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News from the Farm

Welcome to CSA Season 2014! We are so happy to be in full swing again and feel so lucky to have so many wonderful families to feed. We had a busy and cold spring and are settling into the new rhythm of having three kids in our family (Maple, our daughter, was born in early November). We feel like everything is recovering well from the cold but many things were pushed back almost a month.

Please make sure to read the newsletter every week, even if you go out of town. It has all important announcements about events u-pick, any changes in scheduling etc. Each week you will find a list of veggies and descriptions on the side; a list below of our guess for the next week's items (in case you are shopping etc) and below you will find cooking and storage tips as well as in depth information for any new or unfamiliar vegetables. Please do not hesitate to contact us with any veggie questions. We are your farmers and this is part of our job!

REMINDERS/EVENTS- First cooking class this Friday 6pm during pizza night. Feel free to come for pizza or to bring your own picnic dinner. Kim Casey always wows us with her simple ideas for good food. Mark your calendars to extend the **CSA end date to October 23rd** since we started a week later. Also Save The Date for the **Pancake Breakfast and Strawberry pick event on June 28th**. The berries are looking great (just starting to grow) and we have a great menu and tours planned.

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

In Your Box

- **Kohlrabi with its greens.**
Greens can be used like kale or cooked spinach in recipes.
- **Scallions** – use like onions fresh or cooked!
- **Radishes (fulls only)**– we leave greens attached because they are cookable. See recipes.
- **Rhubarb**
- **Maple Syrup**
- **Arugula or baby brassica greens greens** (both are a little spicy) wonderful in salads or cooked lightly.
- **Lettuce heads** – butter head, baby red, romaine
- **Bok Choy** – a vase shaped green.
- **Oregano**

Next Week's Best Guess: bok choy, radishes, carrots, lettuce, green garlic, fresh herbs, Chinese cabbage

Pizzas of the week – 5 Veggie–bok choy, arugula, basil, scallions, and baby greens **Blue Bok** –Sausage, baby bok choy, scallions and blue cheese **Herb Tonic**- Three herb pesto topped with bacon, leeks, and baby brassica greens

Kat's Kitchen

Cooking and Storage Tips- Kohlrabi greens are the same as kale biologically and in terms of taste. To enjoy make sure to separate from the bulbs and to store in a plastic bag. Radish greens are also edible but can have a prickly text if eaten raw. We like these best chopped and added to cooked dishes/stirfry. **For all greens (lettuce, bok choy etc) store in a loose plastic bag or container in the fridge.**

Petite Asian-Inspired Kohlrabi Salad

You can also use radishes, bok choy, turnips and carrots in place of some or all of the kohlrabi.

Kohlrabi peeled, juice from ½ lemon, 1 Tbs sesame oil, 1 tsp. white wine vinegar, 1.2 tsp crushed red pepper, 2 Tbs chopped fresh herbs (cilantro, basil, dill, and oregano all work), salt and ground pepper to taste, 1 Tbs slivered almonds raw or toasted. Cut kohlrabi in half lengthwise and slice into half moons, add 1 cup chopped kohlrabi leaves if desired. In a small bowl combine all other ingredients except almonds and toss in kohlrabi. To serve top with almonds.

It is salad season. Many of the greens you will receive over the next few weeks are great cooked but all can be enjoyed raw in salads alongside or in place of lettuce. Here are 2 of our favorite salad dressings to help you eat your greens!

Maple Balsamic Vinaigrette aka Jon Jon's Dressing-1/2 cup olive or sunflower oil, ¼ cup balsamic vinegar, 3 tbs mustard, 2 Tbs Maple syrup. Shake well. More maple syrup can be added for a sweeter dressing.

Ellen's Yogurt Ranch- 1.5 cup yogurt, 1/4 cup butter milk or 2 Tbs butter milk powder, 1 Tbs Italian mixed herbs, 1/2 tsp salt and ½ tsp black pepper, ½ tsp garlic powder or fresh garlic. Use an additional 2 Tbs dried Italian herbs, hand full of chopped fresh herbs like oregano, basil etc when in season. Mix well.

What does it mean to eat well?

By Tony Schultz, Farmer, Stoney Acres Farm

This past winter I was invited to speak on a panel in Madison with the famous chef Odessa Piper, a Nobel Prize winning climate scientist, a UW Madison Sociologist, and a Grass-based cattleman. We were asked to respond to the question: “What does it mean to eat well?” and as we begin our CSA season together I want share some of my thoughts.

I began with a bit of deadpan humor. “To eat well is to eat a diet high in fiber and low in saturated fat. Thank you. Goodnight.” Of course that joke is meant to highlight that an answer to this question is multidimensional and much deeper than the limited narrative about what makes food good, a narrative created by food and diet corporations and mainstream nutritionists. To eat well is an act that enriches every aspect of our lives, it is personal and political it has implications for the economic, ecological, cultural and the spiritual. I could speak from many angles on infinite topics and contexts regarding this question, but I’ve boiled it down to five or so points.

To eat well is to cook. Perhaps no other act is more crucial, more fundamental to people eating well on a mass scale. If you are cooking you are more likely to be using fresh whole foods not simply floating through the world ingesting the random processed calories that make up the negative core of the western diet. If you are cooking you are much more likely to be asking questions that lead to a more complete act of eating well like... What will this do to my health? Who can I share this with? Was this sprayed? Who picked this? What are the conditions of the people who raised this? Where did my food come from? I always say that the people who love the CSA the most are people who like to cook.

To eat well is to eat seasonally. If you are eating seasonally you are likely eating food at its freshest and most flavorful; when it is ready to be eaten and delivers the most nutrition. If you are eating seasonally you are likely eating from a farmers’ market and in doing so supporting local agriculture helping to create a multiplier effect in the local economy. To paraphrase the great Barbra Kingsolver, author of *Animal, Vegetable, Miracle*, The pleasure of eating seasonally is the great joy you receive when food comes to you in its season. Asparagus arrives. You gluttonize yourself with butter sauce and make jokes about asparagus pee and just when you are starting to get sick of it, it’s strawberry time!

To eat well is to eat like a flexitarian. I think Michael Pollen summarized the last words anyone needs to know when wondering about eating healthy: Eat food. Not too much. Mostly plants. To eat mostly plants is to eat like what is known as a flexitarian, and there is good reason to be one. It’s widely accepted that large quantities of red meat may be problematic, health-wise, and we know that many people have made it a goal to eat less meat because large-scale industrial production is damaging to the environment, the animals, and the family farm economy. However I think there is a place for meat especially in sustainable agriculture. All of my animals have a function in our system at the farm. Chickens eat flies and weed seeds. Pigs are better rototillers than I could ever be. My grazing cows keep my land in pasture controlling soil erosion, phosphorous run-off and sequestering more carbon than almost any other land use. Actually what I like most about my animals isn’t their eggs, bacon or steaks, it is their manure. Animals are my primary source of fertility for my vegetables and are how we work to close the circle on our farm and make it more sustainable. It is my general suggestion that we eat half as much meat and pay twice as much for it to be raised well.

To eat well is not to eat anonymously. This statement has two meanings: share your meals and know your farmer. I wrote this when Kat took the kids to a weekend meeting in another part of the state. I thought I would be liberated, but I ended up defrosting a pizza fry with an anxious sense of longing. If I ever eat by myself in a restaurant I experience some of my most dreadful feeling of loneliness as people look at me like a zoo animal. Eating seems to be a primal social act that bonds us and helps to break down barriers in the act of sharing a common human need and in our current social context I feel less awkward about drinking a bottle of wine when I share it. The other part of this statement is to know your farmer. Knowledge is power and knowing where your food comes from is the most important factor in making our food system more just, sustainable, democratic and fun. As the author Wendell Berry has said, “A significant part of the pleasure of eating is one’s accurate consciousness of the lives and the world from which food comes.”

To eat well is to eat in a world where everyone is able to eat well. Local organic food cannot simply be some foodie culture war expression - Some novelty of the educated, upper middle class culturally privileged. To eat well means to have a critique of local, organic, justly produced food. It is to be ashamed of its sometimes rightful (but often wrongful) portrayal as elitist. To eat well means to sacrifice and fight and beg and demand that good food be present in all classes and all dinnertables of our society. That it be a recognition by all those who care about eating well that it not be isolated to their circles and sensibilities. To eat well is to share the principles of eating well and share these meals with everyone. Understanding this is important to expanding the presence of local, organic and fair-trade food. Our CSA coalition “Fairshare” is constantly thinking about how to reach “mainstream eaters,” folks who may not be exposed to CSA. Achieving this is not simply a matter of educating or speaking differently to different demographics, it is about understanding where people are, knowing that our liberation and the liberation of our food system is bound up with one another and participating in struggles together to raise access to education, raise incomes, raise access to land. More than ending an exploitative food system, and saving the world from environmental destruction, this may be our most important task and our most effective means of achieving and just, sustainable, and nourishing food system.