



“Don't eat anything your great-grandmother wouldn't recognize as food.”

— Michael Pollan

News from the Farm

Welcome to CSA week 2! We had a great growing week and are really excited for next week's new crops as the big greens (chard and kale) are looking great, peas are in full bloom, and we were able to harvest 3 ripe strawberries. Our zucchini were planted from transplants for the first time and we have baby zucchini right now! We were worried about a lot of things coming in so we brought in asparagus from our friends at Nelson's Berry Farm 30 minutes north of us. A big thank you to them. We do not do this usually but as our asparagus patch is still young we were not able to extend the season's harvest this year.

REMINDERS/EVENTS- We are distributing information for the MREA's annual renewable energy fair. This is one of our favorite events of the season. See the reverse side for info. The details for the pancake breakfast are included on the back as well.

Kim Casey's first cooking class went off with a boom! You can find the outline on the website now with all the recipes and some of her ideas are right below in the recipe section.

In other farm news we are getting ready to make more hay, brought on Tony's brother Ben for three days to help on the farm this week, and are thrilled about our amazing farm team.

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

In Your Box

- **Carrots with greens-** grown in our wonder hoopouses
- **Scallions or chives or leeks.**
- **Baby turnip and radishes (half shares only)**
- **Asparagus** – from Nelson Berry Farm. We were worried about the lateness of many crops and brought these in
- **Bunched broccoli raab or brazing greens (full shares only)**
- **Lettuce heads** – Leaf lettuce, baby romain and summer crisp.
- **Bok Choy**
- **Green garlic** – use like garlic. Use 60-70% of stalk.

Next Week's Best Guess: bok choy, carrots, lettuce, garlic scapes, peas, swiss chard, kohlrabi.

Pizza specials of the week – 5 Veggie- bok choy, rainbow chard, kale, garlic scapes and chives; **BlueZham-** Blue cheese, thinly sliced ham and basil with fresh chives; **Early summer greens-** bok choy, rainbow swiss chard, and sausage a top a herb and kale pesto.

Kat's Kitchen

Carrot top cooking- many people think of carrot tops as rabbit food, literally. But they can be used much like parsley in recipes (they are in the same veggie family), added to creamed soups, or whipped into easy pestos in place of basil. Here is a recipe to use them in their own right and they come close to a perfect Japanese seaweed salad.

Carrot Greens with Sesame Dressing - *1 bunch carrot greens, washed and stemmed, 3 tablespoons toasted and ground white sesame seeds, 1 1/2 teaspoons soy sauce, 1 tablespoon sake, 1/8 teaspoon sugar.* In a large pot of lightly salted boiling water, parboil carrot greens for 2 minutes then shock in ice water drain and squeeze dry. Place in a new bowl of cold water and refrigerate overnight, changing water 2-3 times to eliminate bitter flavor. Drain and squeeze again, then cut into 1/2 inch lengths. In a medium bowl, dress carrot greens with sesame seeds, soy sauce, sake, and sugar. Allow greens to sit and marinate at least 1 hour before serving.

Bok Choy Thai Stir Fry from Kim Casey - 1 C scallions thinly sliced (green and white, 2 T Red Curry Paste, 2 T oil, 1 T soy sauce, 1 t maple syrup, 1 can coconut milk, 3 Bok Choy sliced length-wise (brazing greens or broccoli raas work well too), 1/2 bunch radishes-thinly sliced or shredded, 1/2 juice of lime. Heat oil in a pot or saute pan. Add scallions, curry paste, soy sauce, and maple syrup. Saute for a minute or two. Add coconut milk, bok choy, and radishes. Let all of that get acquainted for about 8-10 minutes. Add lime juice, season with salt and pepper. enjoy :-)

12 Ideas for incorporating your sauteed greens into other dishes.....In your favorite quesadilla, In a quiche, In your favorite sandwich wrap, In your meatloaf or meatballs, On top of fish, In your favorite omelette or other egg dish, On a burger (beef, turkey, salmon, veggie...), On top of a salad, In your taco meat, In your marinara / meat sauce, On a pizza, Cold or hot just by itself or on top of rice, quinoa, pasta, orzo, risotto....

MREA – Renewable Energy Fair

It is Energy Fair weekend. You will find program guides at the dropsite and can find updated times for workshops online. The Energy Fair is the largest and longest-running renewable energy and sustainable living event and takes place just half an hour from Wausau in Custer, WI, **June 20, 21, and 22, 2014**. The Energy Fair, began in 1990 and has over **200 renewable energy and sustainable living exhibitors** with topics ranging from sustainable agriculture to harnessing wind for energy. It is the event where we educated ourselves about all the renewable energy options for the farm and our kids love it too since there are great playspaces and workshops for kids as well as lively music. The MREA Café is also featuring dough made with our wheat and recipe with pizzas with locally sourced ingredients and there is always great coffee and beer from local businesses.

Tickets for an adult are \$15 for a day and \$35 for the weekend. Tickets for youth 13-18 are \$10 for a day and \$20 for the weekend. Kids 12 and under are free. Visit www.midwestrenew.org/energyfair or contact Allison Lindquist at 715-592-6595 ext. 115 or allisonl@midwestrenew.org.

Pancake Breakfast and Strawberry Pick Preview June 28th 9am-12pm

What to bring:

- Dishes, cutlery, and a cup. We will have a washing station available. We have some paper backups on hand if needed.
- Appropriate footwear and clothing for the weather. We have inside and outside seating but the ground around the farm is uneven and often muddy. If you plan to walk around, to pick berries etc make sure to dress for the weather.
- Containers if you have them. We have berry containers but the more you bring the better. If you plan to pick a lot bring something to transfer them into.

What to leave at home:

- Pets. We love animals and understand you do too but unless they are working animals or being trained for work we ask you to leave them at home.

What to Expect

It is best to show up by 11am if you want to eat a full meal. We will have coffee and leftovers set out after that point.

The Meal: Pancakes made with our 100% whole germ wheat will be served with our maple syrup, homemade applesauce. There will also be our maple pork sausage, scrambled eggs with veggies, local milk and coffee. Our kitchen and cooking is nut free and everything other than these pancakes is gluten free.

Berries and Farm Activities: There will be an opportunity to pick strawberries at this time but we will be offering alternative picking times for people who cannot make it. You can visit our farm animals, walk around the fields, and meet fellow CSA members. We will have a small market stand set up with veggies, fresh eggs, flour, maple syrup and beef.

For any other questions call, text or email us. We look forward to seeing you all.