



**“We all eat, and it would be a sad waste of opportunity to eat badly.” -Anna Thomas**

## News from the Farm

**Welcome to Week 2.** The oyster mushrooms had a productive explosion this week. Part of this is process and timing. I schedule the batch with the hope of delivering to the second box. However, part of this is mysterious luck. Mushrooms love thunderstorms, and we had a gigantic one on Sunday night then more on Monday as well. No one knows exactly why, but Japanese researchers (Mushroom agriculture and research is centered in Japan) have a couple theories. The most common is that the mushrooms are reproducing as an evolutionary reaction to a threat. Many species react to protect or propagate themselves in the face of threatening weather. Researchers simulated lightning strikes in mushrooms by shocking them or the vicinity with a similar level of electricity. The mushrooms responded with increased productivity sometimes almost doubling their yield. I definitely affirm these results given what happens around here when it rains.

I've got a Friday and Saturday pizza night this weekend. Saturday nights are ticketed. One ticket equals one pizza. I still take walk-ins but tickets reserve their time. I've worked out a lot of kinks to pizza night. I've been comparably busy to last year but there has been no wait times. I hope to see you for a pie sometime.

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

## In Your Box

- **Salad Mix**
  - **Spinach**
  - **Bok choy** – my favorite stir fry green. Sweet succulent leaves.
  - **Beets**- great red Rhonda Storage beets
  - **Green Garlic**- not as pungent as bulb garlic use everything except any roots or yellow leaves
  - **Oyster Mushrooms**
  - **Kohlrabi** – eat the greens like kale
  - **Chives**
  - **Rhubarb** – Fulls
  - **Radishes or salad turnips** - fulls
- Next Week's best Guess:** greens, beets, scallions, kohlrabi, bok choy, carrots, mint

Pizza specials of the week – **Beetza Blue Veggie** – Roasted beets, blue cheese, hong vit greens, greengarlic sauce, **Blue Oyster Cult** – Stoney sausage, Blue cheese, Garlic sauce, oyster mushrooms, **Hamanado**, ham roasted cherry tomatoes garlic sauce

## Farm to Table Recipes Gleaned By Ingrid Clark-Zavadowski

### Popeye's Pesto

Not time for basil yet, and craving pesto? Never fear. Make your late-spring pesto with tender spinach (after you eat a salad or two.)

**2 c spinach, 1/2 cup parsley, 1/2 cup toasted pine nuts or walnuts, 1/4 c grated parmesan cheese, 2-3 garlic cloves (or a few scapes), 2 T olive oil, salt & pepper**

**Whiz ingredients in blender or food processor until pesto consistency. Salt & pepper to taste, but don't skimp on the salt.**

### Garlicky Bok Choi Solstice Saute'

Using part toasted sesame oil is nice here, but not required for this early-season sauté. 1T neutral oil (canola, peanut, etc.), 1 T sesame oil, 3-4 cups chopped bok choy, 3-4 minced garlic scapes, 1 c. (or to your liking) sliced oyster mushrooms, salt & pepper. Bring oil(s) to medium temp in a sauté pan. Add the mushrooms, sprinkle with salt, and cook until lightly golden. Add bok choy and cook until leaves just start to wilt. Drop in the 'scapes and sizzle briefly until you can just smell them. Season with salt and pepper. Other possible go-withs: red pepper flakes, toasted sesame seeds, few drops fish sauce, grated fresh ginger, cashews, and soy sauce.

## Stoney Acres, Sustainability, and the Energy Fair

This weekend is the annual Midwest Renewable Energy Fair in Custer, Wisconsin near Stevens Point. I have been attending for years and have brought information and resources back to the farm to help it move toward environmental sustainability. Last year I was even a Keynote on Saturday Morning. My message was that food sovereignty (or democratic control of land and food systems) is the key to agricultural sustainability. I spoke about the struggle against factory farming. Factory farms have allowed me to think of sustainability of human institutions and the ecologies they are derived from differently. I used to think that the opposite of sustainability was exhaustion, but that is too obvious. If you've exhausted something your system has become unsustainable long before that point. The opposite of sustainability is domination. Sustainability requires balance. There is no balance in domination. This is what makes factory farming unsustainable.

I feel like a lot of people in the local and organic food scene talk about industrial ag collapsing and there is pressure on industrial ag financially because they are indebted to their gills and not as efficient as they would have everyone believe, and ecologically you have well poisonings and aquifer depletions and global warming. And in terms of health they are spraying harsher pesticides on their monocultural systems and feeding more antibiotics in the big dirty hospitals that they call CAFOs. The more they try to dominate the animal or plant the more nature tells them they are wrong. But socially, they've already collapsed. The markets they have dominated are monopolistic and exclusive. They make state policy that precludes their neighbors from having anything to do with their development. They're hiring consultants to spin their domination. Economically, they dominate and drain rural communities. Rural spaces to them are a resource suck and a waste dump. People are not what their system is for; people are to be imposed upon. When I think of sustainable agriculture I think first of a scale that doesn't create these controversies because it isn't based on domination. Stoney Acres Farm is centered around the goal of increasing environmental sustainability for the farm, community and food system. Here are some of the specific steps we are taking around sustainability!

**Certified Organic Production** - The USDA has very specific and strict standards which prohibit the use of synthetic fertilizers and pesticides; require diversity in crop rotation; Soil and Water testing; the use of specific livestock methods and the use of organic feeds as well as much much more. I have been using organic methods since I moved home and after observing the three-year transition period Stoney Acres became a USDA Certified Organic Farm in 2009. I continue to certify because we believe that certification ensures a specific standard for eaters everywhere. I also feel I go beyond this standard in many ways.

**Rotational Grazing and Pastured Meats** - All of our animals are raised on pastures and all ruminants are 100% pasture and grass-fed meaning their feed is all pasture during months when grazing is possible - usually April-November- and the receive hay during the winter. All non-ruminant animals are fed organic grains (all chickens receive 100% certified feed) produced on our farm or sourced locally and/or non-GMO non-sprayed grains from our neighbors farm (for pigs) to supplement their pasture consumption. In the winter we collect animal manure which is composted at hot temperatures and used to fertilize fields. Our animals are given spaces and shelters which fit best with their own natural behaviors and they are treated in a humane manner throughout their life course.

**Renewable Energy** - Spring 2013 we installed a 8kW photo-voltaic solar panel system on our packshed barn and a 90% efficient Wood gasification system to heat our packshed, our greenhouse, and all water for the commercial kitchen. We use only wood from our own 20 acres of woods and wood ash is incorporated into our composting system. I expect these investments to cover at least 75% of our yearly electricity use and a similar proportion of total farm energy. I'd like to add oil production for food and tractor fuel and to convert to all hybrid and electric vehicles (right now our car is a hybrid electric).

**Biodiversity** - We strive for a high level of diversity on our farm from the many things we grow to a diversity of habitat for wild animals. The farm includes planned insect and wild animal habitats as well as unplanned natural areas surrounding all farm fields. We grow over 185 varieties of plants, over 80 types of crops and value diversity of everything from tomatoes to forests.

**Low Food Miles** - Stoney Acres uses semi-centralized distribution for CSA boxes and limits deliveries to a 35 mile radius from the farm.