**The Broadcaster** ▪ Sept. 30, 2020 ▪ 715-432-6285 ▪ stoneyacrescsa@gmail.com ▪ www.stoneyacresfarm.net



“At Thanksgiving, my mom always makes too much food, especially one item, like 700 or 800 pounds of sweet potatoes. She's got to push it during the meal. "Did you get some sweet potatoes? There's sweet potatoes. They're hot. There's more in the oven, some more in the garage. The rest are at the Johnson's." --*Louie Anderson*

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| News from the Farm  **CSA Week 18, 2020**! There is so much food in the ground and my crew and I are moving into a mass harvest mode! This week we are pulling up carrots, sweet potatoes, broccoli, cabbage, and spinach. I’m looking forward to harvesting Brussel sprouts, celeriac, kohlrabi, rutabaga, horseradish, and loads of leeks. The melons are beautiful, big, sweet, juicy, drippy delights! This is definitely the season for eating well! We made a sweet potato peanut stew this week for lunch, and it is a perfectly sweet and savory one-pot meal. I have included a recipe for you below. If you like more heat, you can add a little more jalapeño or some cayenne. If you were hoping for a naughty pig update this week, you may be disappointed to hear that the naughty pigs have been relocated to the barn. With the temperatures dipping down into the low 30s, they were happy to move inside and into a warm and cozy nest of hay and straw. And here is my transition from this subject to the next in joke form: Why did the farmer make the pigs do the paperwork? Because it was grunt work! Several CSA members have already signed up for their share for the 2021 season. Signing up early for CSA is beneficial for farmers for a lot of reasons, including planning, and literal “seed money.” This year, we’ve had a lot of new members to the CSA and many of you are experiencing the benefits of local, organic, farm-fresh food for the first time. I’m so grateful to all of you for joining our local food community. I’ve said it before, and I’ll say it again. I’m always energized by what the CSA gives me; the ability to keep the family farm alive, great food, and a community of support from which I have realized some of my best friendships and hope for the future. Thanks for signing up and trusting me to be your farmer. **–Have a delicious week-- Tony, Riley, Ted, & Maple (minus one tooth).** |

**In Your Box**

Sweet Potatoes

Radishes

Carrots

Melon

Bok Choy/Napa

Garlic

Cheap Frills (salad)

Pumpkin   
Peppers

**Next Week’s Best Guess**: Bok Choy, peppers, leeks, carrots, spinach, cabbage, potatoes

**Pizza specials of the Week Vegginald Vel-Johnson-**  Fennel, zucchini, broccoli, onions. **Ben Franklin Soaking Food –** Stoney sausage, peppers, caramelized onions, ajued oyster mushrooms. **Peter Piper Picked a Peck of Pickled Peppers Pizza–** Sausage, flecked ham, onions, pickled Hungarian hot wax peppers **Samurai Delicatessen** – Fried shishito peppers, sthitake mushroom, teriyaki marinated steak, fresh mozz, baby mizuna greens in post. **Ramona the Pesto**—Pesto base, flecked ham, heirloom tomatoes, roasted fenel, red peppers. **First Taste of Fall,** Saged squash sauce, flecked ham, onions, bleu cheese, roast honey boat squash. **Charlie Berens—**Saukeraut, cheese curds, brats, onions

**Farm to Table Recipes Gleaned by Tony and Katie**

**Spicy Sweet Potato Soup with Sweet Potato and Kale (Pinch of Yum): Ingredients:** 2 tablespoons olive oil, half an onion, *diced*, 1 jalapeño, *minced*, 2 cloves garlic, *minced*, 3 large sweet potatoes, *peeled and cubed*, 1 14-ounce can fire roasted tomatoes, 1 14-ounce can light coconut milk, 2 cups water, 1 teaspoon salt, 1 teaspoon curry and/or turmeric, 1/2 cup chopped peanuts, 1/4 cup peanut butter, 1–2 cups kale, *stems removed, chopped* **Instructions:**  Heat the olive oil in a large soup pot over medium heat and add the onion, garlic, and jalapeño. Saute until soft and fragrant.. Add sweet potatoes. I like to brown them a little bit with the aromatics to get them nice and flavorful. Add tomatoes, coconut milk, water, spices, and peanuts. Simmer until sweet potatoes are fork-tender. Add peanut butter and kale. Simmer until everything is thick, creamy, and delicious. Top with more peanuts and a little cilantro if you’re obsessed like me

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| **Winter Squash Guide**  Down the streach you will enjoy a lot of winter squash in your box. Keep this guide as a reference to what squash are in your box. Keep in mind we NEVER give you gourds or decorative squash. That means all squash and pumpkins are for eating and many of them last a longtime so you can use them right away or keep them into the fall. Squash are best stored between 50-60 degrees in a darker and drier place. They do not like humid basements (because they mold). The squash you will receive the last 3 weeks of the CSA will all be cured so they will store the best. If you only want to use part of a squash for a meal, make sure to remove seeds and store the rest covered or wrapped in plastic in the refrigerator.  Pepo Family- This family is the most diverse in terms of colors and texture. They tend to have a thinner skin, hard narrower stems, and wetter flesh. These include Acorn squash (dark green or light white varieties); Carnival, honey boat and sugar dumpling (a bit more flattened acorn shapes with white and green stripes or white, green and orange stripes); all pie pumpkins (see listing below), and Delicata (tube shaped and rubbed like and acorn). All these varieites other than pumpkins are great roasted and all have great roasting seeds. Delicata are great cut into rounds and cooked with a little bot of butter and maple syrup and they have thin skins you can eat! All of the summer squash like zucchini also belong to this family. Spaghetti squash are also part of the family. They are white to bright yellow (sometimes with light green |
| stripes) and are best roasted or steamed and then scooped out. The flesh can be used in place of pasta as the name implies. We love these as a side dish mixed with salt, fresh black pepper, a little cream or grated cheese.  Pumpkins- all pumpkins are edible but many are not great in terms of flavor or texture. We grow several pie pumpkins including New England Pie which is smooth skinned, long pie which is a cylindrical big pie squash, and winter luxury (a lightly netted skin and lighter color). All make great pies, sauces, soups or just pureed squash. Pumpkin tends to have a squashier more intense flavor and slightly stringer flesh than other squash types– winter luxury are our favorites but they make a lot of pulp so prepare to make 4 pies, lots of soup or to freeze half of what you cook. To make pumpkin pie type filling roast pumpkins with seeds removed cut side down on a roasting pan with some water to keep them from burning – cook at 350-400 for 30-60 minutes (depending on size). Cool and scoop out. Puree in a food processor or use an immersion blender to smooth out any stringiness.  Maxima Family – These are the dry fleshed squash also known as hubbard family. They have a thicker skin, drier and sweeter flesh. The most common type of maxima squash are buttercups which look like dark green cups topped with wine corks. Other types you will see in the boxes are red kuri (tear drop shaped orange red with red flesh) and Winter Sweet (slate blue and flatter and circular). These store very well! These are Kat’s favorites and our kids will eat them by the spoonful as they cool on the table. These are the best for curry dishes and other creamy soups. They are great in chunks roasted. All of them have a characteristic wine cork/button like stem. The seeds in these are less fun to roast and eat because they are much more fibrous.  Moshata family- when you want “pie pumpkin” reach for the moshata. Canned pumpkin is actually not a “pumpkin” as you think but rather canned butternut or other moshata flesh. This squash tends to be sweet, a bright orange-light brown, and to have green stripped brown or just brown skin. Butternuts are the best know moshatas and you may have a couple with green or yellow stripes since we are doing a few trials with UW Madison. Butternuts stand up to cooking well and do well as chunks. Much of the reason people love butternut is because of the small seed cavity which means more flesh and bigger chunks of flesh to cut up. |
| All winter squash is easy to prepare – pepo types are best cut into slices although moschata types are fine this way as well. We love slices of carnival or delicata squash with seeds removed baked with a bit of butter at 350-400 degrees. For mashed squash all types can be used but hubbards are probably the best. Cut in half, remove seeds, bake cut side down until the squash softens and then scoop out. This is the same method to use for extracting pumpkin flesh for pies as well. pumpkin” seeds can be made from any squash but are best from pepo types including pie pumpkins. |