



The true meaning of life is to plant trees, under whose shade you do not expect to sit.

— Nelson Henderson

News from the Farm

Welcome to week 7. We are all enjoying summer here as it is good for our crops to dry out a little and certainly the hot sunny days have made for perfect growing weather. We have been harvesting a few heirloom and beefsteak tomatoes and the first cheery tomatoes from the field for our family and are hoping they are ready for the CSA next week! Our fall crops are all planted, so in a humorous turn of weather we are hoping for a little rain to germinate everything well. Sweet corn is also starting to tassel which means we have a few more weeks (probably 3) until corn season. Celery is making it into the box about 2 months early. It loved the wet cool weather and is looking so nice we took the biggest ones for now.

The Barn Dance is coming up in 3 weeks. Stayed tuned for a barn dance flyer on the back of the newsletter next week, but remember to save the date (August 9th). Keegan and Amy who are working for us are watching the farm for 2 days so we can sneak in a little family vacation to see friends north of Bayfield WI. We are looking forward to naps, a little cold swimming and blueberry picking.

All the baby piglets are out on pasture after being born in the barn because it was too wet for the moms to nest and our chickens are enjoying a new area of cover crops to eat and fertilize for next year's crops.

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

In Your Box

- Lettuce heads
- Broccoli (fulls only)
- Snow peas (halves only)
- Kohlrabi (fulls only)
- Snap beans – a mix of green, red and or purple stripped beans.
- Zucchini/summer squash
- Kale
- Celery
- Fennel – a bulb with fluffy fronds
- Fresh onions – use both the bulb and the greens

Next Week's Best Guess:

snap beans, lettuce mix, broccoli, cabbage, zucchini/summer squash, carrots, tomatoes, fennel.

Pizza specials of the week – 5 veggie: fennel, basil, kale, garlic scapes, summer squash; kim chi and steak: Sharp cheddar cheese, fresh kim chi, steak and garlic scapes; Margarita- fresh heirloom tomatoes, basil and maple herb sausage.

Kat's Kitchen

Celery and Fennel – Celery and Fennel are aromatic vegetables, meaning small amounts flavor entire dishes. The greens of both can be used to make vegetable stocks or dried as herbs while the bulbs or stalks are milder in flavor. For longer term storage remove the greens for both and store separately in loose plastic bags.

Italian Sausage, zucchini and fennel bake (not this can be made with white beans in place of sausage)

½ lbs Italian sausage, ½ cup chopped onion, 2 cloves garlic minced (or 3 scapes), ½ cup chopped fennel (you can use tops and bulb), 1 quart canned or fresh diced tomatoes, 3 tbs balsamic vinegar, 1 Tbs sugar or honey, 3 tbs minced basil or 1 tbs dried basil, 1 tbs minced oregano or 1 tsp dried oregano, salt and black pepper to taste. 2 large zucchini or equivalent cut into ¼ inch pieces, 1 Tbs olive oil, 2 cups shredded mozzarella cheese.

Preheat oven to 350. In a large sauté pan brown sausage then add onion, garlic, fennel and cook until veggies wilt (about 5 minutes). In a large pot heat tomatoes, vinegar, sugar, herbs salt and pepper. Simmer those for 15 minutes. Add sausage mixture and set aside keeping warm. In a sauté pan sauté zucchini for 2 minutes in a small amount of oil. Spray an 8x8 baking dish with no stick spray or coat with oil. Create layers of zucchini, sausage mixture and mozzarella (2-3 layers) bake for 30 minutes covered with foil then remove foil and bake for 5-10 minutes to brown.

Blue Moon Salad

2 cups finely chopped celery, ½ cup dried cherries, ½ cup crumbled blue cheese, 1-1.5 tbs lemon juice, 1-2 tbs olive oil, salt and pepper, 4 cups greens such as lettuce, arugula or spinach cut into thin strips. Combine celery, dried cherries and blue cheese in a bowl. Add lemon juice, oil and salt and pepper. Toss and serve on greens.

Fresh Food for All

When we started our farm we created a fund for members to donate money to others who have a lower income and may need help covering the cost of a share or someone who has a medical problem or disability that makes covering the cost of a share impossible. This past season we raised about \$1300 total and the money has gone to 8 families and organizations in the form of CSA food. Another way we try to help make CSA and fresh organic food accessible to all is through our participation in the Partner Shares Program. About 1/3 of the money in the share a share fund is sent directly to the FairShare CSA coalition, of which we are members. However our members can all draw on or apply for part or their share to be covered through this program if they meet the income requirement. This year we have about 15 members who had up to 1/2 of a share covered because of this program. The coalition also processes FoodShare or EBT cards allowing people to use food aid for fresh food in season. It has allowed people who have lost a job to continue to get CSA vegetables for their family and has expanded membership. This program also provides support for people throughout the state and region to access shares by fundraising statewide.

This year they are doing a direct fundraising effort (see information below) and this year we are also putting all of our barn dance fund raising into this program. We encourage people to donate directly or to donate things for our silent auction at the barn dance. We can take all sorts of things but cook or food related books, home sewn or canned goods, or crafts you make are all wonderful. Thanks for considering supporting the expansion of good food to all folks. Donations to FairShare are tax deductible although ones to the auction are not.

Did you know? → 15.9% of Americans experience food insecurity. This means that 48,966,000 people do not have consistent access to enough food to support a healthy, active life for all household members. Of these individuals, **3,136,250** live in the states that FairShare CSA Coalition serves. These are people living in your communities and your neighborhoods.

Through FairShare CSA Coalition's Partner Shares program, a cost-sharing program offering up to \$300 toward the purchase of a CSA share, about 180 low-income families receive locally produced, nutritious food throughout the 20-week growing season.

In order to reach more families, FairShare CSA Coalition is holding a **Partner Shares Program Donation Drive** from **July 21** through **Aug. 8**.

As a CSA member, you enjoy the freshest produce available, and we sincerely hope you are soaking up this season's best. Please share the bounty with others by donating to the Partner Shares Program and Share a Share today!

For more information about Partner Shares and how you can donate please visit FairShare's website: <http://www.csacoalition.org/news/partner-shares-donation-drive-july-21-august-8/>

"For my family, we have struggled at times to have enough food. Affording real, local sustainably harvested, organic food, although very important to us, is sometimes financially out of reach. The Partner Shares program has allowed me to feed my kids very healthy, very delicious, and very interesting vegetables and fruit. Every CSA day is well celebrated in our household... Thank you for this amazing opportunity." Montana P., Harmony Valley Farm Partner Shares Participant