



STONEY ACRES FARM
COMMUNITY SUPPORTED AGRICULTURE

“ The true meaning of life is to plant trees, under whose shade you do not expect to sit.”

— Nelson Henderson

News from the Farm

Welcome to Stoney Acres CSA Week 9, 2018! I have one big weeding push left that I hope to knock out before the end of August. All my fall crops of carrots, beets, rutabagas and fall greens need a clean up, I always want to get them done before August is over because I have two great women educators who have given me their summers. Amber Krause, who teaches Spanish at Abbotsford High School, has been a worker share for nine years and the past two seasons I've hired her on to help get everything done. She is an incredible weeder, she stayed late this week to freeze broccoli for winter market and rolls half the dough for Pizza on the Farm. Nichole Yunk, who is a teachers aide at Jefferson Elementary, has been amazing! I've been begging to hire her for the past two years and it was worth every pitiful grovel. She knows the farm, she works hard and focused, and is skeptical of my lofty goals but helps me achieve them! We are going to make a big push next week and finish things up before they have to go back to school. In other field news the broccoli exploded! I gave you generous amounts and have a literal ton of it in my cooler so if anybody wants to do any bulk preservation come and get a bushel or two from the Wausau Farmers Market or the farm. I also had a lot of summer leeks come in so you will be seeing them for the next couple weeks.

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

In Your Box

Dill

Zucchini – traditional green yellow, heirloom and patty pan varieties

Cucumbers

Fresh Garlic

Tomatoes

Onions

Leeks

Cabbage

Cherry Tomatoes – Fulls

Beans

Broccoli

Bok Choy

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 Gruffy Jack and Dill. Ben Franklin's Soaking Food** – Peppers, Onions, Oyster Mushrooms, Sausage

Tony's Big Friendly Kitchen

"Pasta primavera is quite a straightforward recipe; spaghetti or fettuccine tossed with an array of fresh spring vegetables. When done right, this is one of the year's great seasonal recipes. This looks, smells, and tastes like a cool, sunny spring day." **Ingredients** 1 bunch fresh basil, 3 cups chicken broth, divided, 1/2 cup olive oil, 2 cloves garlic, 1 pound fettuccine pasta, 2 tablespoons olive oil, 1 large leek, white and light green parts only, chopped, 1 bunch green onions, chopped, 2 jalapeno peppers, seeded and diced, 2 pinches salt, 2 zucchinis, diced, 1 cup chopped sugar snap peas, 1/2 cup shelled English peas, 1 bunch asparagus, stalks diced, tips left whole, 1/2 cup grated Parmesan cheese, or as needed

1. Fill a large pot with lightly salted water and bring to a rolling boil. Hold basil bunch by the stems and dip basil leaves in boiling water until bright green, about 2 seconds. Immediately immerse basil in ice water for several minutes until cold to stop the cooking process. Once the basil is cold, drain well. Remove basil leaves from stems and discard stems.
2. Blend basil leaves, 1 cup chicken broth, 1/2 cup olive oil, and garlic together in a blender until smooth.
3. Stir fettuccine into the same pot of boiling water, bring back to a boil, and cook pasta over medium heat until cooked through but still firm to the bite, about 8 minutes. Drain.
4. Heat remaining 2 tablespoons olive oil in a large saucepan over medium heat. Cook and stir leek and green onion in hot oil until softened, about 5 minutes. Add jalapeno and salt; cook and stir until jalapeno is soft, about 5 minutes.
5. Increase heat to medium-high. Stir 2 cups chicken broth, zucchini, sugar snap peas, and English peas into jalapeno mixture; bring to a simmer and cook for 5 minutes. Add asparagus and continue cooking until asparagus is soft, about 3 minutes more.
6. Pour 1/4 cup basil-garlic mixture into zucchini mixture and cook and stir until heated through, about 1 minute. Remove from heat.
7. Place pasta in a large bowl; pour zucchini mixture over pasta and pour remaining basil-garlic mixture over the zucchini mixture. Spread Parmesan cheese over the top. Toss mixture briefly to combine and tightly wrap bowl with aluminum foil. Let stand until pasta and vegetables soak up most of the juices and oil, about 5 minutes. Toss again.

Kim Chi – A how to guide to sauerkrauts spicy Korean counter part

Fermenting vegetables is very easy, seriously, but take a little leap of faith. Health.com named **kimchi** one of the five healthiest foods in the world. **Kimchi**, a fermented food, is highly probiotic, meaning that it supports the growth of good digestive bacteria. **Kimchi** was first developed in Korea in the 12th century to preserve vegetables during the winter. Kim Chi is one of our personal favorites and requires less overall efforts than sauerkraut and uses Chinese cabbage and or Bok Choy which will be in the box this week and next. If you need a fun way to expand you food horizons this is one! Here are 10 Fun facts about Kim Chi from Hatch Lab.net

1. There are many ways to spell kimchi, including *kimchee* or *gimchi*. Take your pick!
2. Traditionally, kimchi is fermented underground in earthen pots for months.
3. The average adult Korean consumes more than a quarter pound of kimchi every day. (Source: *Wild Fermentation*, Sandor Katz.)
4. 75% of the kimchi consumed in Korea is made at home. (Source: *Wild Fermentation*, Sandor Katz.)
5. **A study conducted by Seoul National University** found that chickens infected with the H5N1 virus, also called avian flu, recovered after eating food containing the bacteria found in kimchi.
6. There are more than **300 different kinds of kimchi**.
7. **Health.com** named kimchi one of the five healthiest foods in the world.
8. Kimchi, a fermented food, is highly probiotic, meaning that it supports the growth of good digestive bacteria.
9. Kimchi was first developed in Korea in the 12th century to preserve vegetables during the winter.
10. At the inaugural Chowdown in Koreatown **World Kimchi Eating Championship** in Chicago in 2013, Miki Sudo ate 8.5 pounds of the pickled delicacy in 6 minutes and won \$1,750—as well as some serious bragging rights.

Ingredients - 2 lbs head napa cabbage, 1/4 cup sea salt or kosher salt (see Recipe Notes), Water (see Recipe Notes), 1 tablespoon grated garlic (about 5-6 cloves or scape), 1 teaspoon grated ginger 1 teaspoon sugar, 2-3 tablespoons fish sauce (optional), 1-5 tablespoons Korean red pepper flakes or regular hot peppers, 8 ounces Korean radish or daikon (spring turnips work well), peeled and cut into matchsticks, 4 scallions or green onions trimmed and cut into 1-inch pieces. Note you can remove turnips and scallions and still have a great result.

Cut the cabbage. Cut the cabbage lengthwise into quarters and remove the cores. Cut each quarter crosswise into 2-inchwide strips.

Salt the cabbage. Place the cabbage and salt in a large bowl. Using your hands (gloves optional), massage the salt into the cabbage until it starts to soften a bit, then add water to cover the cabbage. Put a plate on top and weigh it down with something heavy, like a jar or can of beans. Let stand for 1-2 hours. Rinse and drain the cabbage.

Rinse the cabbage under cold water 3 times and drain in a colander for 15-20 minutes. Rinse and dry the bowl you used for salting, and set it aside to use in step 5.

Make the paste. Meanwhile, combine the garlic, ginger, sugar, and fish sauce (or 3 tablespoons water) in a small bowl and mix to form a smooth paste. Mix in the hot pepper, using 1 tablespoon for mild and up to 5 tablespoons for spicy (I like about 3 1/2 tablespoons).

Combine the vegetables and paste. Gently squeeze any remaining water from the cabbage and return it to the bowl along with the radish, scallions, and seasoning paste. Mix thoroughly. Using your hands, gently work the paste into the vegetables until they are thoroughly coated. The gloves are optional here but highly recommended to protect your hands from stings, stains, and smells!

Pack the kimchi into the jar. Pack the kimchi into the jar, pressing down on it until the brine rises to cover the vegetables. Leave at least 1-inch of headspace. Seal the jar with the lid. Let it ferment. Let the jar stand at room temperature for 1-5 days. You may see bubbles inside the jar and brine may seep out of the lid; place a bowl or plate under the jar to help catch any overflow. Check it daily and refrigerate when ready. Check the kimchi once a day, pressing down on the vegetables with a clean finger or spoon to keep them submerged under the brine. (This releases gases produced during fermentation.) When the kimchi tastes ripe enough, transfer the jar to the refrigerator 2 days work well. You may eat it right away, it's best after another week or two.