



"Those who labor in the earth are the chosen people of God, if He ever had a chosen people, whose breasts He has made His peculiar deposit for substantial and genuine virtue. It is the focus in which He keeps alive that sacred fire, which otherwise might escape from the face of the earth." - Thomas Jefferson, *Notes on Virginia*

## News from the Farm

Happy Fourth of July! Our quotes and essay are themed around the holiday. We had a wonderful dry week that allowed us to start weeding up a storm! We made several thousand bales of hay and enjoyed dry feet! Tomatoes and peppers seem to be loving this weather and we spotted the first, very little, zucchini in the field which means they probably 2 weeks off.

We will have **Strawberry U-Pick**. You have 1 gallon included in your share and if you would like more berries beyond this we charge \$4/Quart or you can pick for half (you take home half of the berries you pick and leave the rest with us). We are not sure if there will be upick next week or not. Times: Friday 1-5pm; Saturday 8am-1pm; Monday, Tuesday 8am-5pm. Please call/email because we limit the number of people out at once.

Our **July cooking class** in Wausau has been moved to 3pm on Sunday the 21<sup>st</sup> because of a lot of conflicting events. This class will be held in Wausau at the home of Lisa and Jim Macco. We will have more details coming in next week's newsletter but mark your calendar!

We are part of a group of farms offering open houses and farm tours on the 20<sup>th</sup> of July from 1-8pm. You can get more information from next week's newsletter but also at <https://www.facebook.com/SlowFoodMarathonCountyFarmToForkTour>

Disappointingly we think that peas may not make it into boxes. Some are producing but so many drowned that we think that we will shift the u-pick to beans in August. Aside from this most crops are amazing. You can expect of new field crops over the next two weeks like summer squash, broccoli, cabbage, fresh herbs and more!

*Have a delicious week - Kat, Tony, Riley, and Ted*

## In Your Box

- Kale-
- Chinese cabbage
- Garlic Scapes – the flowering shoot of the garlic plant mince up and use just like garlic
- Braizing Greens, add to sauté or throw in the salad
- Baby lettuce mix – we have lots. Eat up!
- Spring turnips – great raw or cooked use both the bottom and greens
- Strawberries
- Lettuce heads – fullshares only

**Next Week's Best Guess:** garlic scapes, lettuce, spring turnips, strawberries, kale, broccoli, kohlrabi

pizzas of the week – 5 Veggie: garlic scapes, kale, baby turnips, Chinese cabbage, greens; Red, White, and Blue (and green)- strawberries, basil, kale and a top jack and blue cheese blend; Kim Chi & steak- our beef with Korean

## Kat's Kitchen

**Braised Mixed Greens Adapted from Deborah Madison** - 1 tbsp olive oil, plus extra for finishing 3 Garlic Scapes chopped into small rounds. 1 lb greens, kale, braizing greens, spinach, turnip greens etc.; herbs or spices (cilantro or parsley, or cumin or paprika work well) salt and freshly ground pepper; 1 ½ cups cooked/canned beans (borlotti, cannelloni, butter etc), 3 to 4 slices chewy country bread; parmesan or crumbled blue cheese Instructions: Heat the oil in a large skillet. Add garlic, cook for 1 min then add the greens. Season with ½ teaspoon salt. 2. As the greens cook down, turn them in the pan to bring the ones on top closer to the heat. Once they've all collapsed, add ½ cup water or bean broth, lower the heat and cook. Partially covered, until tender 5-15 minutes. Make sure there is some liquid in the pan for sauce. When the greens are done, add the beans, heat them through, then taste for salt and season with pepper. Toast the bread and rub it with the halved garlic. Arrange on plates and spoon on the greens and beans. Drizzle with olive oil. Cover with cheese.

**Garlic Scape ideas-** garlic scapes can be used just like garlic in any recipe. They are wonderful in stirfry dishes and blended with butter for a green garlic bread. We like this scape centered recipe from New York Times. **Scape and Bean Dip:** 1/3 cup sliced garlic scapes (3 to 4), 1 tablespoon lemon juice, 1/2 teaspoon coarse sea salt, more to taste, Ground black pepper to taste, 1 can (15 ounces) cannellini or other white beans, rinsed and drained, 1/4 cup extra virgin olive oil, more for drizzling. In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough purée. With motor running, slowly drizzle olive oil through feed tube and process until fairly smooth. Pulse in 2 or 3 tablespoons water, or more, until mixture is the consistency of a dip. Add more salt, pepper and/or lemon juice, if desired.

**Another favorite** is Kale, Olive oil, and garlic pasta with bacon. Make pasta of your choice, while it is cooking cook up 3-5 slices of bacon (sliced) adding 3+ garlic scapes finely chopped after the bacon starts to brown and 1/2- 1 bunch kale or braizing mix (sliced finely). Add to cooked pasta and add salt and fresh pepper (or hot pepper) to taste.

## We Farm for Democracy

As a tribute to the 4<sup>th</sup> of July my theme, if not patriotic, will at least be thoroughly civic. People often ask me why I farm and there are a number of varied answers, but my most fundamental response is to say I farm for democracy. To understand how the seemingly material work of me pulling weeds, baling hay and giving you cooking tips for your Chinese cabbage has anything to do with the seemingly abstract notion of democracy we must establish two premises; the first is a definition of democracy the second is our farm's role in the economy.

When most people think of democracy I feel they have a image of a ballot box as its prime manifestation, and although elections obviously matter, they are only one part of a more thorough and more real understanding of democracy. The definition of democracy literally is "rule of the people." This is a radical idea, and although we practice this in many ways, our version of democracy is dramatically limited. Most workplaces where people spend the majority of their waking hours are not at all democratic. We may enter into them freely but the work is dictated constantly. If the people are going to rule that implies every person being equally possible to effect our governing system and power structures that determine so much of our lives, no matter how small or large that effect may be. In this sense democracy implies equality and the broadest possible distribution of power.

My sense of democracy is built on some old enlightenment ideas, . "All men are created equal." as Jefferson put it in the Declaration of Independence. I've adapted this somewhat to say "people" instead of just "men" because that is the decent and equal thing to do. Beyond that, we're not just created equal every human being's life is equally important. So while we may vote for the President and other representatives, other forms of democracy are essential in balancing against the consolidation of power which render us less able to equally effect our governing system. I believe an important institution to creating a more equal distribution of wealth and power and therefore a more democratic system is the family farm.

I am not talking about any type of farming, but I am talking about the one that comes to most people's mind when they think of a farmer, or who is producing our food. I am talking about the type of farming that our country was founded on, that I grew up in, and that still has a strong, if threatened presence in our county. It is the scale of farming that I practice that I believe is democratic. I am a family farmer or a farmer who provides the majority of labor to their farming operation.

How is the family farm a democratic institution? It represents a manifestation of human work where the means of production is broadly distributed and broadly accessible. Broad based and independent decision making relies on broad ownership in our economic context. If a food system is based on family farming, control of that food system will be more equally accessible and democratic. In his 1986 essay Wendell Berry puts the family farm in the context of a democratic distribution of power.

"The question of the survival of the family farm and the farm family is one version of the question of who will own the country, which is, ultimately, a question of who will own the people. Shall the usable property of our county be

democratically divided or not? Shall the power of property be a democratic power or not? If many people do not own the usable property then they must submit to the few who do own it. They cannot eat or be sheltered or be clothed except in submission. They will find themselves entirely dependent on money. They will find costs always higher and money always harder to get. To renounce the principal of democratic property which is the only basis of democratic liberty, in exchange for specious notions of efficiency or the economics of the so-called "free market" is a tragic folly." I feel that Berry is a bit reductionist in his exultation of agriculture but I identify with his sentiment in the sacrifice of any broad capacity to bring forth a fundamental human need is a concentration of power and a betrayal of democracy.

Another affirmation of the democratic nature of a food system based democratic farm ownership is Walter Goldschmidt's classic 1940s study of California's San Joaquin Valley, *As You Sow: Three Studies in the Social Consequences of Agribusiness*, which he compared areas dominated by large corporate farms with those still characterized by smaller, family farms. In farming communities dominated by large corporate farms, nearby towns suffered. Concentration meant fewer local people were employed, and absentee ownership meant farm families themselves were no longer to be found. In these corporate-farm towns, the income earned in agriculture was drained off into larger cities to support distant enterprises, while in towns surrounded by family farms, the income circulated among local business establishments, generating jobs and community prosperity. Where family farms predominated, there were more local businesses, paved streets and sidewalks, schools, parks, churches, clubs, and newspapers, better services, higher employment, and more civic participation. Recent studies reinforce the virtues of democratic agrarian ownership.

There is a sense of security in egalitarian democratic ownership. I have a 135 acre farm, my neighbor has a 200 acre farm, another neighbor has 80 acres and rents another 100. We are all doing things a little differently, and one neighbor might think that what I'm doing is crazy, and I might think that what he is doing is crazy, but we all have a stake, and those our are decisions to make, our responsibility, our livelihoods to realize. Knowing this makes me happy.

When people, especially young people, ask me why I farm I say we need to farm because while lots of people are talking about feeding the world, The increasingly small oligopoly of agribusiness companies that are shouting it the loudest are only saying it to further dominate the food system. We need to farm because if the world is going to be feed it is going to take lot of farmers in every part of the world organized to grow culturally appropriate real food for eaters in their regions and communities. We are those farmers, we are those providers. Our food security is in our food sovereignty. We need to farm because democracy is realized when the wealth of this nation and this planet is broadly accessible and broadly shared, starting with the wealth of its land and its agriculture. This land is our land and we need lots of people on it. Long live the yeoman farmer.