



Announcing the 109th Annual Athens World Fair

News from the Farm

It is week 10, the halfway point in the CSA! Hope you are all enjoying the fruits of summer despite the cool summer weather.

The barn dance was wonderful. Thank you to everyone who came out. We raised nearly \$700 for the share-a-share fund, got in lots of dancing and got to talk to so many wonderful people. This is one of our favorite parts of the CSA each year.

The Athens Fair Starts today, the 15th in the evening and runs through Sunday afternoon. You can get a complete listing of events at the Athens WI town website but our favorite events include the fund walk-run at 11am on Sat, the draft horse show that night and the parade. Again, if you would like to be in the parade do call or email so we can reserve you a costume! We have a great theme this year.

The general news from the field is also fairly good despite the fact that we are still wanting rain with nothing at all in the forecast. We do expect some impact on fall crop yields of potatoes and carrots and are using some limited overhead irrigation to encourage growth and germination of later plantings of salad mix and herbs. Beans should be back in the next 2 weeks and other fun crops like eggplant, tomatillos (used in green salsa), and colorful cauliflower should be arriving soon.

We have a busy few weeks with the fair this week, or 2013 organic certification inspection on Monday, Kat's sister's wedding next week and lots more!

Have a delicious week - Kat, Tonv, Rilev, and Ted

In Your Box

- Garlic
- Cabbage, cauliflower or broccoli
- Zucchini and/or summer squash
- Cucumbers – smooth, slicing and “English”/Asian varieties.
- Tomatoes – a mix of heirlooms and beefsteaks.
- Green or purple peppers
- Lettuce heads
- Carrots
- Tomatoes – a mix of heirloom, cherry, saladette and beefsteak types.
- Kale

Next Week's Best Guess:

zucchini, carrots, tomatoes, salsa packs, onions, garlic, greens cucumbers.

Pizzas of the week – 5 veggie- zucchini, basil, tomatoes, onion, and peppers; Summer special #1- heirloom and cherry tomatoes, roasting peppers, garlic and basil with pork sausage; summer blue(s)- Blue cheese, sausage, leeks, and apple

Kat's Kitchen

Kale chips revisited- our son Riley loves them and makes them nearly every night. Our new technique includes using a mixture of salt, nutritional yeast, and paprika (same as the mixture for the barn dance) liberally! It seems like this along with sunflower oil creates the ideal chip no matter what type of kale is used. Only create 1 layer on a baking pan and bake at 400 until crisp.

Sauerkraut 101- We know, the cabbage is getting a bit out of control! We love it, it is great for you, and we are trialing varieties so we have a lot this year. Luckily it is easy to preserve. There are many recipes online to follow. We like this from Wild Fermentation <http://www.wildfermentation.com/making-sauerkraut-2/>

Carrot top pesto: 2-3 lbs roasted carrots, 2 tbs olive oil, 1 clove garlic, 3 Tbs pine or macadamia nuts, ½ cup basil, ¼ cup parmesan cheese, carrot tops. Preheat oven to 400°. Trim carrot tops, leaving some stem attached. Measure out 2 cups carrot tops and set aside; reserve any remaining carrot tops for another use.

Toss carrots and vegetable oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until carrots are golden brown and tender, 25–35 minutes. Let cool. Pulse garlic and nuts in a food processor until a coarse paste forms. Add basil, Parmesan, and reserved carrot tops; process until a coarse puree forms. Add olive oil and pulse until combined; season with salt and pepper. Serve carrots with pesto.

Very mustardy vinaigrette for chopped salads, with kale or lettuce, shredded cabbage or tomato and cucumber salad.

2Tbs yellow or Dijon mustard, 2 tbs maple syrup or warmed honey, 2-3 Tbs apple cider vinegar, 3 Tbs olive or sunflower oil

An interview with the 2013 Farmshed Wausau Area local food hero Amanda Ostrowski Marathon County Health Department

Amanda has been instrumental with the Marathon County Health Department in bring EBT/Foodshare aka foodstamp usage to farmers markets across the county. Her work is particularly important in that it allows people of all income levels to access healthy in season produce, much below the cost of equivalents in grocery stores and keeps money spent on federal food programs in our own economy, rather than shipping it to California or other produce centers.

We asked Amanda to reflect on several different questions about local food in our community.

Q: What are the biggest obstacles to healthy eating?

A: The biggest obstacle to healthy eating is access to healthy food. People can't eat healthy food if they can't grow it or purchase it. This is one of the reasons FoodShare at the farmers market is so important to me. In 2010, you could use FoodShare to purchase chips and soda at a convenience store, but there was no way to buy carrots and squash from local growers. Farm to School, FoodShare at the Farmers Market, community and school gardens, and programs like Share A Share all contribute to increasing access to all people.

Q: Marathon County wants to be the healthiest county in Wisconsin. Is this possible and what would we need to make it happen?

A: It's possible and we're on our way. Healthy, thriving communities depend on access to opportunities--greenspace for parks and gardens; road infrastructure that supports all users (bicyclists, pedestrians and motorists); schools that open their doors and playgrounds beyond the school day; a local food system that provides healthy food to all residents, not just those that can afford it. Purchasing from a CSA or farmers market, for example, is not only supporting our local economy, but it is creating a demand which in turn changes the supply of the food system. In Marathon County, we have passionate, dedicated people from all sectors of our community--schools, health care, businesses, government--working on these complex issues. If you're interested in more opportunities on how to be a part of making Marathon County the healthiest, safest, most prosperous county in Wisconsin, please do not hesitate to contact me.