



"Summer Afternoon-summer afternoon; to me those have always been the most beautiful words in the English Language."

Henry James

News from the Farm

Welcome to week 6! We are now entering a new part of farm season as we transition into fruiting and other summer crops – we fondly think of this as grilling season which follows the early salad and stirfry season. The next few weeks will bring carrots from the field, cucumbers, snap beans and if the weather warms up a little bit fresh greenhouse tomatoes. Ted enjoyed the first red tomato for his birthday so we expect more to follow.

After a huge pizza night last week we made a big decision to build a second oven. We poured the slab this week and will work on the walls over the next 1.5 weeks and will then move on to oven construction. Please excuse the mini-construction area in our yard!

EVENTS: Sunday is the **Slow Food Marathon County local farm tour** <https://www.facebook.com/SlowFoodMarathonCountyFarmToForkTour>.

We will have pizza available for bike riders and for everyone else from 11-1pm. Last but not least next weekend is the first of three **mini-yoga retreats** held at the farm by **River Flow Yoga**. You can get more information and register at <http://riverflowyoga.net/mini-retreats>. UW-Marathon County and Everest Academy for the Arts Vocal Jazz Camp Singers will be providing jazz music entertainment at pizza on the farm this Friday evening, July 18 from 5:30-6:30pm.

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

In Your Box

- Chinese cabbage
- Garlic scapes
- Lettuce mix
- Spring Turnips (fulls)
- Spring turnips or Kohlrabi (halves)
- Broccoli or Kohlrabi
- Snap Peas and/or Snow Peas
- Zucchini/summer squash
- Kale (fulls)
- Swiss Chard (halves)
- Basil or parsley

Next Week's Best Guess:

snap beans, lettuce heads, peas, broccoli, cabbage, zucchini/summer squash, fennel, celery, cooking greens.

Pizza specials of the week – 5 veggie- summer squash, kale, garlic scapes, fennel, peas. Kim Chi and Steak- finely sliced steak and kim chi on a cheddar cheese base. Blossom – A greens, garlic and basil pesto topped with squash blossoms, patty pans, goat cheese and sausage.

Kat's Kitchen

Massaged Kale Salad-

1 large bunch of kale (other hearty greens like swiss chard, spring cabbage and turnip greens can be used). ¼ tsp sea salt, juice of 1 lemon, ¼ cup olive oil, 1 apple or 1 handful fresh fruit of the season, ¼ cup dried fruit (optional – raisins and currants work best), ¼ cup toasted sunflower seeds. Put kale in large bowl with salt and lemon juice and massage for 2 minutes. Drizzle with olive oil and massage another minute. Toss with fruit and seeds and serve. This keeps well for several days in the fridge. The massage and dressing will help wilt the greens and make the tender.

Greens and Garlic herb pesto-

1 bunch herbs (parsely or basil work well), 3-4 garlic scapes, 1 cup chopped leaves of fresh greens (lettuce, kale, chard etc), ¼- ½ cup olive or sunflower oil, 1 tsp salt, black pepper. In an food processor combine garlic scapes (prechop a bit so they don't get stuck), ¼ cup olive oil and herbs. Pulse until creamy. Add fresh greens and pulse adding more olive oil until desired consistency adding salt. Taste and add pepper and additional salt to taste. This can be used for dipping or marinating roasted veggies, atop meat (grilled chicken or burgers), or tossed into hot or cold pasta dishes.

Cooking tips- Lettuce! We have some CSA members who want more lettuce and let us know. We think our new combo of mix and heads is getting salads to you for every week. However we know many of you are challenged by lettuces as well. If you have too much salad think about lettuce as a base for a dinner once a week and as an ingredient in cooked dishes. Many cultures cook lettuce and it is easy to chop it finely as an add in to soups, lasagna etc.

Zucchini a Survival guide for 2014

Maybe we should not see zucchini like this, and certainly we love zucchini ourselves but sometimes some crops get ahead of us or start piling up in the fridge. At this time of year zucchini and summer squash are coveted and fun but since they will continue for many more weeks we thought we would start you off with some ideas to fall back on this farm season.

Summer squash? Zucchini? What is it. All zucchini are summer squash. We grow several types of dark green zucchini on the farm as well as yellow straight neck squash, patty pans (yellow patterned spaceship looking squash) and small round zucchini looking squash. All are interchangeable in recipes, meaning that zucchini fritters can be made with patty pans and summer squash soups can use zucchini etc. There are subtle differences in taste, texture, size of seed cavity but don't let a recipe hold you back from using one or the other.

Size- we include a range of sizes in the box but try to keep the extra large monster squash out of the box. Why? Well they just don't taste as good, and often have a large seed cavity that is spongy not crisp. Many people have grown up thinking larger is better but we find in terms of many factors this is not true. If you do want to use zucchini for stuffing you can still scoop out larger ones (this works well with patty pans and round squash as well).

Grilling – our favorite recipes for summer squashes involve grilling and/or roasting. It seems to bring out the sweetness and infuses the squash with the flavor of any herb that is used in preparing them.

Roasted summer vegetables – see ideas below but chop into smaller 1-2 inch cubes for all veggies. More herbs can be used since you will use a pan and a hot oven 350-400 or the broiler on high. Watch veggies and remove after about 20 minutes when hot and cooked but still a bit crunchy. Peas and beans can be added in the oven as well.

Grilled veggies galore – This past weekend we had a big veggie grilling. Slice small zucchini in quarters, slice patty pans or larger squash crossways in ½ inch thick slices then prepare other vegetables (Chinese cabbage with the top 3 inches of leaves removed and then quartered are great this week), halve spring turnips with about 2 inches of stems left on top, slice other vegetables like kohlrabi, peppers and eggplant (later in the season) in ½ inch slices and young onions in half. Turn grill to medium or prepare hot grill over coals. Coat veggies in olive oil, fresh pepper and a little salt or add in finely chopped herbs like basil, parsley or mixed herb blends. Grill turning at least once. Serve on a platter.

Stuffing – A great way to make a full meal from accumulated summer squash, scooping out the seed cavity and stuffing them with a mixture of shredded vegetables, bread crumbs, meat or beans, and topping with cheese (or not). We often make something that resembles a pizza in a squash with red sauce, other fresh veggies and mozzarella cheese. Bake at 300-400 degrees.

Shredding – the best way to hide squash in other dishes, sauces, baked goods etc; but also a needed technique for fritters, raw salads, and soups. Baked goods use finely shredded zucchini while coarse grating is better for dishes that highlight zucchini.

Grated zucchini salad – grate 2 cups summer squash and 1 cup other vegetables including carrots, kohlrabi, broccoli stem. Combine with 2 cups finely chopped greens. Dress with the following ingredients well mixed (1/2 cup plain yogurt, 1 tsp chopped garlic scapes or fresh garlic, ½ a lemon juiced, 1 tsp soy sauce).

Summer squash veggie dip – Combine 1 cup yogurt, 2 Tbs sour cream, 1 cup grated summer squash/zucchini, 1 finely chopped garlic scape, and 1 tsp salt, 1 tsp black pepper, ½ tsp cumin powder. Stir well, add more salt if desired. Use as dip for chips, or fresh veggies like peas, carrots etc.