



“You are what, what you eat eats too.”

Michael Pollan

## News from the Farm

**Welcome to week 10.** The barn dance was a smashing success. We raised over \$600 for the Share-a-Share fund which will go to the Fairshare CSA coalition, and danced the night away. Thanks for sharing in this wonderful tradition with us!

We need weeding help! If you have thought about volunteering for a few hours, this is the time. We have a big couple of weeding weeks to get fall crops in shape for the fall! Call or email – we will feed you lunch or dinner as well ☺

Kat is all psyched up for the MOSES (Midwest Organic Sustainable Education Service) In Her Boot Women and Farming tour tomorrow at our farm. There will be over 50 farming women here to learn about our farm to table, CSA and soil management techniques! Learn more at [mosesorganic.org](http://mosesorganic.org)

The Athens Fair Weekend is upon us. You can see the whole schedule on the back of the newsletter. It is a great, small free agricultural fair. We will have our float as always, our 4-H club has a great booth featuring the benefits of buying local, Riley is entering his first fair items as a clover bud. We are also planning for a big pizza night. If you are interested in being in our float please call asap. Other highlights are the 5K and the draft horse show.

We have had a few inquiries about when tomato u-pick will start. We expect it to start the Week of August 25<sup>th</sup> and to go until frost. Cross your fingers for some more 80 degree days so all the pink tomatoes ripen up!

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

## In Your Box

- Broccoli
- Tomatoes – beefsteaks (red or yellow), heirlooms (green, yellow and red)
- Cherry tomatoes
- Rainbow Carrots
- Green and/or purple peppers
- Hot pepper (jalapeno or hot wax)
- Celery
- Lettuce heads (fulls)
- Salad mix (halves)
- Snap beans (halves)
- Zucchini/summer squash (Fulls)
- Cucumbers or cabbage (halves)
- Cabbage (fulls)
- Basil (fulls)

**Next Week's Best Guess:** Salad mix, Broccoli, Dill, onions, garlic, carrots, zucchini, cucumbers, tomatoes, eggplant, sweet corn, chard

Pizza specials of the week – **5 Veggie**– Sweet peppers, broccoli, kale, zucchini, and onions; **Pesto Parade**– A basil and sunflower seed pesto sauce, topped with bacon, heirloom tomatoes, garlic ; **The Prize Pig**- tomatoes, peppers, onions, basil, with pepperoni and sausage

## Kat's Kitchen

**Easy fresh salsa**- 1 cup chopped tomatoes or halved cherry tomatoes, ½ cup tomatoes puréed in a food processor (you can adjust for desired chunkiness), 1/2 -1 hot pepper, ½ green or purple pepper, 1 clove garlic, sea salt and pepper to taste. You can also add fresh onion, cilantro or dill, or ¼ cup diced and skinned cucumbers or zucchini.

**Grilled romaine salad** – on a hot grill place whole heads of romaine that have been lightly oiled on outer leaves (mini red or green work), turn twice ensuring that the leaves do not burn. Chop coarsely and serve with a vinaigrette, Caesar or other creamy dressing.

### Summer Tabouli with carrot tops.

2-3 large carrots – well scrubbed & rough chopped, 2 cups of carrot tops – well soaked to clean, very rough chopped, discard thick stems, 1/4 to 1/2 cup of fresh mint, basil or dill very rough chopped, 1 medium onion, finely chopped – or use scallions, 1-2 cups medium tomatoes, diced, Chick peas – 1 can rinsed, 1 cucumber or zucchini– diced (optional), 2 cups bulgar wheat cooked (note you can make this with no bulgar and just an addition 2 cups of carrot tops. **Dressing** (whisk together all ingredients) 1/4 cup lemon juice, 1/4 cup extra virgin olive oil, Salt & Pepper to taste, Garlic Clove – finely minced (optional) **Method**- 1. Pulse carrots in food processor until they have the texture of a large bulgur grain – do not overmix – then remove from processor & place in serving bowl. Combine carrot tops, herbs & onion (or scallion) in processor & pulse gently to a fine chop – do not liquify – add to carrots. Add diced tomatoes, bulgar and other optional ingredients if so desired. Add dressing & combine well in the serving bowl. Chill & marinate in the refrigerator before serving.

## 110th Athens Fair - August 14th-17th, 2014.

### Thursday - August 14th - Bargain Day!!

8:00am to Finish.....Junior Fair Horse Show-all classes: Showmanship, Halter, Horsemanship, Riding, Games

All open class light horses-between Jr. Fair halter and riding show

5pm.....Miniatures Horse Show

Noon.....Entry Day in the Hall

1:30pm to 9:00pm...Cake Decorating

1:00pm to 8:00pm.....Face to Face Judging in the Hall (Jr. Fair Clothing; Knitting and Crocheting; Home Furnishings and Family Living)

1:00pm to 8:00pm...Exploring and Cloverbuds

3:30pm.....Demonstration Judging

4:00pm.....Clothing Revue

6:30pm.....Earl's Rides - Midway Opens

6:00pm to 9:30pm....Play Bingo in Commercial Building

7:00pm to 8:00pm.....Reduced prices on Midway and at Beer Stand -- Most Food Stands will have reduced prices as well

9:30pm.....Fireworks- Sponsored by Peterson-Kraemer Funeral Home

### Friday - August 15th

8:00am.....Dog Show -Show Ring

9:00am.....Judging of all exhibits in the Community Hall

12:30pm.....Judging of Sheep, Beef, Goats in show ring followed by Cats, Poultry, and Rabbits in Park

1:00pm.....Earl's Rides - Midway Opens

6:00pm .....Play Bingo in Commercial Building

4:00pm.....Bean Bag Tournament under Shelter

8:00pm.....Old Timer's Band performs at the Village Square

8:45pm.....Clothing Revue on the Stage

9:00pm.....Queen Coronation on the Stage

### Saturday - August 16th

7:00am to 11:30am....Entry for Central Wisconsin Gladiolus Show

8:30am.....Dairy Show- Showmanship; Junior Fair Young Stock

10:00am to 10:30pm...Gladiolus Show (Open to the public)

11:00am.....5K Fun Walk/Run (see below for the attachment for the Registration Form)

11:30am.....Judging of Gladiolus Show in Commercial Building

12:30pm.....Earl's Rides -Midway Opens

1:00pm.....Dairy Show - Open Class - Over the Hill - Junior Fair Cows and Judging Contest

1:00pm to 5:00pm.....Wristband Special on the Midway -

2pm and 6:00pm .....Play Bingo in Commercial Building

6:00pm.....Horse Show- Draft Horse Carts & Teams (Sponsored by AbbyBank, Meyer Manufacturing, Jakel Plumbing and Central WI Excavating)

9:00pm.....SLAB on Stage under shelter (Beer Bar)

### Sunday - August 17th

8:30am.....Horse Show - Draft Horse Halter Classes (Sponsored by Athens Vet Service)

9:00am to 5:00pm.....Gladiolus Show (Open to the public)

12:30pm.....Earl's Rides - Midway Opens

1:15pm.....Athens Fair Parade - (Old Timers Band will be in the Parade and concert after parade)

2:30pm.....Play Bingo in Commercial Building

4:00pm.....Release of all Livestock Exhibits

6:30pm.....Awards Program and Raffle Drawings on the Stage

7:00pm.....Release of all Exhibits in the Community Hall

Enjoy lots of Food-Drink-Entertainment on the Grounds throughout the Fair!!! Eat at one of the locally sponsored food stands - St. Anthony's, Trinity Lutheran, Christ United, Colby FFA, Holstein Breeders....St. Anthony's School hosts a fish fry on Friday night and a charcoal chicken dinner on Sunday. Trinity Lutheran hosts a ham dinner on Sunday in their church basement. Patronize the Legion/VFW Beer Stand in the park throughout the fair - live music provided on Thursday, Friday and Saturday night.

The shuttle buses (Dreams Come True Limousine) will be operating on Sunday bringing people to the downtown area from parking areas away from the downtown. The buses will start at 11:00am and continue until they are no longer needed.