



Without such a thing as fast food, there would never be a need for slow food. Michael Pollan

## News from the Farm

**Welcome to week 13.** Fall is in the air but no frost is in sight for the next week. We are hoping for a late frost but honestly anything after September 10<sup>th</sup> makes us happy. Fall crops are looking good and we are getting excited to dig potatoes, harvest squash and plant more cover crops as fall approaches.

We are incredibly thankful to CSA members Dawn and Eddie wonderful CSA members who volunteered to weed fall root crops with us this week. We are nearly done with fall weeding, have the hoopouses planted full for winter crops, are rotating the pigs through areas around the farm to clean up crops and are preparing for the big harvests that late September brings.

U pick tomatoes are slowing down a little with the continued cool weather and lots of pickers but we still have spots. Call or email ahead. Please note that while you can set up times 5 days in advance we will post new times each week so do not set a time more than a week ahead. Times this week – call for today, Friday 8am-6pm, Saturday before 12pm, Monday-Wednesday 8am-7pm. If you are interested in gleaning (picking heavily right before frost) let us know. We will have a lot of green tomatoes and cherry tomatoes at that time.

The Slow Food annual farm-to-fork dinner is being held here again this year. All the details are on the back. Note this is not a Stoney Acres event so we do not deal with tickets etc, but are just a site host and Slow food members.

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

## In Your Box

- Tomatoes – beefsteaks heirlooms
- Cherry tomatoes or rainbow Saladette tomatoes
- Tomatillos
- Sweet corn or Celery
- Sweet peppers -green, red, brown or purple
- Parsley
- “spring” Turnips- great greens and tender white turnips.
- Hot peppers- jalapenos, hot wax and/or cayenne
- Snap and romano beans – purple, red and dragons tongue
- Cabbage – green savoy (crinckly) or dense red
- Broccoli, Pac Choi, and/ or cauliflower (fulls)
- Cucumbers (halves)

**Next Week's Best Guess:** salad mix, carrots, snap beans, tomatoes, baby diakon radishes, cucumbers, peppers, kale, basil

Pizza specials of the week – **5 Veggie**– kale, zucchini, onion, peppers, and tomatoes; Jack and Dill with ham and cucumbers; Pizza Relleno – our pizza topped with a tomatillo sauce, roasted poblano peppers, tomatoes and sausage.

## Kat's Kitchen

**Tomatillo ideas** – the back bone of green salsa these are also wonderful in place of tomatoes in many dishes adding a sweet aromatic flavor. Roasting tomatillos and peppers and garlic for tacos, to blend into a pasta sauce, to quiche or egg bakes are all easy ideas. You can also slice and freeze for winter!

**Back to school CSA lunches (for grown ups too)**- this is a great time of year to eat and one to master school or work bagged lunches. It is a good opportunity to use bento boxes or other multiple container lunch set ups with small portions of several veggies (beans, celery, baby tomatoes, cut sweet peppers...) and a simple yogurt or other dipping sauce. It is also veggie wrap season a perfect time to roast or thinly slice raw veggies and combine with cheese or cooked egg and you have lunch. Dressing and sauces can be rotated

**Snap beans in a garlic chili sauce** – you can buy premade chili garlic sauce in the international aisle of regular grocery stores or at most of the international store in Wausau and other cities. You can also make your own by blending 3 tbs high heat oil like canola with 1 chili pepper or 1 tsp dried pepper flakes and 3 cloves of garlic. Remove ends from beans (1/2-1 lb) and wash, prepare a hot large pan with a small amount of oil coating until almost smoking, toss in beans and chili paste to taste (start with 1 tsp) cook 2 minutes and serve hot!

Slow Food Marathon County Presents  
Farm-to-Fork Dinner 2014 – September 20<sup>th</sup>



The meal is served to you against the rustic charm of Stoney Acres Farm. This fundraising dinner will be complimented by a silent auction with proceeds benefiting the Women's Community Center.

Dinner Includes

Farm Tour and narratives from local farmers  
Innovative five course meal from several local chefs  
Local in-season foods including product and meat  
A selection of wine (BYO encouraged as well)  
Locally roasted coffee

**Optional farm tour starts at 5, wine and appetizers at 5:30, dinner at 6:30.**

A vegetarian option is available. Tickets are \$70 and available online only.

Please see Farm 2 Fork Dinner for more information and ticket purchase - [www.brownpapertickets.com](http://www.brownpapertickets.com)

If you are interested in donating items or experiences to the silent auction or have further questions please email [slowfoodwausau@yahoo.com](mailto:slowfoodwausau@yahoo.com)