



In summer, the song sings itself.  
~William Carlos Williams

The Broadcaster  
Week 10 – August 4<sup>th</sup> 2016

### *In Your Box*

Cucumbers:

Zucchini and Summer Squash-

Cabbage – mini green pointed head or baby red OR Sweet Peppers

Lettuce heads – romaine or green/red leaf (full shares only)

Carrots

Tomatoes- heirloom, beefsteak, and/or cherry tomatoes.

Fresh Garlic – should last 2-3 weeks. The rest of the harvest is curing!

Onions

Beets- red, golden and/or candy striped (Chioggia) types. Tops have a bit of insect damage but taste great.

Thyme – wonderful in quiche, fresh with tomatoes and cheese.

### *Important Reminders*

- ✓ The barn dance is this week from Saturday See backside of newsletter. for more details.
- ✓ Limited availability next week to pick snap beans (pick for half). This is during farm work hours only M,T,W (7am-6pm)

### *News from the Farm*

It is deep summer! This is the middle of CSA season. Based on most other years after this point in the season our efforts slowly move away from weeding to harvesting – by the start of September we are done weeding everything but greenhouses and done with all our planting.

Despite this change we are not less busy. We spent Saturday evening and Sunday morning with our friends and neighbors from Red Door Family Farm harvesting our garlic and their garlic. Our garlic harvest was amazing. The quality is high and there is A LOT! This week we picked a crazy 500+ lbs of beans for an order from Central Rivers Farmshed for their “Frozen Assets” frozen local vegetable program, planted turnips and daikon radishes (as well as a lot of herbs) and have been weeding and thinning fall crops in every free moment. This is the part of the newsletter where we thank Logan for being the hired man extraordinaire yet again – he harvested garlic with us Saturday until the sun went down and worked a 14 hour day with us Monday to get weeding, seeding and the bean harvest and got in a super muddy harvest Tuesday with us during and after 3 inches of rain. Our farm crew and workers shares have been amazing help and we are excited to see everyone this weeked at the BARN DANCE!

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

Next Week's Best Guess: salsa packs (tomatillos, onions, hot peppers), tomatoes, zucchini, cucumbers, new potatoes, lettuce,

Pizzas of the week- Veggie: summer squash, onion, and mixed sweet peppers; August: Sausage, fresh sweet peppers, onions and mushrooms; Ham it up: Thinly sliced Stoney Acres Ham, Blue Cheese, mixed summer squash, and more

### Recipes from Kat and Heather Busig's Kitchens

**Spicy roast chicken with tomatoes and marjoram.** Adapted slightly from Epicurious. Serves 4.

**INGREDIENTS:** 4 cups cherry tomatoes, stemmed, 1/4 cup olive oil, 5 garlic cloves, pressed, 1 1/4 tsp dried crushed red pepper, 2 tablespoons chopped fresh marjoram (may substitute thyme, rosemary or basil, but try the marjoram if you can find it.) 4 chicken breast halves with ribs. **PREPARATION:** Preheat oven to 450°F. Toss tomatoes, olive oil, garlic, crushed red pepper, and 1 tablespoon marjoram in large bowl. Place chicken on rimmed baking sheet. Pour tomato mixture over chicken, arranging tomatoes in single layer on sheet around chicken. Sprinkle generously with salt and pepper. Roast until chicken is cooked through and tomatoes are blistered, about 35 minutes. Transfer chicken to plates. Spoon tomatoes and juices over. Sprinkle with remaining 1 tablespoon marjoram. Serve with good, crusty bread and a green salad.

**Stuffed Summer Squash** – this can be made with many different fillings. The basic concept is to halve and hollow out a squash, to stuff and to bake for 35-65 minutes (depending on the size of the squash). A good mix of vegetables, meat or a legume (like beans or lentils), a mild sauce or juicy vegetables (tomato sauce or fresh tomatoes), and a cheese topping make our favorite. For this week... mix together a 1 cup pork sausage, 1 cup combines fresh chopped onion, 1 fresh tomato, grates carrots or beets, 1 tsp fresh chopped thyme. Fill squash 2/3 of the way up. Top with 2-3 Tbs sauce and fresh goat cheese (or mozzarella). Bake at 400. Checking cheese and the softness of squash every 15-20 minutes.

## Barn Dance Reminder

**Potluck dinner 5-6:30** at our farm 7002 Rangeline Rd. Bring a dish to pass, your own plates, utensils and cup (if possible). We will be making pizzas to sample and will be happy to show CSA members around the farm.

**The Dance 7-11pm.** Dance starts directly after the potluck with music starting at 7pm. This is at 1705 Windfall Hill Road (3 miles away at Tony's Mom's home farm). We will have an assortment of hors'douevvers from the farm, local beer and wine, and lemonade/water. This event is family friendly. Please plan to supervise kids. Get ready to dance!

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## Tomato Time: A Guide for 2016

Every season we write a tomato guide because unlike the store we grow many shapes, sizes, colors and of course flavors of tomatoes. For a newbie some of the green varieties look unripe and the scars that some heirlooms have and the patterns make figuring out ripeness a challenge.

**U-Pick:** We will not start this until the end of the month and will announce times ahead of time. They will last for 3-4+ weeks from the end of August until frost.

**General info-** most heirloom tomatoes have "green shoulders" so the top may be green or harder while the tomato is actually ripe. The bottom of the tomato (or bottom 1/2) should be similar to the texture of an out stretched palm when ripe. Most Red slicing tomatoes are filly red when ripe and have even texture throughout. We do have several heirloom red tomatoes meaning the tops might be a light yellow or green. Every tomato you receive is either ready to eat immediately or should wait 1-2 days maximum.

**Care-** All tomatoes should be left on the counter if and when possible. They ripen best and taste best when not refrigerated. They are one of three crops that we do not cool down in anyway. Skin can be rinsed off right before using and sliced tomatoes or tomatoes in salads can be refrigerated as needed.

**Varieties-**We grow a lot of types of tomatoes. Most of what you will get are cherries, saladette (think small oval), large heirlooms and slicers. We also occasionally include roma tomatoes. You can also use these names to search online for images and next week we will post a picture of most types for the tomato curious.

### Heirlooms/Slicers

Striped German – rainbow from light green shoulders to yellow orange with a red bottom

Prudens Purple- a pink "brandywine" type. Larger uneven tops with a deep pink color

Cherokee Purple- dusty pink to a brown purple with some darker shoulders

Cosmonaut – A wonderful heirloom red slicer. Flatter and more flavor filled than the large big beef.

Big Beef and Caiman - Classic red slicing tomatoes

Trials- we have several plants of these types as we participate in a trial from UW Madison. These look similar to romas and small red slicers.

### Cherries

Sungold- super sweet orange; black cherry-a dusty pink to deep purple large cherry;

Jasper – a small red grape type

Washington Cherry – large red

Cherry Bomb – like Washington cherry but sweeter. A great trial variety!

Juliet-not a cherry but a miniature roma/saladette oval that is sweet and firm.

Back Cherry- The Cherokee purple of cherry tomatoes, a larger dusky pink to brown color. Best flavor around.

Rainbow Bublebee and tiger tomatoes- three types of saladette and large cherry types that range from green to pink stripped.

**Romas -** We grow several romas which are generally thought of as sauce tomatoes. The rounder Bellstar variety is our favorite but you will likely have a range of romas in your box as the season progresses. These are also the tomatoes we use for upick so expect to learn more about these as canning season comes in later august/early sept.