



“Cooking has done the most to advance the cause of civilization”

-Jean Anthelme Brillat-Savarin (in Michael Pollan's Cooked)

News from the Farm

Welcome to CSA Season 2013. This is our 7th CSA season and despite a late and increasingly wet spring we think this may very well be our best season yet! We apologize for the late start and encourage everyone to make sure that you note that the **final delivery will now be October 24th**, one week later than planned.

If you want to receive an email reminder, e-newsletter or text reminder please call, text or email! See communications on the other side of the newsletter for details.

In crop news, many of the leafy greens are “on schedule” and other spring crops like carrots, beets, spinach are a little behind. Snap and snow peas are the most behind of any spring crop, since they were planted a full month late, but they look beautiful so a little wait will lead to a bountiful crop! It has been wet and cool which has made some planting difficult and made some of our crops less than happy, but most of our veggies are planted in raised beds which helps with drainage in our heavy soils.

The pancake breakfast is still on June 29th! Pea picking will not take place that day but may be rescheduled as a series of u-pick times as the weather and crop allow.

Have any questions about the veggies in your box, cooking tips, logistics or any concerns? Call or email us so we can help!

Friday June 21st we will be hosting our first cooking class/demo during pizza night! We do not require sign up but RSVPs allow us to plan for tasting portions. Wonderful chef and CSA member Kim Casey will be exploring how we can use spring ingredients. Next week we will feature a full agenda! Have a delicious week - Kat, Tony, Riley, and Ted

In Your Box

- **Lettuce heads-** leaf, baby red romain, oak leaf, and/or butterhead.
- **Broccoli**
- **Chinese cabbage (napa cabbage)**
- **Purple Kohlrabi** with greens
- **Radishes**
- **Scallions**
- **Bok Choy** (pac choi)
- **Maple Syrup**
- **Rhubarb**
- **Baby turnips with greens** (fulls only)

Next Week's Best Guess: Radishes, Carrots, Scallions, Chinese Cabbage, Pac Choi, Kale, arugula/baby braising greens,

Pizzas of the week – 5 Veggie: broccoli, green garlic, bok choy, scallions, spring turnips; The Vegan: 8 veggies on a vegan pie; A Mighty Pig-maple herb sausage, green garlic, bok choy, and blue cheese; & A mystery special TBA...

Kat's Kitchen

Spring slaw- Kohlrabi, Chinese Cabbage and/or turnip green and/or bok choy, scallions

Grate 1-2 kohlrabi (keep leaves for cooking or course chop and add to slaw, discard stems); roughly chop 3 cups napa/Chinese cabbage, turnip greens and/or bok choy. Chop scallions into small rounds. Toss together and dress with: 2 teaspoons rice vinegar (cider vinegar works too); 1 tsp sesame oil; 1 tbs olive/ sunflower oil; 1/2 teaspoon honey or maple syrup; 2 tsp soy sauce; fresh ground pepper; For a creamer version add 2 Tbs mayonnaise in place of olive oil.

Spring fresh veggie plate with a simple dip - Fresh veggies for dipping- Scallions, Radishes, turnips, kohlrabi peeled and slice into sticks; broccoli cut into florets; bok choy (choose smaller stems, slice into dipping slices, remove most leaves for another recipe). *Dip:* 3 Tbs lemon juice; 2 anchovy fillets (you can substitute 1 tsp soy sauce or fish sauce here); 2-3 scallions; 1 Tbs white wine vinegar; 1/2 cup sour cream; 1/4 mayonnaise; 2 cups chopped fresh greens (kohlrabi, turnip, radish, bok choy all work well); 1/4 cup olive oil; salt and pepper to taste. In a food processor or blender combine all but the olive oil adding olive oil as needed for desired consistency. More greens can be added to taste. This is great for a dip but also nice on toasted bread, added to pasta like a “pesto”.

Cooked greens 101 (turnip, radish, kohlrabi and any other green we include in the box is good to eat unless noted. Some greens like radishes are fuzzy until cooked so are best used this way. Remember as the season goes on that greens can be added to most anything including chopped finely into burgers, added to pasta dishes or all sorts; blended for some taste but mostly color and nutrition into sauces. Cooked greens can be made a day ahead and added to egg dishes or simple sandwich lunches). Chop greens coarsely, heat a cast iron or other skillet with 1-2 tsp olive oil, add greens and stir until bright green 1-2 minutes for the most tender 3-5 for stiffer greens. Flavor with salt and pepper, 1-2 tsp sour cream; or a little bit of soy sauce and sesame oil.

Key Resources- CSA 101

Contacting us - Phone, email, facebook and text are the best ways to contact us. Our email address is info@stoneyacresfarm.net. Our phone number is 715-432-4683; our farm facebook page is [facebook/stoneyacresfarmandpizza](https://www.facebook.com/stoneyacresfarmandpizza).

Updates- email newsletters, reminders and text will be sent the day of delivery once a week. We know some of you would like more updates but are not interested in clogging your inboxes or sending too much your way. If you need or want other information our website is updated weekly and our facebook page is updated most days.

Newsletters- These are the most important form of member communication. They include the most important information each week including logistical information, events, changes and more. They are available in paper format at dropsites, on the website, or as e-newsletters. You do not need to be signed up for special forms of communication. All the important information each week is in our newsletters. These are the same in paper or E-format. Please be conscious of paper use. If you can use the E-version only this will allow us to print less over the season and to save paper.

Dates and Events -These will be posted as reminders in newsletters in the CSA section of our website. The dates will not change. U-pick times and dates are subject to weather. We post a series of sign-up times usually over the course of several weeks for you to do these.

Cooking Outside the CSA Box – Cooking classes

- 1) Friday June 21st – Summer Solstice Cooking Class, 6pm. This class will happen during a pizza nights and
- 2) Saturday July 13th – Meeting in Wausau at the Home of Lisa and Jim Macco
- 3) Saturday September 28th

Major Events

Pancake Breakfast and Pea Pick Saturday, Saturday June 29th 9:00am - 1:00pm
Harvest Festival Potluck and Barn Dance, Saturday August 10th - 4:30pm - 11:00pm
Pumpkin Pick and Pie, Saturday September 28th 1-5pm

Member resources - Our website stoneyacresfarm.net has a new and growing member resources section. Check it out! We are working on a recipe archive from the old website (not yet in place) but this is the first place you should go if you are looking for cooking resources; canning or preservation ideas; or you want to find out where and when the pancake breakfast is! We highly recommend that you download the vegetable storage sheet from our fellow farmers at Tipi produce which is available here. This has the best ways to store what you get each week on one easy sheet and allows you to take the best care of the produce you receive. Another great go to resource is <http://www.csacoalition.org/resources/consumers/>

Visiting us at the farm - We are happy to have you visit us and love connecting with new and old CSA members alike. Please set up a time to be here, to share a meal with us or to help do some farm work!

Pizza night- While these are open to the public and are not a CSA event specifically they are a great time to come to the farm to explore, to see us, to visit animals and vegetables alike! We are always here and ready to host you but cannot usually split away to give longer farm tours. This is a time for kids to run around outside, for adults to meet other CSA and community members from the area and of course a way to enjoy seasonal foods. We always offer vegetarian and vegan options and if you would like to bring your own gluten free crust you can do so but we cannot produce true gluten free crusts ourselves at this time.