



“The shared meal is no small thing. It is a foundation of family life, the place where our children learn the art of conversation and acquire the habits of civilization: sharing, listening, taking turns, navigating differences, arguing without offending.” **Michael Pollan - Cooked**

News from the Farm

Weather and crops are all well on the farm this week even with lots of rain (over three inches). We are trying to keep up with weed and crop care as the summer growth explodes. We expect Zucchini/summer squash to start next week and some other important crops like snap beans are flowering so only a couple of weeks out. Our cabbage family crops are all still doing great. You can expect lots of cabbages, broccoli, cauliflower and more over the next month. And probably the most exciting news is that the hoophouse tomatoes are looking fantastic! We hope to have them in the box by the end of the month... summer fruiting crops are just around the corner.

U-pick is on hold/call in for appointment basis. We received 3 inches of rain which have decreased the quality and caused some water damage. We will see how the berries progress over the next few days. If you have scheduled u-pick times already those are fine. Call Monday for an update for next week.

Kim Casey is going to be holding her next cooking class in Wausau at the home of Lisa and Jim Macco at 3pm on Sunday the 21st. You can reserve a spot by RSVPing to us via email, text or phone. She will be exploring some of the new fruiting crops that are in the summer boxes. We will have the full details in next week's newsletter as well.

Our feature on the back is the details for the Slow Food Marathon County farm tour Saturday the 20th of July. Come on out and support and see a bunch of local farms!

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

In Your Box

- **Garlic Scapes** – the flowering shoot of the garlic plant mince up and use just like garlic
- **Baby lettuce mix** –
- **Spring turnips**
- **Strawberries**
- **Kohlrabi**
- **Broccoli** (half shares)
- **Green arrowhead cabbage** (full shares)
- **Rainbow Swiss Chard** (fulls) A brilliant cooking green. Can be a substitute for spinach
- **Kale** (half shares)

Next Week's Best Guess: garlic scapes, lettuce mix, spring turnips, broccoli or cabbage; zucchini, onions

Pizzas of the week – 5 Veggie: garlic scapes, kale, summer squash, sweet onions, broccoli; Kim Chi & Steak; Summer is here: Our sauce with fresh basil, onions, garlic scapes, and bacon!

Kat's Kitchen

Greens tips for the week! Swiss chard can be used just like spinach in cooked dishes. The stems are tender if cooked for 1-2 minutes before adding greens. We love chard “creamed” or in pasta dishes that include cheese. Remember to separate greens like turnips greens immediately from the roots and to store separately. This increases their life span and the quality of both leaves and roots. Kale is getting a bit stronger as the summer heats up. Marinate in cold dressings in the fridge or cook to reduce the strength (you can also place kale in the freezer for 20 minutes to sweeten if you are cooking it).

Kale chips! After a good kale chip making session we wanted to feature these this year. Preheat oven to 400. Wash and dry off kale tearing into 2-3 inch pieces which exclude the stem. In a bowl mix about 2 tsp of olive, sunflower or other oil with the bunch of kale until leaves are evenly coated with a small amount of oil. Now flavor! Add sea salt, pepper, curry powder, garlic powder or any other favorite spices (dill and paprika are also nice) and mix well with hands. Spread out on several baking pans with no overlap and cook for several minutes watching closely (until crisp). Different types of kale and different ovens take different amounts of time. Ours take about 4 minutes. Remove and let cool and enjoy. The chips will lose their crisp in about an hour or less is very oily!

Yogurt dressing- this is great on broccoli and turnip salad (slice and mix), cabbage slaw, or fresh kale/chard. To either salad mix dressing, coat salad and add some chopped almonds or sunflower seeds and cranberries or raisins! 3 Tbsp extra-virgin olive oil, 3 Tbsp rice vinegar, 3 Tbsp honey, 3 Tbsp Greek yogurt, 1-1/2 tsp Dijon mustard, 1/4 tsp kosher salt, 1/4 tsp fresh black pepper.

Slow Food Marathon County - Farm Field Day – Saturday July 20th

Events and Open house farm tours from 1-5pm, Picnic and pizza dinner from 5-8pm

Self-guided tour runs from 1-5pm : Visit any of these area farms including Ninepatch Farm, Half Moon Hill Farm, Dancin' Hill Farm, Stoney Acres Farm, GrasWerka Family Farm. These farms are all located within an area of approximately 15 miles.

Load up a car with your friends and family, choose the farms on the map you would like to visit and enjoy a day in the countryside! Farmers and their family will be on hand to lead tours and respond to questions. This is a great way to get to learn more about locally grown foods and the value in knowing "who your farmer is" when you sit down to the table to have a meal. Don't forget to bring a cooler so that you can take home farm fresh products for sale at select locations.

Complete your day at Stoney Acres in Athens with a family picnic or a purchased wood-fired pizza from 5 til 8pm. Farm fresh fun for the whole family!

For more information please visit www.slowfoodwausau.wordpress.com or contact slowfoodwausau@yahoo.com Slow Food Marathon County is an organization that promotes a way of living and a way of eating. It is part of a global, grassroots movement with thousands of members in over 150 countries, which links the pleasure of food with a commitment to community and the environment. Slow Food Marathon County is one of five groups located throughout the state of Wisconsin.



1. DanCin' Hills Farm 421 Cty F, Hamburg
Open House 1-5pm; tours 1:30 & 3:30pm

2. Ninepatch Farm 10849 3rd Lane, Hamburg
Open house 1-5pm; tours on the hour

3. Half Moon Hill Farm 625 Cty A, Hamburg
Open house 1-5pm; tours on the hour

4. GrasWerka Family Farm 10806 9th Lane, Hamburg
Open house 1-5 pm; tours at the half-hour, soil demo 2:30

5. Harmony Cheese Retail Store N754 Spruce Rd, Athens
Open until 3pm

6. Stoney Acres Farm 7002 Rangeline Rd, Athens
Pizza and picnic area open 5-8pm.