

**JOIN US FOR THE 8TH ANNUAL STONEY ACRES**

# **BARN DANCE**

**FEATURING HOMETOWN HARMONY CLUB  
SATURDAY, AUGUST 9, 4:30 TO 11 PM**

**POT-LUCK DINNER FROM 4:30 PM TO 6:30 PM**

**STONEY ACRES FARM • 7002 RANGELINE RD ATHENS, WI 54411**

**BRING A DISH TO PASS, A PLATE & UTENSILS, AND WE WILL  
PROVIDE HOMEMADE PIZZA & BREAD STRAIGHT FROM THE OVEN!**

**THE BARN DANCE IS DOWN THE ROAD AT THE WEILER HOMESTEAD,  
1701 WINDFALL HILL RD, 7 PM.**

**BOOGIE DOWN TO THE BEST MUSIC CENTRAL WI HAS TO OFFER  
WHILE ENJOYING HOMEMADE FARM HORS D'ŒUVRES, WINE FROM  
LOCAL PRODUCERS, & BEER FROM CENTRAL WATERS BREWING CO.,  
RED EYE BREWING CO. & JOSH WRIGHT**



## Hay! Straw is cheaper, grass is free, Horses eat it, why don't we?

### News from the Farm

**Welcome to week 8.** It is a cool summer but things seem to be holding up and growing well despite the cool nights. Our fall root crop planting are all growing well now and we are settling into the season and thinking that all the boxes will be bountiful! Our cucumbers have been slow because of cucumber beetles and we are also in a small battle with potato beetles on our potatoes and eggplant but aside from that the insects are friendly ☺ We have tomatoes in the box this week. All the tomatoes we deliver are ripe. Next week we will include a tomato guide but heirlooms can be a bit funny looking so call with any questions.

This Friday we have another yoga event – Blake will be teaching yoga on the farm at 5pm. Enjoy a mellow evening yoga class in the field followed by a picnic (bring your own or get pizza).

The barn dance is coming! See the back of the newsletters for details. Please contact us about any items for the silent auction (raises money for the share a share fund), start thinking up a great potluck dish (feel free to bring a lable that shows if nuts or used or if the dish is vegan, vegetarian etc). We will have 2 non alcoholic drink options other than water (lemonade and one other) as well as beer. You are welcome to bring your own pop or to contribute homebrew etc.

We have ground beef as well as a considerable amount of pork that are back from the butcher. Call or email for info.

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

### In Your Box

- A bountiful bag of Salad mix
- Broccoli or Fennel
- Snap beans – a mix of green, red and or purple stripped beans.
- Zucchini/summer squash
- Cabbage – round or arrow head.
- Swiss Chard
- Dill
- Tomatoes – beefsteaks (red or yellow), heirlooms (green, yellow and red) or cherries
- Carrots with greens

**Next Week's Best Guess:** snap beans, lettuce heads, broccoli, cabbage, zucchini/summer squash, carrots, tomatoes, hot peppers, basil, beets.

Pizza specials of the week – 5 veggie: onions, kale, summer squash, broccoli, garlic scapes. Stoney Pepperoni- Pepperoni from our pigs!  
Flower Power: Nasturtium flowers, bacon and thinly sliced patty pans Summer Supreme- fresh tomatoes, basil, shitake mushrooms, sausage.

### Kat's Kitchen

Dill – Its not just for pickles anymore! We included a bunch of fresh small tender dill this week. Dill is a wonderful herb for cooking meat, in fresh salads, as a flavoring for roasted vegetables and fancies up cold salads like tuna, chicken or marinated tofu! In our household Dill is the leading ingredient in summer grassfed burgers. For 1 lbs of our beef I add 1 tsp olive oil, 1 Tbs soy sauce, about 1 tsp fresh ground pepper and 1/8 cup finely chopped dill. I mix well and try to let the meat sit for 30 minutes at least to absorb the flavors.

Whole meal salad with a dill vinaigrette – 1 medium bowl salad greens, ¼ cup carrots coarsely grated or julienned, 1 zucchini or summer squash cut/shaved into thin ribbons, ¼ cup fresh chopped tomato, 1 cup snap beans destemmed and broken in half and steamed for several minutes, 1-2 cups thinly sliced lean meat, chickpeas, and/or hard boiled eggs or ½ cup nice cheese (blue, goat, feta). Dressing- Finely grated zest of 1 lemon (about 1 teaspoon), 1/4 cup freshly squeezed lemon juice (from about 2 medium lemons), 3 tablespoon finely chopped fresh dill, 3/4 teaspoon kosher salt, 1/2 teaspoon Dijon mustard, 1/4 teaspoon granulated sugar or honey, Freshly ground black pepper, 6 tablespoons olive oil. Combine all ingredient other than oil then whisk in oil to make cream. Toss greens and carrots with ¾ of dressing and in separate bowl toss other veggies and protein with ¼ of dressing and set atop salad.

Fennel and bean salad: 1 lb snap beans, 1 bulb fennel thinly sliced, ¾ cup walnuts (sunflower seeds also work), 1 log goat or 10 oz feta cheese. Bring a pot of water to boil, add beans and cook until just tender and bright green. Remove from water and chill under cold water. Combine with fennel and nuts and add goat cheese or feta. In a small bowl make a dressing of 1/3 cup olive oil, 2 tbs white wine vinegar, 1 tbs Dijon mustard and salt and pepper.