



# What did the carrot say to the wheat? Lettuce rest, I'm feeling beet.

Shel Silverstein

## News from the Farm

Welcome to CSA week 17. We have three more weeks left in the regular season share and extended season shares will continue after that for those currently signed up. **Early Bird 2014 Sign up forms** are attached to the back of this newsletter. The ones now posted on the website for 2014 use the new prices and are for new member sign up without discount. Please use this week's form for sign up before Jan 1st as Half share prices will go up to \$350 next year (to better reflect the fact that they are 2/3rds the amount and include the same upick amounts, delivery costs etc). Full shares are going up slightly to \$510 to reflect cost of living increases over the past 3 years.

Please note that extended season dates are shifted back because we delayed the start of the CSA. The first delivery will be October 31<sup>st</sup>, followed by the previously schedule dates of November 7<sup>th</sup> and November 21<sup>st</sup>. Remember the only pick up sites for these are Wausau (both sites) and the farm.

Tony has declared this week the best box of 2013, we hope you agree! You will note a bunch of split items (different things for fulls and halves) which reflect a shift away from fruit crops and the first of some "newer" plantings of fall crops. The fall colors are changing, it is beautiful here and we are thrilled about fall weather that has allowed us extra time to deal with large fall harvests. In other exciting news we have been working on establishing a Winter Farmers Market in Marathon County and it will be a reality, Saturdays 8-12, in the Extension Building on 212 River Drive starting November 16th. Stayed Tune for more details!  
*Have a delicious week - Kat, Tony, Riley, and Ted*

## In Your Box

- **Purple, green, and red peppers**  
– We should have them for 1 more week!
- **Hot peppers**
- **Tomatillos- full shares only**
- **Leeks – half shares**
- **Onions – Full shares**
- **Tomatoes –half shares only**
- **Carrots –**
- **Sweet potatoes-** yippy! The rest are curing in our greenhouse. Enjoy these in all regular sweet potato dishes.
- **Winter squash-** Red Kuri or Buttercup- sweet dry flesh
- **Broccoli and/or cauliflower –** half shares only
- **Kohlrabi-** Full shares only
- **Lettuce heads-** half shares only
- **Beets-** Full shares only. Remember to use their tasty tops!
- **Kale – Red Russian.** Nice and sweet from frost, perfect for raw kale salads!

**Next Week's Best Guess:** Diakon Radish, tomatoes/tomatillos, peppers, leeks or onions, garlic, turnips, potatoes, carrots, cabbage

**Pizzas of the week – Squashed:** A winter squash sauce with leeks, garlic, apples and maple herb sausage ; 5 veggie: peppers, kale, onion, grated carrot, and garlic; Last summer nightshade- eggplant, peppers, tomatoes and sausage.

## Kat's Kitchen

**Simple Roasted Winter Squash:** From Kim Casey!

Various Winter Squash; Butter; Brown Sugar; Salt and Pepper

Preheat oven to 425 degrees. Slice squash in half and clean out seeds. Rub with butter and sprinkle with brown sugar, salt and pepper. Place on a baking sheet and roast in oven for approx. one hour. Roasting your squash this way is so simple. You can also roast squash and then stuff it. Use this same method but instead of butter and brown sugar, coat with olive oil then season. Roast for about 35 minutes then remove from the oven. You can then stuff it with so many different ingredients! Some ideas are sausage and apple, quinoa, cous cous, rice, mushrooms. You can go sweet with dried fruit and cinnamon or spicy by playing with more global flavors like curry or garam masala. Winter squashes are quite versatile vegetables.

**Simple sweet potato "fries" with spiced mayo**

Wash sweet potatoes no need to peel, slice lengthwise into ½ inch wide slices and then into ¼ inch strips. Toss 2-3 cups with 1.5 tbs olive or sunflower oil and spread evenly on baking sheets. Bake at 375-400 stirring 1-2 times until brown (about 30 minutes). While baking take 4 Tbs olive oil, regular or homemade mayo and spice with 1 Tbs siraccha sauce, 1 thinly sliced hot pepper or 1 tsp hot sauce.

**Creamy Vegan Carrot Soup**

large carrots, chopped small, 1 onion, chopped small, 1 tsp fresh ginger, minced, 1 1/2 tsp curry powder, 1 3/4 cup vegetable broth, 1 14 ounce can coconut milk, sea salt, to taste. Simmer the carrots, onions, ginger and curry powder in vegetable broth for 20-25 minutes, until carrots are soft. Allow to cool slightly, and then puree in blender, working in batches if needed. Return to heat and stir in coconut milk until well combined. Season generously with sea salt, to taste.



# STONEY ACRES FARM

COMMUNITY SUPPORTED AGRICULTURE

Questions? Call or email us:  
 715-432-4683  
[info@stoneyacresfarm.net](mailto:info@stoneyacresfarm.net)

## 2014 Current Member Early Bird

Jan. 1<sup>st</sup> prices rise to \$350 for half & \$510 for fulls

**Member Information:** If you are splitting a share, please provide contact information for both shares.

Household 1:

Name(s) \_\_\_\_\_

Phone (circle phone using weekly text reminders)

Home \_\_\_\_\_ Cell \_\_\_\_\_

Email (write clearly and differentiate between capital/lowercase) \_\_\_\_\_

Address \_\_\_\_\_

Household 2:

Name(s) \_\_\_\_\_

Phone (circle phone using weekly text reminders)

Home \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

### Share options: Choose your share (s) and pick-up location

Full Share ¾ bushel <b>\$500</b>	Includes a box of vegetables larger than a paper grocery bag. Farm-events, u-pick, & delivery included. A good amount for a family or couple who eats a lot of veggies.
Half Share ½ bushel <b>\$315</b>	Includes about 2/3rds the amount of a full share (not half) with same events etc. Good for 2 people or a family that uses less or wants to supplement other sources.
Extended Season Share <b>\$200</b>	Includes 3 deliveries (Oct 23 <sup>th</sup> , November 6 <sup>th</sup> , Nov 20 <sup>th</sup> ). Each delivery is 1.5 bushels including storage vegetables & greenhouse greens. Whole wheat flour and maple syrup will be featured. Wausau and Farm pickups only.
Share a Share \$ _____	\$25, \$50, \$100 or choose an amount. This money is used to subsidize shares for low income families.
Community, Worker, & low income shares Contact Us	We offer a limited number of worker shares (4 hours weekly work in exchange for a full share); Community Shares (same as a full share but with a full day work commitment \$450); and for subsidized shares for low income families, foodshare and/or payment plans.

**Makes Checks Payable to:**  
**Stoney Acres Farm**  
 7002 Rangeline Rd Athens WI 54411

\$ \_\_\_\_\_

**Total Amount Due**

### Pick Up Locations

- Wausau-East    Wausau-West    Athens  
 Farm (\$25 off)    Marshfield    Merrill  
 Medford    Stratford

### Member Agreement (initial/sign)

I am responsible for pick of my box between 1-6pm Thursdays June 5<sup>th</sup>- October 16<sup>th</sup> and understand after that time the box may not be available. Initial \_\_\_\_\_

Check for weekly reminder email  text

I will read the newsletter each week, as important updates are provided there, in print form or online. Initial \_\_\_\_\_

Check for a weekly email newsletter

I understand that CSAs are based on the idea of shared risk and reward. In the event of a severe weather or uncontrollable circumstances that a CSA box is not guaranteed while in times of bounty more food may be provided. Initial here \_\_\_\_\_

Sign here \_\_\_\_\_

Date \_\_\_\_\_