



Farmers' markets are not just markets. They're educational systems that teach us how food is raised and why that matters.

Mark Bittman

News from the Farm

Welcome to week 12. It is busy busy busy! We got the garlic in, are harvesting our grain (wheat, oats) and straw for winter time mushroom production, our boar returned to the farm so we can have fall piglettes, and tomatoes are producing like never ever before. We are making and freezing/canning piles of sauce, salsa and all other wonderful farm things. Despite disease on the vines from being cold and wet, the romas are just perfect! We have had a great crew of upickers come through. We are planting the hoopouses for storage share and winter market greens and more and hoping for a long not too cold fall!

U-Pick tomato times continue. For this week they are Saturday, Monday-Wednesday 8am-6pm, Thursday before 9:30am, Friday 8am-7pm. Please call or email first. Picking is rain or shine.

We are weeding up a storm still and are hoping to be done with the major fall weeding project by the second week in September. Open invite to enjoy early fall with us in the fields and to get some weeding or picking in.

The slow food farm to table dinner is approaching on September 20th. We will have a full announcement next week with info on ticket sales etc.

In family news Riley heads off to school for the first time this next week. We had a great open-house and are excited for him. We wish all CSA kids, teachers and support staff a wonderful first week of school!

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

In Your Box

- **Broccoli (halves)**
- **Tomatoes – beefsteaks heirlooms**
- **Cherry tomatoes or Saladette tomatoes**
- **Carrots**
- **Salad mix**
- **Zucchini/ squash (fulls)**
- **Cucumbers (halves)**
- **Beets and their greens**
- **Onions**
- **Sweet corn (fulls)-** please note that due to early season drowning the corn is so-so in size but great in flavor!
- **Garlic!**
- **Basil**
- **Winecap mushrooms (fulls)-** see kat's kitchen

Next Week's Best Guess: cabbage, garlic, zucchini, cucumbers, tomatoes, peppers, tomatillos, hot peppers, salad, parsley, turnip greens.

Pizza specials of the week – **5 Veggie**– kale, zucchini, onion, peppers, and tomatoes; The winey pig- Wine cap mushrooms, Ham, caramelized onions; Roma and Juliet- A celebration of seasonal tomatoes, topped with sausage, fresh herbs and garlic.

Kat's Kitchen

Super easy beet carrot slaw- in a food processor or by hand grate 2-4 cups carrots and cups beets (for beets wash and scrub and remove greens and the tail on the tip), combine with 1/8 cup chopped fresh basil, 2 tbs semesame oil, 1 Tbs soy sauce, and fresh pepper. This is a sweet slaw on its own. If you want a creamy version add 1-2 tbs yogurt or mayo.

Veggie stuffing- Use raw or cooked to stuff other vegetables, pasta shells, wraps and more. 1 large zucchini or equivalent grated (use course or large grater/food processor), 1/2 onion finely chopped, 1/4 cup fresh herbs like basil, mint or parsley, 1 carrot grated, 1-2 clove garlic finely chopped.

Tomato time pasta (in honor of Katie Kalish's dinner plans yesterday)- Katie asked what she should make for dinner and tony simple said it caprese salad season referring to the simple basil mozzarella salad as a basis for all meals ☺ So this is what she made "sauteed tomatoes, mushrooms, and the tops of the onions and then threw them in with pasta, shredded havarti, and that giant amount of basil". We think this is a perfect summer dinner and can be made with lots of other mild or strong cheeses, with zucchini or ribbons of beet greens added to a similar effect.

Winecap mushrooms – We refer to these as cooking mushrooms because they cook down a lot, as opposed to shitake or thicker mushrooms. Use can eat the whole thing using the stems which are tender and they are great in eggs, stirfrys and more. Use these soon as they do not store very well.

This is a selection of sections of an article published by Mark Bittman on farmers markets in celebration of farmers market month. We should also say there are some beautiful postal stamps celebrating this wonderful August affair. While Bittman makes a lot of wonderful points we wanted to editorialize and let you know that the Wausau Farmers Market is way cheaper than the grocery store for almost everything. It is not a grower only market, although all new members must be growers so change is slowly coming and the Winter Market is. Wausau is the area of the state that has the most markets that take EBT, has high numbers of families who receive WIC and interest in our markets have been growing every year.

Mark Bittman – Farmers Market Values

For most of us, there's no better place to buy fruits and vegetables than at a farmers' market. Period... What's inarguable is that farmers' markets offer food of superior quality, help support smaller-scale farmers in an environment that's more and more difficult for anyone not doing industrial-scale agriculture, and increase the amount of local food available to shoppers. All of this despite still-inadequate recognition and lack of government support.

Then there's "[know your farmer, know your food](#)." When you buy directly from a farmer, you're pretty much guaranteed real freshness (we've all seen farmers' market produce last two or three times longer than supermarket produce). You're supporting a local business — even a neighbor! And you have the opportunity to ask, "How are you growing this food?" Every farmer I've spoken to says — not always in a thrilled tone — that the questions from shoppers never stop. But even if a vegetable isn't "certified organic," you can still begin to develop your own standards for what makes sense and what doesn't. Farmers' markets are not just markets. They're educational systems that teach us how food is raised and why that matters. "Producer-only" farmers' markets, as opposed to markets that sell food from anywhere, are really the ideal. The organizations that run these tend to be nonprofits, and often use volunteers to keep going... At this stage of the game, there is no higher cause.

The quality of produce in producer-only markets — that is, places where people sell what they grow — is phenomenal, especially right now. If you're going to complain that tomatoes are \$6 a pound in some markets (they are; they're also sometimes 99 cents), you might also note that usually these are real tomatoes, sometimes explosive in flavor, whereas the \$4 per pound tomatoes I bought in the supermarket this week were grown in water and were less tasty than your average canned tomato. To some extent, you get what you pay for.

One curious thing I've seen at farmer's markets and at my local farm stand: everyone loves farms, but very few people seem to trust farmers... Mark, you forgot one of the benefits to being able to talk to the farmer - you can ask how to prepare things that are new to you! Talking... This is obviously a popular topic. Dallas, Austin, Baton Rouge -- and yes! Shreveport -- have very good farmers' markets. Not nearly as good... Near the top of many lists is municipal support, largely in the form of space, water, electricity and the like, and the reduction (or absence) of fees. "Each of our 13 markets requires a different negotiation and different set of fees," says Prince. "Some are a dollar a year and some are far more expensive." Since this money comes mostly from fees charged to farmers, the costs are usually passed on to consumers.

By increasing foot traffic, bringing shoppers into otherwise-ignored spaces, providing space for farmers to sell their goods at retail prices (80 percent of the farmers in New York's markets, says Hurwitz, could not survive on wholesale alone), these markets benefit everyone. Markets need infrastructure — either permanent space or, at least, water and electricity.

Farmers who come to market may be working 18-hour days, or even longer, depending on the length of their drive. On top of this, to handle retail sales they've got to process a variety of forms of payment in addition to cash, from SNAP (food stamps) to credit cards to tokens (you actually do not want to know how convoluted these payments get). When there's a unified, wireless form of payment, this will become less of a burden. That's in the works — Hurwitz estimates it'll be here no later than the end of the decade — but undoubtedly it could be hurried along. At least a few hundred markets are taking advantage of programs like [Wholesome Wave](#) that double the value of food stamps at farmers' markets, and that number will soar when the Agriculture Department's Food Insecurity Nutrition Incentive program kicks in, contributing as much as \$20 million to the cause. That's real progress, but more is needed.