



## News from the Farm

It is CSA Week 4. We are staying afloat despite the ongoing rain. Most things like the water but a few sections of beds have been drowned out and unfortunately the strawberries are suffering. We need a few days of sun! Since we do not spray fungicides we have had ongoing issues with strawberries which make us so sad after last years perfect crop. We are hoping for a big raspberry crop since the bushes look great, to take the place of a bountiful strawberry year. We are very happy that we make our living off of many crops. Many other things are great – peas are coming in, snap beans are flowering and the zucchini will be in full force next week!

Events and Announcements- We will not have u-pick times for strawberries this week but will post them next week if the berries recover in the sun. We are open for pizza tomorrow night and Blake will be holding his first yoga class at the farm tomorrow as well. Thanks for coming out the pancake breakfast! The turn out was wonderful.

We have had great help on the farm with our employees, workershares and volunteers (thanks Megan) as we tackle the biggest weed flushes that happen in June/July. If you would like to come work for a half a day we are always happy to have you out!

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

## In Your Box

- Kale – red Russian
- Chinese cabbage
- Garlic scapes
- Lettuce Heads
- Turnips (fulls)
- Turnips or Strawberries (Halves)
- Snap Peas – a couple of snow peas sneaked in
- Zucchini/summer squash (fulls)

### Next Week's Best Guess:

Chinese Cabbage, lettuce mix, peas, turnips, garlic scapes, zucchini, swiss chard, kohlrabi.

**Pizza specials of the week** –It's All Clover Now Baby Blue – Bacon, Blue Cheese, Kale and minced Red Clover; The Scape goat- cheve goat cheese, garlic scapes, and bacon 5 veggie- Fresh green onions, Chinese cabbage, rainbow swiss chard, zucchini, and mushrooms

## Kat's Kitchen

Storage tips – make sure to separate greens from turnips to make them store longer. Leaves can be cooked right away and kept in a container in the fridge to add to meals.

Chinese Cabbage Salad - 3-5 cups Chinese cabbage chopped (kale and turnips greens can be used too!), ¾ cup sliced radish or spring turnips, 1.5 cups crunch chowmein noodles, 1 cup crushed peanuts, ¼ cup sesame seeds, 2 Tbs rice vinegar, 4 Tbs sesame oil, 3 Tbs soy sauce, 1 Tbs Honey, 1 tsp dry mustard. Combine cabbage, turnips, noodles and nuts/seeds. Whisk together other ingredients toss. Makes 6-8 servings.

Turnips greens and Bacon – ½ lb bacon, 1 bunch turnips, salt and pepper, 1 tsp cumin, 1 tsp turmeric. Chop bacon into bite sized pieces and put into pan over medium, while cooking chop turnips into bite sized pieces (quartered) and chop greens into ribbons. Add turnips to bacon, when they start to brown throw in greens add spices gradually and salt and pepper to taste.

Lettuce Wraps- inspired by the City Pages

We gave you more nice lettuce heads this week. Other than salads lettuce is wonderful as a mini wrap for chicken or tuna salads, or filled with dips and fresh veggies (hummus and sliced peas for instance). Our kids loved lettuce filled with plain yogurt mixed with a little bit of miso paste and shredded veggies. Cold rice stirfry with a nut sauce, thinly sliced steak or shredded meat all work well too!

*Slow Food Marathon County Presents the Second Annual*



# **Field Days**

**A Farm-To-Fork Tour  
& Bike Ride**

**Sunday July 20th**

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Field Days is an event created to bring you closer to your food. Fun, family-friendly farm tours allow you to get a look behind-the-scenes at several local family farms. Pedal through the countryside or load up the car with your friends and family.

## **Bike The Farms:**

Take a 30 or 42 mile bike tour on a loop starting and ending at Stoney Acres Farm in Athens. The tour begins at 9am and there are two optional farm stops along the way. Your \$25 registration fee will cover Sag Wagon support as well as lunch! Enjoy a wood-fired locally sourced 9" pizza and a beverage after your ride between 11am- 1pm.

The marked route follows primarily county highways with a short stretch of gravel. Recommended for children over 14 with road experience. For additional route information see our Bike the Farms FaceBook page or call Kris at 715-574-9306.

Register at : [BrownPaperTickets.com/  
event/726581](http://BrownPaperTickets.com/event/726581)

## **Drive The Farms:**

Take a self-guided driving tour of five farms in the Athens area. These farms include Nine Patch, DanCin' Hills Farm, Half Moon Hill, Stoney Acres and GrasWerka Family Farm. Each farm will have it's own itinerary of events and tours. Artisanal pizza available for purchase from 11am-1pm at Stoney Acres. Farm tours run from 1-4pm.

For maps and additional information see our Field Days FaceBook page or call Kris at 715-574 -9306.

This is a free event, but farm products will be available to purchase so bring your coolers!

**Marathon County's local food culture is alive and growing!**

**SEE FOR YOURSELF!**