**The Broadcaster** ▪ July 1, 2020 ▪ 715-432-6285 ▪ stoneyacrescsa@gmail.com ▪ www.stoneyacresfarm.net



**“Eat an appropriate amount of Kimchi.”**

**--Aunt Ruth**

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| News from the Farm **CSA Week 5, 2020!**  In many ways this week was a repeat of the past. Makin’ hay while the sun shines, weeding, weeding, and more weeding, and continued work on the barn. It seems that we have been getting rain just when we need it, but I’ve been irrigating the crops periodically. Especially now when the weather outside feels like the inside of the greenhouse. I built an irrigation system and it provides a lot of security that even if we have a droughty patch of weather, that it won’t have a negative impact on crops. We have a had a prolific year for strawberries! You saw them in your share last week, and you’ll see them again this week. I think of strawberries as a seasonal treat! You should eat as many as you can and want while you can pick them and enjoy them, still warm from the sunshine. Consider putting them in a simple salad with feta or blue, and a little Jonathan john dressing. If you don’t gobble your strawberries up in your share, throw them in the freezer—they’re wonderful in smoothies and blended drinks. Also, check out the back of the newsletter. We are making Kimchi right now—you can, too! We enjoyed the end of June, there were a lot of wonderful not-farming moments this week. Fishing with Riley and Ted, playing basketball in the hay mow with the kids and Aunt Dana (Riley and Dana won!), jumping on the trampoline with Maple. The long days of June are energizing. We love walking around the farm, flanked by Toby and Stout, and watching everything coming up. **Have a delicious week- Tony, Riley, Ted and Maple**  |

**In Your Box**

Napa cabbage

Garlic scapes

Fennel

Beets

Kohlrabi

Lettuce heads

Strawberries

**Next Week’s Best Guess**: carrots, broccoli, strawberries, scallions, napa cabbage, garlic scapes, lettuce head

**Pizza specials of the Ben Franklin’s Soaking Food –**Stoney Sausage, peppers, caramelized onion, ajued oyster mushrooms. $22 **Alexander HAMilton –** Flecked ham, roasted cherry tomatoes, and roasted fennel. $22 **John Hancock’s Sauce in the Pen-** Bacon, green garlic sauce, micro-arugula, and shaved parm in post. $22 **The American Scape Goat** –Bacon, garlic scape pesto, charred kale, chevre from laclare farm, & fried scape in post. $22

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

Tony loves fennel. I (Katie) never ate much of it growing up, and so I’m still learning to cook with it. This week, there are two simple ways that you can make the fennel that you get in your box. They’re both pretty different, so you can explore fennel, too!

First, **Grilled Fennel**. Tony and I made this last week and it was really tasty. Take just the bulb of the fennel, cut out the core at the bottom, slice in half (or leave whole depending on the size), drizzle with a little olive oil, salt & pepper, and throw it on the grill. Let it sit on the grill until it’s soft and slightly charred Voila!

**Shaved Fennel Salad** (From Simply Recipes)

* fennel bulb, shaved paper thin with a [mandoline](http://www.amazon.com/gp/product/B0000DAQ8B/ref%3Das_li_ss_tl?ie=UTF8&linkCode=sl1&tag=simplyrecip02-20&linkId=8b618e884ae2300396cec9d2df210bf3) or meat slicer
* 2 Tbsp extra virgin olive oil
* 1 Tbsp fresh lemon juice
* 1/8 teaspoon of chopped fresh thyme leaves
* 1 Tbsp chopped flat-leafed parsley
* 2 Tbsp shaved Parmesan cheese

**Kim Chi – A how to guide to sauerkrauts spicy Korean counterpart**Fermenting vegetables is very easy, seriously, but take a little leap of faith. Health.com named **kimchi** one of the five healthiest foods in the world. **Kimchi**, a fermented food, is highly probiotic, meaning that it supports the growth of good digestive bacteria. **Kimchi** was first developed in Korea in the 12th century to preserve vegetables during the winter. Kim Chi is one of our personal favorites and requires less overall efforts than sauerkraut and uses Chinese cabbage and or Bok Choy which will be in the box this week and next. If you need a fun way to expand you food horizons this is one! Here are 10 Fun facts about Kim Chi from Hatch Lab.net

1. There are many ways to spell kimchi, including *kimchee* or *gimchi*. Take your pick!
2. Traditionally, kimchi is fermented underground in earthen pots for months.
3. The average adult Korean consumes more than a quarter pound of kimchi every day. (Source: *Wild Fermentation*, Sandor Katz.)
4. 75% of the kimchi consumed in Korea is made at home. (Source: *Wild Fermentation*, Sandor Katz.)
5. A study conducted by Seoul National University found that chickens infected with the H5N1 virus, also called avian flu, recovered after eating food containing the bacteria found in kimchi.
6. There are more than 300 different kinds of kimchi.
7. Health.com named kimchi one of the five healthiest foods in the world.
8. Kimchi, a fermented food, is highly probiotic, meaning that it supports the growth of good digestive bacteria.
9. Kimchi was first developed in Korea in the 12th century to preserve vegetables during the winter.
10. At the inaugural Chowdown in Koreatown World Kimchi Eating Championship in Chicago in 2013, Miki Sudo ate 8.5 pounds of the pickled delicacy in 6 minutes and won $1,750—as well as some serious bragging rights.

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| **Ingredients** - 2 lbs head napa cabbage, 1/4 cup sea salt or kosher salt (see Recipe Notes), Water (see Recipe Notes), 1 tablespoon grated garlic (about 5-6 cloves or scape), 1 teaspoon grated ginger 1 teaspoon sugar, 2-3 tablespoons fish sauce (optional), 1-5 tablespoons Korean red pepper flakes or regular hot peppers, 8 ounces Korean radish or daikon (spring turnips work well), peeled and cut into matchsticks, 4 scallions or green onions trimmed and cut into 1-inch pieces. Note you can remove turnips and scallions and still have a great result. **Cut the cabbage**. Cut the cabbage lengthwise into quarters and remove the cores. Cut each quarter crosswise into 2- inchwide strips.**Salt the cabbage**. Place the cabbage and salt in a large bowl. Using your hands (gloves optional), massage the salt into the cabbage until it starts to soften a bit, then add water to cover the cabbage. Put a plate on top and weigh it down with something heavy, like a jar or can of beans. Let stand for 1-2 hours. Rinse and drain the cabbage. **Rinse the cabbage** under cold water 3 times and drain in a colander for 15-20 minutes. Rinse and dry the bowl you used for salting, and set it aside to use in step 5.**Make the paste**. Meanwhile, combine the garlic, ginger, sugar, and fish sauce (or 3 tablespoons water) in a small bowl and mix to form a smooth paste. Mix in the hot pepper, using 1 tablespoon for mild and up to 5 tablespoons for spicy (I like about 3 1/2 tablespoons**).** **Combine the vegetables and paste**. Gently squeeze any remaining water from the cabbage and return it to the bowl along with the radish, scallions, and seasoning paste. Mix thoroughly. Using your hands, gently work the paste into the vegetables until they are thoroughly coated. The gloves are optional here but highly recommended to protect your hands  |
| from stings, stains, and smells!**Pack the kimchi into the jar**. Pack the kimchi into the jar, pressing down on it until the brine rises to cover the vegetables. Leave at least 1-inch of headspace. Seal the jar with te lid. Let it ferment. Let the jar stand at room temperature for 1-5 days. You may see bubbles inside the jar and brine may seep out of the lid; place a bowl or plate under the jar to help catch any overflow. Check it daily and refrigerate when ready. Check the kimchi once a day, pressing down on the vegetables with a clean finger or spoon to keep them submerged under the brine. (This releases gases produced during fermentation.) When the kimchi tastes ripe enough, transfer the jar to the refrigerator 2 days work well. You may eat it right away, it's best after another week or two.  |