



# “a dance sacred as the sap in the trees” Archie Randolph

## News from the Farm

It rained!!! We got around an inch Tuesday night and are still smiling about it. It is amazing the difference the moisture made this week for everything! Some exciting crops are coming in like field cherry tomatoes, hot peppers, and now LOTS of cucumbers. Stayed tune for our favorite pickling recipe ever next week.

It is barn dance weekend! See the reverse side of the newsletter for more in depth info including camping, kids and other extras. Also see the back for this year's guide to tomatoes. You will be getting more tomatoes over the next two months so keep it on hand so you can tell what tomatoes you have each week!

We are happy to see germination already in fall crops that were waiting for the rain and have some beautiful freshly weeded sweet corn which is looking much better as well. Winter squash and sweet potatoes are also beautiful this year but both are a couple of months off.

The Athens Fair is taking place on August 15<sup>th</sup>-18<sup>th</sup>. The Athens fair has some incredible agricultural exhibits, wonderful animal showing (including the draft horse teams), and great local fair food at church and 4-H stands. If you are interested in being in our fair float (Sunday MIDDAY) call or email us. We always have a few spots to fill each year. It requires that you wear a costume and dance enthusiastically along the route. Kids and adults welcome.

*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**
- **Zucchini and/or summer squash**
- **Cucumbers** – smooth, slicing and “English”/Asian varieties.
- **Snap beans –Halves only**
- **Beets- Fulls only**
- **Tomatoes** – a mix of heirlooms and beefsteaks.
- **Hot peppers** – yellow Hungarian hot wax, black Czech, and jalapenos
- **Lettuce heads**
- **Carrots**
- **Broccoli or cauliflower fulls**

## **Next Week's Best Guess:**

zucchini, carrots, tomatoes, peppers, onions, garlic, kale, cucumbers, basil, .

**Pizzas of the week – Cuc Crazy:** tomatoes, cucumbers, basil, onion and goat cheese; 5 veggie- peppers, onion, broccoli, zucchini, and kale; **Summer slaw -** pork sausage, red/green cabbage, onions, and winecap mushrooms with blue cheese

## Kat's Kitchen

**Chilled Cucumber Soup With Avocado Toast** from NY Times 2013 - Time: 15 minutes - Yield: 2 to 4 servings

1 pound cucumbers, peeled, halved lengthwise and seeded ; 2 cups buttermilk (or use 1 1/2 cups plain yogurt plus 1/4 cup water)  
1 large garlic clove, peeled and smashed ; 2 anchovy fillets (optional); 2 small whole scallions (or onion tops) ; 1/2 jalapeño, seeded, deveined and chopped; 1/2 cup packed mixed fresh herbs (like mint, parsley, dill, tarragon, basil and cilantro) ; 1/2 teaspoon sherry or white wine vinegar, more to taste ; 3/4 teaspoon kosher sea salt, plus more to taste; 4 slices baguette or other bread, toasted ; 1 avocado, pitted, peeled and thinly sliced; 1/2 lemon; 2 tablespoons crumbled feta cheese; Extra-virgin olive oil, for serving; Freshly ground black pepper. 1. In the bowl of a blender or food processor, combine cucumber, buttermilk, garlic, anchovy, scallions, jalapeño, fresh herbs, sherry vinegar and salt. Blend until smooth and adjust seasoning as needed. 2. Smash avocado slices on the toasted bread. Sprinkle with crumbled feta, squeeze the juice of the lemon half over the top and finish each with a drizzle of olive oil and some pepper. Transfer to a plate and set aside. Serve avocado toast on the side.

**Cucumber and zucchini tips-** Both of these fruiting crops come in full force in August. Both can be used in ways that either highlight or hide their presence. Grating provides a way to add them to many things and blending allows them to be used in cold summer soups, sauces and batters as well. Cucumbers do not usually need to be peeled the larger thick skinned slicers are better with some skin removed but the very thin skinned and long spiky snake looking ones are best washed, scrubbed and with sweet skin on. Both zucchini and cucumbers can easily be turned into relishes in the refrigerator as well – **Easy Relish** 2-3 cups finely chopped zucchini or cucumbers, 1/2 cup peeled and finely chopped onion 1/2 cup, seeded and finely chopped bell pepper or mild hot pepper; 1 Tbs kosher or other non-iodized salt, 1/4 cup apple cider or white wine vinegar, 1/4 cup honey or other sweetener, 1/4 teaspoon celery seed, 1/8 tsp mustard seeds, 1/4 tsp ground mustard, 1/8 tsp turmeric, 1/8 tsp ground nutmeg, Dash of freshly ground black pepper. Take veggies and pulse in a food processor or dice several times (you want this relish consistency but not soup! Add salt and leave covered in the fridge for 3-4 hours. Remove, drain and rinse squeezing well to remove more liquid. In a pot on the stove add vinegar, sweetener and spices and bring to a boil. Add vegetables and simmer for 5 minutes. Put into canning jars, allow to cool to room temperature and refrigerate for at least 2-3 days!

## The Barn Dance 101

Address- 4:30-7pm at our farm 7002 Rangeline rd Athens WI, 7-11pmish at the Weiler Farm 1701 Windfall Rd.

Camping- camping at our farm is welcome but you should set up before the dance. Camping is in the pasture and you must bring all you need with you.

The potluck is at our farm from 4:30-7pm. You should bring a dish to pass and plates, cutlery and a blanket if possible. We will have seating set up but likely not enough for everyone. Around 6:45-7pm there will be several caravans to the dance.

The dance- we will have homemade horderves, beer, lemonade and water. You are welcome to bring other drinks for yourself and your family as well. Some homebrewers bring wine and beer each year to share and talk about with others. There is music, places to sit, outside spaces to spend time, and lots of great company. Get your dancing shoes on. We will also be presenting a local food hero award at the event and coordinating a silent auction. If you would like to donate anything let us know.

Kids- We love and welcome kids of all ages to all farm events. Please do plan to supervise your kids for their own safety. Tony's aunt and uncle graciously let us use the farmsted for the dance and we want to be respectful of their property and space.

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## Tomatoes 101

We always get tomato questions galore because let's be honest we grow some crazy tomatoes which range in color from green to pink, purple, rainbow and red.

**General info-** most heirloom tomatoes have "green shoulders" so the top may be green or harder while the tomato is actually ripe. The bottom of the tomato (or bottom ½) should be similar to the texture of an out stretched palm when ripe. Most Red slicing tomatoes are filly red when ripe and have even texture throughout.

**Care-** All tomatoes should be left on the counter if and when possible. They ripen best and taste best when not refrigerated. They are one of 3 crops that we do not cool down in anyway.

**Varieties-** We grow a lot of types of tomatoes. We will introduce field tomatoes later but cherries and heirloom/slicers are the most unusual. You can also use these names to search online for images!

**Heirlooms/Slicers** Striped German – rainbow from light green shoulders to yellow orange with a red bottom; Prudens Pruple- a pink "brandywine" type. Larger uneven tops with a deep pink color; Martha Washington-a pink round slicing type; Cherokee Purple- dusty pink to a brown purple with some darker shoulders; Sunkist-a round orange slicer; Paul Robeson- a purple to brown tomato much like Cherokee purple but browner; Copia- A yellow to orange tomato with light green and yellow stripes on the skin; Japanese Black Trifele- shaped like a pear with green shoulders and a deep purple red bottom; Indigo Rose- small black topped red bottomed tomatoes bigger than a cherry smaller than a slicer; Big Beef and Arbason- they look similar as Red slicing tomatoes but big beef are larger.

**Cherries** Sungold- super sweet orange; black cherry-a dusty pink to deep purple large cherry; bing and peacevine cherry- both red types smaller cherry types; Esterina- similar to sungold but yellower; Juliet- not a cherry but a miniature roma/saladette oval that is sweet and firm.