



“Knowledge is knowing that a tomato is a fruit, wisdom is not putting it in a fruit salad.”
— Miles Kington

News from the Farm

Holy harvest! We are celebrating the hot wet weather here at the farm with full understanding that we will probably see frost and fall weather within the month. The cherry tomatoes, peppers, cucumbers and all the farm fruit is bursting from the beds. The boxes this week are heavy and we expect them to get heavier from here on out. Snap beans will be back next week, melons and sweet corn are nearly ready too. **Tomato u-pick is starting.** We expect to have it until the first frost but certainly for 2-3 weeks. This week's times are Saturday morning (8am-12pm), Sunday 8am-12pm, Monday 8am-6pm, Tuesday 8am-6pm, Wednesday 8am-6pm. As announced in the preseason welcome CSA members get 20 lbs of tomatoes as part of the share and can pick and pay beyond this amount at a rate of \$30/bushel. We will have other salsa and sauce ingredients like peppers (sweet and hot), onions, garlic, celery etc available for purchase as well. We have a lot of roma canning tomatoes right now which range from egg to large fist size and are red or pink and many cherries. You can take up to 1 gallon of cherries this week for free beyond other tomatoes because we have soooo many! We provide picking bins but please try to bring bins or other vessels for getting tomatoes home. Call ahead to schedule a picking time since we like to spread out pickers.

The Second Annual Slow Food Marathon County Farm to Fork Dinner is coming up Sept 14th. See the backside of the newsletter for more details.
Have a delicious week - Kat, Tony, Riley, and Ted

In Your Box

- **Zucchini and/or summer squash**
- **Cucumbers** – smooth, slicing and “English”/Asian varieties.
- **Tomatoes** – heirlooms & beefsteak.
- **Cherry tomatoes** – red, orange, pink and more!
- **Green, purple, or red peppers**
- **Carrots**
- **Onions**
- **Tomatillos** – husked vegetables which are used traditionally in green Mexican salsa.
- **Hot peppers**- long yellow Hungarian hotwax, black/purple Czech Black, and green jalapenos!
- **Salad mix**- fulls only
- **Eggplants**- half shares only.

Next Week's Best Guess: tomatoes, cucumbers, zucchini, eggplant, , peppers, snap beans, melons, sweet corn, garlic

Pizzas of the week – Sweet bounty: fresh basil and kale pesto sauce topped with mozzarella and heirloom tomatoes with or without sausage; The Special: Red and Green roasting peppers, onions, tomatoes and sausage; 5 veggie: kale, zucchini, onion, tomatoes and peppers.

Kat's Kitchen

Roasted tomatillo or tomato salsa: 4-5 tomatillos husked and rinsed (you can use half tomatillos and half tomatoes as well), ¼ onion, 2 cloves of garlic 1 hot pepper (more or less to taste – removing seeds lowers the heat), salt, cilantro (optional). On an oiled baking sheet roast pepper and tomatillos (or tomatoes) for 5 minutes at 350 turning over once, combine in food processor with other ingredients excluding finely chopped onion and pulse to desired salsa consistency. Add salt and onions to taste. Use for chips or other Mexican dishes.

Cucumber salads - Cucumbers can be easily dressed up. Several CSA members have mentioned that if they cut them up into longer strips and set out on the counter with cherry tomatoes they are the first veggies to get gobbled up. Our other favorite of the week are **Mexican cucumber and carrot salad**- take equal parts of sliced cucumbers (peeled if desired) and carrots (3 cups total) dress with juice of one lime, ½ tsp chili powder, salt and cayenne or fresh chili if desired. **Korean Spicy Cucumber salad** - 2 teaspoons rice vinegar, 1-2 teaspoons gochugaru (we use paprika for a milder version instead – you can use 2/3 paprika 1/3 cayenne as well), 1 teaspoon toasted sesame oil 1 teaspoon toasted sesame seeds, 1/2 teaspoon salt, 1/2 teaspoon sugar 1 scallion or ¼ fresh onion chopped, 2 cucumbers, sliced 1/8-inch thick Combine all ingredients except cucumbers in a bowl. Taste and adjust seasonings, if desired. Add cucumber slices and toss to coat (wear gloves and use your hands, or use tongs).

Tis the season to **stuff vegetables**- zucchini, tomatoes, peppers and more stuffed and roasted or stuffed raw (think cucumber soup filled tomatoes) and enjoyed in the heat. Easy hot stuffing includes equal parts of grated or chopped vegetables (onion, carrot, tomatoes are easy), bread crumbs and cheese. Cold stuffed vegetables are like salads in a boat. Zucchini or cucumbers scooped out are filled with yogurt based slaws or mixtures of cream cheese or sour cream and grated veggies.

Slow Food Marathon County presents the 2nd Annual

FARM to FORK DINNER

**Saturday September 14, 2013
at Stoney Acres Farm, Athens**

A multi-course dinner prepared by professional chefs:
Clinton Schultz, Kim Casey, and Dylan Carlson
Food gathered from local farms and producers

Appetizers start at 5:00 pm
followed by at Dinner 6:30 pm
and a silent auction

Tickets are \$60.00 /person available at
<https://donationpay.org/farmshed/farmtofork2013.php>
and at Downtown Grocery in Wausau

Slow Food
MARATHON COUNTY



Marathon County
**Hunger
Coalition**
an initiative of United Way

Proceeds from the event will be donated to Marathon County Hunger coalition

**For more information contact slowfoodwausau@yahoo.com
Or Facebook <https://www.facebook.com/groups/108789362589799/>**