



“Those who think they hold the cards; I send out my kind regards. Those who love and those who care; I’ll meet you down the road somewhere.”

- Chris Stapleton

News from the Farm

Welcome to Stoney Acres CSA Week 4, 2018! Summer is here and waves of wonderful food and varieties are coming with it. This week the Garlic Scapes shot up. If you are new to csa and not familiar, they are the flowering shoot of the garlic plant that emerges in early spring and garlic farmers snap it off to force the plant to reproduce by other means and have the plant put more energy into its bulb production. The wonderful by-product (or initial product) is that you get to eat them! They are garlic: simply milder. In the last two years I’ve taken to harvesting them all in the first two weeks of emergence to ensure that they are tender and what I don’t put in the box I make a ton of pesto with for pizza and preservation. Tomatoes and peppers have never been earlier due to the weather and a new fertility regime of organic fish emulsion (ground up fish by-products from Lake Michigan) that I’ve been pumping into their water supply. They will appear in your boxes next week. I was just shy of putting them in this week! Also this week, Nichole who is helping me out this summer was challenging people to races in weeding and on foot. It sparked a conversation about the difference between being in farm shape vs. being in cardiovascular shape. (they are different) and a broader conversation about what a farm Olympics would look like. We began brainstorming competitions and the slate of events will be presented next week! Stay tuned. **Have a delicious week- Tony, Riley, Ted and Maple**

In Your Box

Kale – Full Shares Received
Lacinato which I consider to be best for chips

Carrots

Zucchini – traditional green yellow, heirloom and patty pan varieties

Scallions - eat it all

Salad Mix

Garlic Scapes – the flowering shoot of the garlic plant. Eat it all. Like mild garlic.

Peas

Basil

Oyster mushrooms – fulls

Next Week’s best Guess:

Salad mix, scallions, carrots, fennel, zucchini, peas, peppers tomatoes

Pizza specials of the week – **Thomas Paine’s Common Sense Veggie-** Fennel, Green Garlic Pesto, Kale, Tomatoes, Peppers. **Ben Franklin’s Soaking Food** – Stoney Sausage, Ajued Oyster Mushrooms, Green Peppers, Garlic Scape Pesto. **The American Scapegoat** – Bacon, Garlic Scape Pesto, Chevre Goat Cheese From LaClare Farms in Chilton.

Tony’s Big Friendly Kitchen

Pickled carrot and hummus sandwich: a Heather Busig Special

Pickled carrots: 1/2 lb carrots, cut into matchsticks, peel from half a lemon, 1/2 cup sliced sweet pepper, 1/4 cup sliced red onion, 1 TBSP red pepper flakes (or to taste), 3/4 cup water, 1/2 cup white or apple vinegar, 2 TBSP sugar, 3/4 TBSP coarse salt, 1 tsp crushed coriander seeds, 1 tsp crushed cumin seeds. Instructions: At least 12 hours, up to 1 week before making the sandwiches, place the carrots, pepper, onion, lemon peel and pepper flakes in a quart-sized jar. Combine water, vinegar, sugar, salt, coriander and cumin in a small pot and heat over medium heat until the mixture boils and the sugar/salt dissolve. Pour over the veggies, cool, and place lid on jar. Store in the refrigerator. To assemble the sandwiches, spread 1 TBSP hummus on each of two slices of bread, add micro greens, a layer of pickled carrot mixture and (optional) feta cheese. Repeat as wished. I found that 1 quart of veggies made 8-10 sandwiches.

Summer Squash and Zucchini 101

Every year, and this year is likely no different, we have lots of summer squash. Summer squash are not only the butt of many jokes like “how do you know you are living in the midwest?” A: “The only reason you lock your car doors is to keep your neighbors from filling it with free zucchini?”; but it is a

versatile vegetable that can make into sweet muffins for breakfast, cake, does well on the grill, can be stuffed, roasted, eaten raw and much more. Below is our annual zucchini/summer squash guide with information on different types and uses.

The varieties

There is a large range of color (and to a smaller extent flavor) in summer squash.

Zucchini are one type of summer squash characterized by being long and fairly uniform in size throughout the plant. On our farm we grow both green zucchini and several varieties of stripped and yellow zucchini. We also grow a type of light green zucchini called Alexandria which are shorter and more squat and have a great flavor. All can be eaten in the same manner.

Yellow Summer Squash- Many people ask for summer squash for specific recipes usually referring to straight neck or crock neck squash with a paler yellow skin and a more bulbous bottom or seed cavity. Some people may these are nuttier. Honestly for most recipes you can use all summer squash interchangeably.

Patty Pans and Eight Ball Squash – These space ship or gourd looking squash and round zucchini look unusual! They do actually have nuttier flavor and a crisp texture. We never give you gourds in the box, so know that if you have a brightly colored squash (or a round one) they are meant for eating.

Recipes

Summer squash and zucchini ribbons – for pasta substitute or just fun! You can use a veggie peeler to slice squash into long ribbons of desired thickness after washing and removing the ends. You can lightly steam or sauté these and treat them like pasta (or use them like lasagna noodles) or cook with garlic (or garlic scapes) and olive oil and serve as a side. We also find these great raw in marinated salads (with Italian or sesame based dressings).

Zucchini mock apple pie- I know it sounds strange but one of the best pies I have ever had was not a real apple pie but a midsummer 4th of July mock apple pie! 1 recipe for a double 9 inch pie crust (we use the Joy of Cooking recipe but with whole wheat flour), 2 large or equivalent or zucchini halved with larger seeds removed (not need to deseed small ones), 2 Tbs lemon juice (or 1 Tbs cider vinegar), 1 cup pack brown sugar or equivalent maple syrup (if using maple syrup add 1 tsp corn starch), 1.5 tsp cinnamon, 1 pinch nutmeg, 1 tsp cream of tartar. Sauté zucchini in lemon juice and salt for 3-4 minutes until tender. Combine other ingredients in a bowl and mix well. Add zucchini, toss well, fill pie crust, top with other pie crust making sure to punch small hole in top. Bake at 400 for 40 minutes until golden brown.

Zucchini Pickles- 1 pound zucchini ,1 small yellow onion or green onions/garlic scapes, 2 tablespoons salt, a little more if using kosher, 2 cups cider vinegar, 1 cup sugar or honey, 1 1/2 teaspoons dry mustard, 1 1/2 teaspoons crushed yellow and/or brown mustard seeds, 1 teaspoon ground turmeric. Wash and trim the zucchini, then slice them lengthwise into 1/16-inch-thick slices on a mandoline. (You could slice them crosswise, too, but Zuni's are lengthwise.) Slice the onion very thinly as well. Combine the zucchini and onions in a large but shallow non-reactive bowl or casserole dish, add the salt, and toss to distribute. Add a few ice cubes and cold water to cover, then stir to dissolve the salt. After about 1 hour, taste and feel a piece of zucchini—it should be slightly softened. Drain and pat dry. Meanwhile, combine the vinegar, sugar, dry mustard, mustard seeds, and turmeric in a small saucepan and simmer for 3 minutes. Set aside until just warm to the touch. If the brine is too hot, it will cook the vegetables and make the pickles soft instead of crisp. Transfer the zucchini and onion pieces to three two-cup canning vessels (or the equivalent) and pour over the cooled brine. Seal tightly and refrigerate for at least a day before serving to allow the flavors to mellow and permeate the zucchini. They'll last for a week in the fridge.