



In the loam we sleep, In the cool moist loam, To the lull of years that pass
And the break of stars, From the loam, then, The soft warm loam,
We rise: To shape of rose leaf, Of face and shoulder. We stand, then,
To a whiff of life, Lifted to the silver of the sun Over and out of the loam
A day. Carl Sandburg

News from the Farm

It is CSA week 6 and the fruiting crops are here, shockingly early given the cold spring! Our first hoophouse tomatoes are more than 2 weeks early which we have little explanation for aside from our shift to a new planting mix. They did not make it into boxes since there were not quite enough to give to every full share, sorry! We also ate our first cherry tomato and snap beans from the field. We expect beans next week and tomatoes to come in over the next 2!

Reminder the **cooking class** with Kim Casey is this Sunday at the home of Jim and Lisa Macco, 916 Grant St. Wausau WI. It is at 3pm and will feature a host of seasonal cooking ideas for fruiting crops like zucchini, tomatoes and the like. The house setting will get you thinking about how you stock and use your pantry as well.

The Slow Food Marathon County Local Farm Tour is happening this weekend. There is no need to RSVP and most farms are offering tours on the hour from 1-5pm. We are focusing on the afternoon but will have farm tours, some pizza and sitting locations for folks for BYO picnic things as well from 5pm on. Please see last week's newsletter for all the info.

Mark your calendars the annual potluck and barn dance are only three and a half weeks away! We will preview the flyer next week and will have quarter sheets set out as well!

Our second round of beef steers is back from the butcher. We will not be butchering again until the fall so please contact us for larger orders or other mixed packs. We deliver larger orders and can bring orders of any size to the farmers market on Saturdays.

We no longer have u-pick berries but will announce future u-picks as they get closer!
Have a delicious week - Kat, Tony, Riley, and Ted

In Your Box

- **Garlic Scapes**
- **Lettuce mix**
- **Spring turnips**
- **Kohlrabi**
- **Green Arrowhead cabbage**
- **Zucchini and/or summer squash**
- **Basil**
- **Kale**
- **Strawberries** – half shares only
- **Broccoli** (full shares only)

Next Week's Best

Guess: zucchini, fennel, tomatoes, chard, cauliflower, snap beans, turnips, cabbage, onions.

Pizzas of the week – Nanny Margarita –mozzarella with dollops of goat cheese, fresh basil, and heirloom tomatoes; **Scape Goat Returns** –Goat Cheese and our sauce with garlic scapes, bacon, and summer squash; **5 Veggie-** Kale, zucchini, onion, fennel, tomato

Kat's Kitchen

Introduction to summer squash and zucchini- while there are some finer points of distinction between different varieties (see an upcoming newsletter) all summer squash which include zucchini can be used in much the same way. You can expect to see many of these over the next two months. They range in shape from round (like baby green pumpkins), to crookneck or straight, to spaceship shape. All summer squash are equally edible! We enjoy them roasted, in marinated salads, used in place of pasta in lasagna or bread in oven baked pizzas

Veggie fritters featuring kohlrabi, spring turnips and/or zucchini! 2 cups grated vegetables (kohlrabi, turnips, and zucchini work well as do carrots and fall root crops), ½ cup flour (rice or wheat), 1 egg (optional – if you are not using leave veggies a bit more wet), 1-2 garlic scapes or cloves finely minced, 1 tsp coriander powder, salt and white pepper to taste, vegetable oil for frying. Shred vegetables and squeeze with hands to remove some moisture if using egg, combine with other ingredients adding flour last and mixing well to remove clumps. Heat oil or medium high (about ¼ inch deep in a skillet) or grease baking pans well and preheat oven to 350-375. Fry 2-3 minutes until browned or baked flipping once for 20+ minutes until golden brown.

Summer slaw – 4 cups of grated or course chopped kohlrabi (peel first), turnips, zucchini and/or cabbage, 2 tbs chopped fresh basil, Dressing from Mark Bittman: 2 tablespoons Dijon mustard, or to taste, 2 tablespoons sherry vinegar, red wine vinegar, or freshly squeezed lemon juice, 1 small clove garlic (or scapes), minced, 1 tablespoon minced fresh chile, like jalapeño(optional), 1/4 cup peanut oil or extra virgin olive oil whisk dressing together, cover the vegetables with mixture and refrigerate for 1-24 hours before serving.

Meet the Farm Crew: A glimpse of what makes the farm work

We are usually better about this but people ask us every year “Is it just you two who do all the work?” and the answer is certainly not. It takes a community to make our farm which includes CSA members, family, employees, forces of nature, neighbors and friends. This season we have two employees Brook Peterson and Michelle Clark. Brook is originally from Wausau and has been living back in the area for 5+ years. He has a son the same age as our son Riley (5) and has been working in commercial greenhouse production. He know a lot about flowers and house plants which we do not have any expertise in and is working here April-November. Michelle, also originally from the Wausau area just graduated from University of Georgia this spring with a horticulture major and a concentration in Organic Agriculture. She moved to Georgia with her family when she was younger and both her and her family are now back here. She came at the end of May and will be here until Early Nov as well most likely. She is then headed to the Peace Corps in the Spring of 2014! She was an intern last season as part of her school training. Both of them work 40 hours a week.

We have 11 workershares on the farm who are individuals who work in exchange for their weekly CSA box (4 hours/week for a fullshare). These folks come mostly on Monday and Wednesdays and help us with big weeding, planting and harvesting jobs and Shahara is our special childcare worker share person who provides unmatched wonderful care to our little boys. They are integral to us getting all our work done and we have a great workershare crew this season with lots of returning folks. We also depend on our site hosts to a large degree! They call us to get reminders out, deal with extra boxes, late or early pick-ups, boxes, messes and more.

Our family is also important to the farm’s functioning from helping with our kids and making occasional meals to helping with busy farm days, repairs, building, firewood, haymaking and much much more. Both Tony’s parents and my mother live within 2 miles of our place and we see them most days. They also provide the emotional support that we have and continue to need in hard times, stressed periods and daily life!

Friends and neighbors are also important to the farm helping with anything from preservation projects to tractor repairs and machinery lending! We love our neighborhood because we feel a real sense of community with other farmers. Recently a farmer from the Merrill area mentioned that our neighbors and us were so nice because she would never lend out her tractor! Well yes, I think we are. Our neighborhood of mismatched, less than perfect machinery mean a lot financially (we do not have to own everything and neither do they) and also in terms of community. We can hire a custom cropper to bale hay if it is going to rain from 2 miles away and we depend on the less formal help of many – in the past week that included lending out a plow and hay making equipment, having a neighbor repair our tractor, borrowing 2 tractors, helping a neighbor remove a fallen tree in exchange for dry firewood and much more.

And then there is our labor! We work a lot. If you have been here you may notice us running around most days doing work even during time off because a farm is a lot to maintain. On the days our employees have off we generally work. We tend to start a little earlier, to take shorter breaks, and as proven by Tony 3 nights this week to work until 9pm getting jobs done that do not require the help of others like large scale mowing, field preparation, and planting from seed. We start our farm season in February and ease into it until the sap starts to flow and the greenhouse and hoopouses are planted. From that point forward it is a running pace until November when it calms down a bit an culminates in early December when we are cleaned up. December-Mid February are down time when we do lots of planning, paperwork, supply ordering, recovery and family time. We have daily animal chores and occasional repairs but even if we are delivering some storage crops most everything is asleep for the winter. This is a blessing of living up North! Our spring and summer work takes up anywhere from 55-80+ hours a week. We are beholden to the weather and our planting calendars so we can get you consistent veggies to the best of our ability. Animal feed must be made for the winter as well as well as routine maintenance at a larger than home scale – mowing, cleaning, getting garbage to the dump... ah the excitement of farm life! If you want a glimpse into our farm days you are always welcome to join us. U-picks offer a time to harvest at your own pace but Monday-Wednesday we can always use help!