



**STONEY ACRES FARM**  
COMMUNITY SUPPORTED AGRICULTURE

**“Farming is a profession of hope”**

— **Brian Brett**

## News from the Farm

**Welcome to Stoney Acres CSA Week 1, 2018!** Here we go again! Let's start with the weather, shall we? After 2 feet of snow on April 16<sup>th</sup>, we've had a very dry spring. I've basically had the water on non-stop for a month and have dipped into the irrigation pond for the first time ever. Everything on drip tape is doing well, but I haven't been able to get to get enough water down to germinate some of the open beds. It is forecasted to rain Friday and Saturday which is something I normally don't want, as it negatively impacts the attendance of pizza on the farm and the farmers' market, but I'll be rain dancing on top of the ovens either way.

There is an idea that as you grow older time moves faster and faster, but this past winter seemed like a long time gone. I went through my normal winter market work, clean-up, planning and preparation, but the combination of the late winter and the idea of going through last season and coming into this season on my own prompted some reckoning. I've contracted the size of the CSA to 108 members and am planning on keeping the membership at that level for the coming years. The weather variability and weed pressure always makes the beginning of the growing season nervous, but I am always energized by what CSA gives me; the ability to keep the family farm alive, great food, and a community of support from which I've realized some of my best friendships and hope for the future. Come visit me.

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

## In Your Box

**Lettuce head**

**Kale**

**Rhubarb**

**Maple Syrup**

**Bok Choy – fulls only** – the classic stir fry green

**Kohlrabi** – the swollen stem of the cabbage family that you can eat on a snack plate or throw in the stir fry. Greens are good

**Green Garlic** – like a mild garlicly version of a scallion. eat it all

**Mint**

**Strawberries – fulls only**

**Chives and Blossoms** – eat them all

**Next Week's best Guess:** spinach, green garlic, carrots, mint, swiss chard, broccoli

Pizza specials of the week – **Four Veggiesake-** Fennel, Green Garlic Pesto, Spinach, Sweet Corn. **It's All Clover Now Baby Blue** – Stoney Sausage, Kale, Green Garlic Pesto, Carr Valley Blue Cheese, Marathon Red Clover In Post. **The Karen Filippelli** – Bacon, Garlic Sauce, Fresh Arugula and Shaved Parmesan from Harmony Dairy in Stratford added in post.

## Farm to Table Recipes Gleaned By Tony

**Kohlrabi Slaw** "A classic creamy coleslaw loaded with veggies!"

**Ingredients** 2 cups chopped cabbage, 4 kohlrabi bulbs, peeled and grated, 2 stalks celery, sliced thin, 2 carrots, sliced thin, 2 tablespoons minced fresh onion, 1/3 cup white sugar, 1/2 teaspoon salt, 1/8 teaspoon ground black pepper, 1/8 teaspoon celery seed, 1/2 cup mayonnaise, 4 1/2 teaspoons apple cider vinegar

**Directions** Toss the cabbage, kohlrabi, celery, carrot, and onion together in a large bowl., Whisk the sugar, salt, pepper, celery seed, mayonnaise, and vinegar together in a separate bowl until smooth; pour over the cabbage mixture and stir to coat evenly. Chill in refrigerator 1 hour before serving.

**Rhubarb Aid** "A delicious pink rhubarb-flavored lemonade! To serve, mix 1 cup of rhubarb syrup with 3 cups of water and pour over ice."**Ingredients**, 8 cups chopped rhubarb, 3 cups white sugar, 3 tablespoons grated lemon peel, 1 1/2 cups lemon juice **Directions** Combine the rhubarb, sugar, and grated lemon peel into a large saucepan and bring to a boil. Reduce heat to medium-low and simmer until the sugar has dissolved and the rhubarb releases its juice and starts to break up, about 10 minutes. Remove from heat and stir in the lemon juice. Pour the rhubarb mixture through a fine sieve, pressing out as much liquid as possible.

# This Farm Was Made for You and Me

## An Examination of How CSA Farms Can Create Community

by and for Stoney Acres Farm

“Community Supported Agriculture” is a powerful name for a business model, but it was never meant to be merely a business model. CSAs are meant to be part of a broader movement to participate in a deeper economy, to build and strengthen community around local food, and change the agricultural system by emphasizing democracy and sustainability. A tall order, and one with all sorts of challenges and practical limitations. This past winter, using Bill McKibben’s book, *Deep Economy* we have been reflecting on how, and how not, CSAs can create community.

CSAs create community in the same way as any small local business. To begin with, your purchase, gives us the economic basis for being here among you. Shopping locally generally creates a concrete connection to real people around you whether it is a florist, a butcher or a farmer. Locally owned businesses make more of their own purchases locally, and give much more locally in dollars and volunteerism. As Bill McKibben says “We learn once again what skills and gifts our neighbors possess, and they become valuable to us once again, literally valuable, people we can start to depend on for some of our food, our fuel, our capital, our entertainment.” For us this has meant finding neighbors with boars and finding CSA members who work at printing shops. It is not just about a social network but about being invested in the same community and consciously supporting each other to improve it. CSA farms are not producing an anonymous commodity for international markets or contracting with agribusiness firms seeking to dominate the food economy. In this model we not only want to produce food, we want to produce food for you.

Beyond the economic basis of local food is the social setting it creates. McKibben discusses Sociological research in which consumers at farmers markets have ten times the conversations they would at supermarkets, “This simple change in economic life—where you shop—produces an enormous change in your social life. You go from being a mere consumer to being a participant, taking about things you like and dislike, expanding your sense of who is in your community and how it all fits together.”

In his reflection on eating locally for an entire year McKibben writes, “Eating this way has come at a cost. Not in health or in money (if anything, I’ve spent less than usual, since I haven’t bought a speck of processed food) but in time I’ve had to think about every meal, instead of wandering through the world on autopilot, ingesting random calories...But the payoff for that cost has been immense, a web of connections I’d never known about. The geography of the valley now means something much more real to me.” Eating through a CSA connects you literally to where your food comes from.

### Limitations

In Laura B. Delind’s Journal “Considerably More Than Vegetables, Considerably Less Than Community”, she argues that “the ‘community’ in community supported agriculture exists more as a metaphor than as a fact.” Delind says that because CSAs are most often small businesses first, “However dedicated (the farmer) may be to ecological practices and social responsibility, making a comfortable and dependable living is an equally critical concern.” These hard managerial decisions led to paradoxical behavior: one farmer put his CSA up for sale. Delind asked “can a community in any traditional sense... ever be sold?” Additionally trade magazines have advised CSA farmers on how to “price community.” This is not our hope for our farm, but a reality to be conscious of. We purposely do not price community (in the form of farm events, potlucks etc).

### Community at Stoney Acres Farm

Despite these limitations, which we grapple with constantly, we feel like, as time goes on our CSA has transcended a mere market relationship. From year to year, we know more people and have a deeper connection.

We have been told by several families that their children eat their vegetables because they come from their farmers even if they are resistant to the vegetables themselves. We also know that during farm visits CSA members learn about the ecological community – they meet animals that their family later purchase to eat, they see bugs, pull weeds, etc. and understand at some level the life and work that goes into their food. This is more than most of us can say about anything we buy or eat.

Workershares create unique relationships and allow us understand commonalities with people with whom we have fundamental political or religious disagreements and also strengthen our relationships with local friends and family. This closeness or in essence community forces us, and them we think, to see our individuality and complexities. Farm events bring together people and bumper stickers who do not always find themselves in the same places because of shared beliefs around food, eating and the actual space of the farm. These events also extend and connect our local friends, family, and neighbors with CSA members and vice versa. We’ve exchanged services, bartered with, helped people move, and partied with folks we would have otherwise never met. We have reconnected with so many people through the CSA and made great new friends to trick’o treat with, brew wine together or sample homemade beer.

In the spirit of community we hope that you all are able to visit us this season on the farm. We have Wednesday Feast Days at lunch, which everyone is invited and beside farm events we welcome visits to explore the farm, walk in our woods, or just a visit for visiting sake. We are so excited to begin the season together. Thank you for supporting *our* agriculture. You are our reason for being here.