



I think we are bound to, and by, nature. We may want to deny this connection and try to believe we control the external world, but every time there's a snowstorm or drought, we know our fate is tied to the world around us.

Alice Hoffman

News from the Farm

It is week 8! Almost half way through the CSA season and so many new veggies to come. We are still dry here being missed by almost all regional rainfall so we are hoping for some rain to soak the fields this week. We have been running drip irrigation for over 2 weeks now which is doing the crops that have it a lot of good, we need real rain to get germination for fall crops! The cool weather or should be say COLD weather slowed down fruiting crops. We are waiting for a few hot days to make the cucumbers and cherry tomatoes explode! This is also the first week of garlic. We have harvested and are drying about 1/3 of the crop and have the remainder to get next week.

The barn dance is a week from Saturday. Get your barn dance boots and clothing ready – Tony appreciates the fashion statements! The event includes a potluck at our farm from 4:30-6:30pm with the dance starting down the road (1701 Windfall Hill Rd) from 7pm-11pm. Please plan to bring a dish to pass, plates and utensils, and a blanket etc to sit on (we will have limited seating). We also urge anyone planning to drink wine or beer to be thoughtful about how you plan to get home. We are taking donations for the silent auction to support our share a share fund to help lower income families access CSA shares. Email us if you have an item to contribute.

Please return boxes. We do take berry containers and used rubber bands but make sure to only give us things in good condition and standard sizes.

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

In Your Box

- **Onions** – use the greens like scallions and the bulb.
- **Red, Arrowhead or Savoy cabbage**
- **Swiss chard**
- **Zucchini and/or summer squash**
- **Cucumbers**
- **Snap beans** – green, yellow or purple/white “dragons tongue” beans.
- **Tomatoes** – a mix of heirlooms and beefsteaks. All are or will be ripe within 2-3 days. **Half shares only**
- **Green peppers (fulls only)**
- **Lettuce heads (fulls only)**
- **Basil**
- **Garlic**
- **Carrots** –see notes on storage

Next Week's Best Guess:

zucchini, carrots, cabbage, tomatoes, hot peppers, onions, garlic, beets, kale, cucumbers.

Pizzas of the week – Margarita: Heirloom tomatoes, basil and goat cheese; Summer Sausage Special: our maple herb sausage, fresh green peppers, onions, and garlic. 5 veggie- tomatoes, peppers, onions, garlic, and rainbow swiss chard.

Kat's Kitchen

Veggies tips- remove the greens from the carrots and store roots and tops apart in loose plastic bags. **Carrot** tops make wonderful broth added to soup bones or other veggie scraps. The tips (first 3 inches) can be used like parsley in many recipes from salads to stir fries. Looking for ways to use **cabbage**. Aside from slaws the New York Times (use the search box on their website) has a great article on 12 ways to prepare it. In summary cabbage is wonderful in curry dishes, sautéed and cooked with eggs and other veggies like onions and peppers, and great in simple soups. It can also be a minor component in salads (add 1 cup to a cucumber, tomato or lettuce salad). **Swiss chard-** anyway you use spinach you can use chard. The stems should be used but need more cooking to get soft (2-3 minutes more than greens). Use like you would use spinach. We love it creamed, in pasta or steamed in egg or spinach pie recipes.

Cabbage and Swiss Chard Sauté

½ head cabbage, ½ bunch swiss chard, 2 cloves of garlic, 1 onion with top, 2 Tbs olive oil and or butter, salt, pepper, apple juice, apple cider or apple cider vinegar. In a large skillet heat oil/butter on medium. To this add onion and garlic. Cook for 2-3 minutes until soft and fragrant. Add finely chopped cabbage (remove stem) and larger stems of chard in ¼ inch pieces and cook for 3 minutes then add finely chopped Swiss chard greens. If using apple juice/cider add ¼ cup, if using vinegar add 1 Tbs and cook 1 minute adding salt/pepper to taste. You can add caraway seeds if you like them with onions.

Creamed greens or other veggies

To make the creamed sauce for vegetables heat 3 Tbs butter (olive oil works as well if you can't use butter) over medium heat until liquid, add 3 Tbs flour and stir well for 1-2 minutes until flour starts to cook a bit. Now add 1.5 cups of milk (again this can be made without dairy so veggie broth or unsweetened veggie milks can be used). Whisk constantly until it thickens. Onion and garlic can be added at the start with the butter and other veggies like chard once the sauce. Grated parmesan 1-2 tsp can be added at the end.

STONEY ACRES FARM
PRESENTS A HARVEST HOOTENANY OF A

BARN DANCE



SATURDAY, AUGUST 10

FEATURING HOMETOWN HARMONY CLUB

ORGANIC FOOD * LOCAL SPIRITS

POT-LUCK FROM 4:30 TO 6:30 PM, BARN DANCE AT 7 PM