



“Your diet is your bank account. Good food choices are good investments.”
- Bethenny Frankel

News from the Farm

Welcome to Stoney Acres CSA Week 2, 2018. The Pancake Breakfast and strawberry pick is this Sunday 9-12. I'll be making pancakes, sausage, eggs, eggs and greens, strawberries and cream, and applesauce all from the farm with locally roasted coffee and grassfed milk from Clover Meadows in Athens. Afterwards you can take a tour of the farm and pick strawberries to take home. **Please bring something to pick into if you intend to pick strawberries .**

We got our rain for which I am grateful. The potatoes and corn and most crops really liked it. Of course the weeds liked it most of all and it has kept the crew busy cleaning up onions and strawberries, tomatoes and sweet potatoes. I must say that I prefer a slightly wetter year to a drought, although there are advantages to dry years. With rain comes a lot of foliar diseases that shorten plant life and lessen quality so if you're set up to irrigate you can reap the rewards. In 13 years of vegetable farming I've seen only two droughts and we were on such a small scale for the first one I was kind of oblivious. After the dry weather this spring I feel more prepared than ever to deal with it. Rotating drip during the day and overhead at night. Really though, like I always say, all I ask for is an inch of rain every Sunday morning from midnight to 6 am. Is that too much?

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

In Your Box

Lettuce head

Carrots

Oyster mushrooms – Fulls only

Broccoli

Fennel – a member of the carrot family tastes like black licorice roast or sautee the bulb, use the fronds raw in salads. Great for flavoring pork

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

Mint

Strawberries

Next Week's best Guess:

Broccoli greens, green garlic, carrots, strawberries, fennel, broccoli

Pizza specials of the week – Four Veggiesake- Fennel, Green Garlic Pesto, kale, 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 Ann Perkins** – Bacon, Green garlic pesto, Microgreens and Shaved Parmesan from Harmony Dairy in Stratford added in post.

Farm to Table Recipes Gleaned By Tony

Roasted Carrots w/ Cumin (with variations) - Mark Bittman

1 to 1 1/2 pounds carrots, cut into sticks, 3 tablespoons extra virgin olive oil, 2 teaspoons cumin seeds, Salt and freshly ground black pepper Heat the oven to 425°F. Put the carrots on a baking sheet and drizzle with the olive oil; sprinkle with the cumin and salt and pepper. Roast until the carrots are tender and browning, about 25 minutes. Serve hot, warm, or at room temperature. Or, substitute fennel seed for the cumin. Or, omit the cumin. Add 1/4 cup pine nuts in the last 3 or 4 minutes of roasting. Or, omit the cumin. Add 1/4 cup each golden raisins and chopped dates in the last 10 minutes of roasting. Garnish with chopped nuts, like pistachios, almonds, or walnuts, and a couple tablespoons chopped fresh mint leaves.

`Shaved Fennel Salad

It is so special to get fennel fresh from the fields. You can just slice it and eat it with a little salt and maybe a sprinkle of lemon juice. Or, for a little more of an official salad, combine: 1 med. fennel bulb, shaved paper thin (with a mandoline if you can), 2 Tbsp olive oil, 1 Tbsp fresh lemon juice, 1 Tbsp chopped flat-leaved parsley, 2 Tbsp shaved Parmesan cheese, sprinkle of salt. Sprinkle on some chopped fennel fronds, if you wish.

REMINDER! 12th Annual CSA Local Food Pancake Brunch

Sunday June 24th 9:00am - 12:00pm

Join us for food from 9-12 and including Stoney Acres whole wheat pancakes, maple syrup, maple herb sausage, eggs, veggie, local coffee, local cream line milk and yogurt and more all sourced from our farm and local farm and food businesses. Sausage and eggs are gluten free. Call or email with food questions or concerns.

We will have regular farm tours from 10-12:00 and visits to pigs and chickens. On-going berry picking.

11:30 we will collect eggs with the chickens.

This is a free CSA event. Visiting friends or family from out of town, grandchildren etc. are all welcome to join you. We will have a small farmer's market table, t-shirts & seasonal cook books available for sale.

Using Carrot Tops

Every year we send out the reminder (many times) that carrot tops are actually used in cooking all over the world and they are good. When we refer to the tops we are talking about the leaves (not the thicker stems) that can be taken off and fine chopped and used as a mild substitute for parsley in most dishes. They are wonderful fresh in salads (using a handful), as a base for pesto (see below) or in lightly cooked dishes like baby turnips sautéed with their greens, bacon and topped with carrot leaves. Last but not least they can be used in smoothies by those who like to add greens and are milder than many other greens like kale and spinach. When you receive your carrots separate the greens from the carrots. Remove the long thicker stems and store greens in a loose plastic bag. This helps preserve the life of the carrot bottoms too.

Simple pesto for carrot tops, herbs and/or greens (kale, chard, beet tops and more).

3 cups packed torn kale leaves (carrot tops, basil etc can be added instead or used with these together), 1 teaspoon sea salt, 1/4 cup extra virgin olive oil, 1/4 cup toasted walnuts (almonds, pine nuts etc also work), 4 cloves garlic (or green garlic, scapes etc), 1/2 cup grated Parmesan cheese. Pulse greens in food processor with nuts and garlic adding olive oil until desired consistency. Add salt and cheese and mix well. Add to pasta, serve on toasted bread, use as salad dressing based or stir into roasted vegetable.

Pesto can be frozen in ice cube trays and then put into ziplock bags and used throughout winter!