



“If I can’t dance I don’t want to be part of your revolution.”

- Emma Goldman

News from the Farm

Welcome to Stoney Acres CSA Week 6, 2018! Barn Dance this Saturday Night! We will be prepping platters of food and the band will be tuning up Saturday afternoon for the big hootenanny. Please bring friends if their interested. We will have a foodie silent auction to raise money for the FairShare CSA coalition’s PartnerShares program to provide CSA shares for low income families. Another perfectly timed rain yesterday! We got a decent crop of hay off and put in the mow. I’ve been irrigating the fall crops but the rain has done most of the work. It was just really nice to have a full productive day that was finished with a soft rain. It has been a relatively dry summer which has kept me from canoeing {one of my favorite pastimes} and I’ve had to keep the irrigation on almost constantly but it hasn’t been devastatingly dry. A few crops will be slighted like potatoes and corn and some spring crops had germination issues, and I guess I would prefer more rain but in another way it has been perfectly dry. Certain crops are thriving that want drier climates, small grains, grapes and to a certain extent onions, and as long as I can keep water to their roots other crops are doing fantastic because of the lack of foiliar diseases. We are finishing weeding the fall brassicas and that stand of cabbage broccoli, brussel sprouts has never looked better. **Have a delicious week- Tony, Riley, Ted and Maple**

In Your Box

Celery

Zucchini – traditional green yellow, heirloom and patty pan varieties

Cucumbers

Fennel- fulls

Tomatoes

Onions

Lettuce Heads

Cabbage

Kale

Beans

Next Week’s best Guess:

Salad mix, onions, zucchini, , cabbage, Peppers, tomatoes

Pizza specials of the week – Vegginald

VelJohnson- Fennel, Basil Pesto, Kale, Zucs, Peppers.

Margherita – Fresh Mozz

from Crave Brother’s Cheese,

Heirloom tomatoes, Basil Pesto, fresh basil in post. **The Super Scapegoat** – Bacon, Garlic Scape Pesto, Chevre Goat Cheese From LaClare Farms in Chilton Micro greens in post. **Ben Franklin’s Soaking Food** – Peppers, Onions, Oyster Mushrooms, Sausage

Tony’s Big Friendly Kitchen

Thai-style Cucumbers

1 pound cucumbers, peeled, halved and cut into 1/4-inch slices, ½ teaspoon salt, 2 tablespoons lime juice, 2 tablespoons granulated sugar, 2 small shallots thinly sliced (about 1/4 cup), 1 Thai or serrano chile, sliced into rounds. Place the sliced cucumbers in a small bowl with the salt; mix with your hands. Add the remaining ingredients and stir well. Allow to sit at room temperature for 20 minutes before serving.

Kale with Roasted Beets & Bacon

Thank you food network! 14 oz beets, 1 T olive oil, Kosher salt & black pepper, 6 thick-cut bacon slices, diced (8 ounces), 1 large bunch kale (washed stemmed and cut into 1-inch pieces), 1/3 cup chicken stock, 4 T apple cider vinegar Preheat the oven to 425 degrees F. Wash and trim the beets & place them on sheet of foil. Drizzle with the olive oil and season generously with salt and pepper. Seal up the foil packet and roast until the beets are fork-tender, about 1 hour. In a large skillet over medium heat, cook the bacon until medium-crisp. Drain. Increase the heat to high and add the kale. Stir. Cover and cook for a few minutes, and then add the chicken stock and 2 T of the vinegar. Stir, cover, and allow to wilt for 6 to 8 minutes. Peel and cut the beets into chunks and add them to the kale. Add the remaining 2 T vinegar. Add the bacon, stir to combine and season with salt and pepper. Serve immediately.

Cucumbers – another great veggie guide for the summer bounty

The varieties

Tasty Jade- long (12+ inches), green and smooth skinned. These have a small seed cavity and are sweet. No need to ever peel just rinse and use. These are considered a burpless type.

Classic Slicer (Corinto)- These are the iconic American cucumber and have a darker green and slightly thicker skin. We still don't peel these but the skin is thicker if you plan to pickle and may be nice to peel for certain recipes.

Silver Slicer- A smaller yellow slicing cucumber. Great in salads together with green cucumbers. The skin is very thin and not very strong in flavor.

Suya Long- A wrinkled skin on long and spiky cucumbers. Scrub to remove spikes. These are burpless and very sweet.

Cucumber preparation, storage and a master pickling recipe!

All of the cucumbers we provide you with are slicing types but can be used easily in refrigerator or sandwich pickles (sliced). As mentioned above these is very a reason you should have to peel a cucumber other than preference and we recommend trying a slice with the skin on since most of the nutrients are in the skin and aside from the classic slicers the other varieties have been bred to have sweet thinner skin.

To store place in a loose plastic bag in the crisper. If you cannot use within a week making pickles in a great option. Store in the fridge and use as salad or a topping over the next few weeks.

Easy refrigerator dills- Because you are not actually pickling these for preservation you can easy add and subtract ingredients (think garlic scapes, sliced carrots, zucchini with seeds removed, onions or turnips). You can add pickling spice and leave out the dill; add turmeric and 2 Tbs Honey or sugar to make them a little sweeter. The joy of refrigerator pickled is that you can start eating them like a salad 4 hours after you make them and can enjoy them as pickles in several days or for weeks to come. Cucumbers can be sliced into rounds or spears (which ever you prefer).

Dill Refrigerator Pickles (Rodale Institute) Yield: 1 quart 3-5 large slicing cucumbers plus additional vegetables if desired. 1 tablespoon pickling salt, sea salt, or kosher salt (but not iodized table salt) 1 cup cider vinegar 1 cup water 1 head dill or small bunch dill leaves 1 clove garlic (optional) 3 black peppercorns (optional)

1. For the crunchiest pickles, select firm, dark-green cucumbers. To increase the crunchiness, you can sprinkle the cut cucumbers with a couple of tablespoons of salt, let them sit for 2 hours, and then rinse and drain before proceeding, but this step isn't necessary. 2. Place the dill in the bottom of a clean quart jar or container (we use an ice cream pail for larger batches), peel and crush the garlic clove (if using), and drop that in along with the peppercorns (if using), then put in the cut cucumber. Mix the salt, vinegar, and water in a separate container, stirring until the salt is dissolved, then pour it over the cucumbers, filling the jar right to the top. Pop on the lid and put the jar in the fridge.