see that real food security is rooted in culturally appropriate, economically accessible, and socially just food being grown and distributed in local communities. The commitment you’ve made to community supported agriculture has allowed a generation of young farmers to enter and have some stability in a volatile climate, financial, and economic system, and now these farms have returned some stability in this time of crisis. I’m proud you call Stoney Acres your farm and the meaning of Community Supported Agriculture has never been more apparent. **Have a delicious week- Tony, Riley, Ted and Maple**  |

**In Your Box**

**Lettuce head**

**Salad Turnips –** Eat the bottoms and the tops

**Maple Syrup**

**Spinach**

**Kohlrabi –** the swollen stem of the cabbage family that you can eat on a snack plate or throw in the stir fry. Greens are good

**Green Garlic –** like a mild garlicly version of a scallion. eat it all

**Rhubarb –** beep bop reap bop beep bop a reap bop beep bop a reap bop baby rhubarb pie

**Next Week’s Best Guess**: Kale, lettuce, microgreens, scallion, kohlrabi, salad turnips

Pizza specials of the week – **Vegginald Vel-Johnson-**  Roasted cherry tomatoes, garlic sauce, caramelized onions. **Ben Franklin Soaking Food –** Stoney sausage, peppers, caramelized onions, ajued oyster mushrooms. **Ramona the Pesto** – Basil pesto base, maple cured flecked ham, roasted cherry tomatoes, arugula and parm in post. **Blue Oyster Cult –** Carr valley blue cheese, stoney sausage, ajued oyster mushrooms, garlic sauce **The Kassandra Sepeda** – Bacon, green garlic sauce, micro-arugula, and shaved parm in post.

 **Farm to Table Recipies Gleaned By Tony**

**Johnathan Jon’s Dressing**: Your getting a lot of greens this year and you need good dressing. So make it yourself! This vinaigrette has four simple ingredients and is named after the son of long time Eastside Host’s Heather and Kent Busig. Johnathan Jon Loves this dressing.

1 part maple syrup, 3 parts mustard, four parts balsamic vinegar, 6 parts olive oil. = Maple Mustard Vinaigrette

**Turnips, their greens and Bacon**

I love raising salad turnips, because I love introducing them to people. They are so versitle. They can be eaten raw in a salad or slaw like a radish, stir fried, used in soups and the bottoms can be used in any way a potato could be used: roasted, mashed or scalped. My favorite dish (which we’ve been having twicw a week for the last month:

Take a pound of bacon, cut into bite size pecies, cut the turnip bottoms into bite size pecies, cook in a pan until they start to brown and soften a bit, add seasonings (I like coconut milk, salt pepper hot sauce, stir fry marinade) then chop up the greens and thrown them in. Kick for a minute and serve over rice.

**When the Rotten Roots are Revealed**

By Brian DeVore

The COVID-19 Pandemic has Shown Just How Interconnected We Really Are

When do you know a plant is growing in soil that is healthy enough to generate its own fertility, resistance to diseases, and overall resiliency? Vibrant-looking leaves and stems? High yields? Those are all good indicators, but don’t tell the whole story. Agrichemicals and other inputs are quite effective at propping up the production of crops that are in fact growing in soil lacking the basic biological components needed to be called “healthy.” It’s a vicious cycle: the more reliant we become on these artificial inputs, the less able the soil is to be self-reliant. Everything works fine as long as fossil fuels remain affordable and Mother Nature somewhat cooperative. Then something comes along to rip the mask off the whole charade. In the case of our chemical- and energy-intensive cropping system, that “something” has been climate change. Extreme weather is revealing just how unsustainable our current cropping systems are. The COVID-19 pandemic is peeling back the shiny veneer in its own way. In this case, the coronavirus is showing just how unhealthy our overall food and farming system is. Much like crops that are being propped up by iron, oil, and chemistry, the way we process and distribute our food has had the appearance of being incredibly successful. But within days of the pandemic making itself known in this country, cracks in the food and farm system emerged that showed this to be a shaky infrastructure reliant on “just-in-time” distribution, powerless farmers, and workers toiling in brutal conditions. It also shows this system adheres to Barry Commoner’s first law of ecology: “Everything is connected to everything else.” For example, the meatpacking industry, after decades of successfully pushing the government to increase line speeds and in general weaken worker safety rules, became the home of some of the hottest hot zones in the pandemic. All the while, Big Meat failed to acknowledge that a system based on maximizing profit at any cost was inherently flawed, and that COVID-19 did not care what your share price was trading at. Eventually, numerous pork, beef, and poultry plants were closed down indefinitely. In case we aren’t aware of it already, these shutdowns reinforce the reality of who is being harmed the most by these shoulderto-shoulder working conditions: low-income people of color, many of whom are new immigrants. To one of these workers, receiving a $500 bonus for not missing a shift for a month met the difference between making a rental payment and being out on the street. And in a town like Worthington, Minn., it was often a packing plant that brought them to the area. Now, besides dealing with discrimination rooted in racism and xenophobia, their only source of employment, which is likely one of the biggest economic engines in the community overall, is shut down. As these plants shuttered, the dominoes started to fall. Suddenly, we were seeing the shortsightedness of allowing mega-packing plants put smaller competitors out of business. One major plant goes down, and a hog farmer must transport their hogs twice as far to have them processed at the next megaplant — until that plant shuts down as well. By the end of April, farmers were killing their hogs, poultry companies were coming on to their contractors’ farms to gas chickens, and eggs were being smashed. Dairy farmers were forced to dump milk and large vegetable operations in Florida and California were plowing under produce as the “food service” market — schools, hotels, and restaurants — vanished. How dysfunctional is our food and farming system? While animals were being euthanized, milk dumped, and vegetables buried, food banks were overwhelmed as the unemployment rate skyrocketed — demand at food banks rose 70%, according to Feeding America. So much for the myth that a concentrated, industrialized food and farming behemoth will feed us all. And in this country, there is another significant result of being out of a job: lack of health insurance. As LSP member Jennifer Jacquot-DeVries wrote in a blog in early April: “With a national healthcare system that links employment and health insurance coverage, that means thousands of Minnesota families and millions of American families are also losing their health insurance coverage.” Consider the irony: In the midst of one of the biggest health crises this country has ever faced, millions of “essential workers,” including farmers, lack good healthcare coverage. Meanwhile, as this country’s residents are forced to go online in order to do everything from get a basic education and work to purchase necessities and communicate with loved ones, the digital divide in rural America has become a crisis all its own. But COVID-19 hasn’t just shed light on the weaknesses in our food and farming system; it’s also made people aware of the strong bonds that can develop when eaters and farmers “shorten the food chain.” As panic grocery buying took hold in the early days of the outbreak, interest in locally produced food rose. In March and April, LSP farmer-members were reporting a surge in demand for direct-marketed meat. Some Community Supported Agriculture farms were seeing a rise in member sign-ups. Much of that interest in local farms may have been rooted in the kind of panic-driven consumerism that takes hold whenever there is a contamination scare in the mainstream food system. Unfortunately, this kind of interest in local, regeneratively-produced food often fades once the initial health crisis has passed. But this time may be different. The extent to which our concentrated, corporatecontrolled food system is broken is receiving a lot of attention. If nothing else, we are all more aware there are people behind our food, from the farmers and the people who work in processing plants to the warehouse workers and the folks who drive trucks and stock shelves. As this Land Stewardship Letter goes to press, it’s unclear what the future will bring. Some things are simply out of our control. That’s why, with the help of our members and allies, the Land Stewardship Project is continuing to have an impact on what we can control: creating healthy soil, working to bring about fair treatment of everyone that’s part of the food chain, building the next generation of farmers, and protecting the power of communities to build their own economic and social resilience. Remember: “Everything is connected to everything else.” In other words, we are all in this together.