



"The soil is the great connector of lives, the source and destination of all. It is the healer and restorer and resurrector, by which disease passes into health, age into youth, death into life. Without proper care for it we can have no community, because without proper care for it we can have no life." - Wendell Berry

News from the Farm

Welcome to week 5! Hard to believe we are $\frac{1}{4}$ of the way through the season. We always are amazed how fast and furious farm season up north can be. Just today we were talking about how we have only 8-10 weeks until the first frost – unbelievable! The weather has been wet and more wet here. We did manage to make hay in a small sunny window this past weekend. At this time of year we are tackling big weeding jobs but have not been able to use much mechanical cultivation because of the weather so we are hand weeding a lot! We also are planting large blocks of fall root crops and trying to keep up with mowing.

In meat related news **we have 100% grassfed beef available**. We just got steers back from the butcher. We have mixed 25, 50 and 1/4s for \$6/lb as well as ground beef for \$5.50. Our friends at **Red door Family farm (through the woods from us)** are selling organic and conventionally fed pastured chickens. See the backside of the newsletter. The chickens are raised humanely on transitional land (moving to organic certification) and can be picked up at pizza night on the farm, in Wausau or directly from them.

We do not have any big farm events coming up but the Slowfood local food farm tour is the 20th. If you missed the news you can get details <https://www.facebook.com/SlowFoodMarathonCountyFarmToForkTour>
Have a delicious week- Kat, Tony, Riley, Ted and Maple

In Your Box

- Rainbow Swiss Chard (fulls)
- Kale (halves)
- Chinese cabbage
- Garlic scapes
- Lettuce mix (fulls)
- Lettuce heads (halves)
- Turnips (fulls)
- Kohlrabi (halves)
- Snap Peas and/or Snow Peas
- Zucchini/summer squash – this includes dark green zucchini, yellow straight neck squash, patty pan (think little space ship shape)
- Basil

Next Week's Best Guess:

snap beans, chinese Cabbage, lettuce mix, peas, kale, kohlrabi, broccoli, garlic scapes, snow and snap peas, zucchini/summer squash.

Pizza specials of the week – 5 veggie- zucchini, basil, kale, garlic scapes, and rainbow swiss chard; Stir Fry- maple pork sausage, Chinese cabbage, snow peas and garlic scapes; Scape Goat Returns- garlic scapes, fresh chevre goat cheese, zucchini and ham.

Kat's Kitchen

The best meat loaf with veggies – 2 lbs ground pork, beef, venison or a mixture, 4 garlic scapes minced, $\frac{1}{2}$ head Chinese cabbage finely chopped, 3 Tbs maple syrup, salt and pepper, Italian seasoning or fresh basil, 3 Tbs soy sauce (or use 1 Tbs salt), 2 eggs, $\frac{1}{2}$ cup bread crumbs (optional). Combine all ingredients and mix well, form into loaf and bake at 375 for 45 minutes. Kohlrabi (grated), finely chopped turnips, or grated zucchini can be added as well.

Sweet Kohlrabi Slaw (note that this can be made with turnips and Chinese cabbage as well) – From Kim Casey
2 Lg heads kohlrabi- shredded using food processor, $\frac{1}{2}$ bunch radishes/turnips - also shredded, 1 c scallions thinly slice (or a couple of garlic scapes), $\frac{1}{4}$ c white vinegar, $\frac{1}{4}$ c sugar, $\frac{1}{4}$ c mayo, 3 T dried dill (if dill is fresh use more- I love dill so I like to go heavy), salt and pepper. mix sugar in vinegar to dissolve. Mix in other ingredients. Tastes better if it has time to marinate a bit

Simple stirfry– 3 hand fulls of snap or snow peas with strings removed if needed, 3-4 turnips diced with greens chopped and set aside, $\frac{1}{2}$ head Chinese cabbage cut into ribbons, 1 medium zucchini or summer squash cut into thin rounds, 3 garlic scapes finely diced. In a cast iron or other heavy pan add 1.5 Tbs oil and heat to medium high. Add garlic scapes and stir for 1 minute, add turnip and zucchini cooking for 1-2 minutes followed peas and by greens/Chinese cabbage. If you would like meat/protein in this dish just remove all the veggies and cook chicken breasts, thinly sliced beef or tofu in another tsp of oil on hot then combine with veggie. You can squeeze $\frac{1}{2}$ lemon on top and season simply with salt and pepper.

Kim Chi – A how to guide to sauerkrauts spicy Korean counter part

Fermenting vegetables is very easy, seriously, but take a little leap of faith. Kim Chi is one of our personal favorites and requires less overall efforts than saurkrut and uses Chinese cabbage which will be in the box this week and next. If you need a fun way to expand you food horizons this is one!

Ingredients - 2 lbs head napa cabbage, 1/4 cup sea salt or kosher salt (see Recipe Notes), Water (see Recipe Notes), 1 tablespoon grated garlic (about 5-6 cloves or scape), 1 teaspoon grated ginger
1 teaspoon sugar, 2-3 tablespoons fish sauce (optional), 1-5 tablespoons Korean red pepper flakes or regular hot peppers, 8 ounces Korean radish or daikon (spring turnips work well), peeled and cut into matchsticks, 4 scallions or green onions trimmed and cut into 1-inch pieces. Note you can remove turnips and scallions and still have a great result.

Cut the cabbage. Cut the cabbage lengthwise into quarters and remove the cores. Cut each quarter crosswise into 2-inch-wide strips.

Salt the cabbage. Place the cabbage and salt in a large bowl. Using your hands (gloves optional), massage the salt into the cabbage until it starts to soften a bit, then add water to cover the cabbage. Put a plate on top and weigh it down with something heavy, like a jar or can of beans. Let stand for 1-2 hours.

Rinse and drain the cabbage. Rinse the cabbage under cold water 3 times and drain in a colander for 15-20 minutes. Rinse and dry the bowl you used for salting, and set it aside to use in step 5.

Make the paste. Meanwhile, combine the garlic, ginger, sugar, and fish sauce (or 3 tablespoons water) in a small bowl and mix to form a smooth paste. Mix in the hot pepper, using 1 tablespoon for mild and up to 5 tablespoons for spicy (I like about 3 1/2 tablespoons).

Combine the vegetables and paste. Gently squeeze any remaining water from the cabbage and return it to the bowl along with the radish, scallions, and seasoning paste.

Mix thoroughly. Using your hands, gently work the paste into the vegetables until they are thoroughly coated. The gloves are optional here but highly recommended to protect your hands from stings, stains, and smells!

Pack the kimchi into the jar. Pack the kimchi into the jar, pressing down on it until the brine rises to cover the vegetables. Leave at least 1-inch of headspace. Seal the jar with te lid.

Let it ferment. Let the jar stand at room temperature for 1-5 days. You may see bubbles inside the jar and brine may seep out of the lid; place a bowl or plate under the jar to help catch any overflow.

Check it daily and refrigerate when ready. Check the kimchi once a day, pressing down on the vegetables with a clean finger or spoon to keep them submerged under the brine. (This releases gases produced during fermentation.) When the kimchi tastes ripe enough, transfer the jar to the refrigerator 2 days work well. You may eat it right away, it's best after another week or two.



Name _____

7/18- Pick up at Stoney Acres Pizza Night **Y/N?**

Phone Number _____

7/19- Pick up at Saturday Market **Y/N?**

Email Address _____

Chickens average between 4-8lbs and will be

_____ Organic Chickens at \$4/lb

chosen on a first come first serve basis.

_____ Conventional Chickens at \$3.25/lb

Please call or email with any questions!

reddoorfamilyfarm@gmail.com 715-409-1739

Reddoorfamilyfarm.com

Athens, WI