



STONEY ACRES FARM
COMMUNITY SUPPORTED AGRICULTURE

“All you need is love. But a little chocolate now and then doesn't hurt.”

— Charles M. Schulz

News from the Farm

Welcome to Stoney Acres CSA Week 6, 2018! What a beautiful box we packed this week! I received a question about why the boxes weren't packed with the same items for full shares and half shares that I wanted to address with everyone. In packing the box I try to harvest an amount for small shares that is based on a recipe in a cook book that says you need this much to serve four or six. If there is more or less available I'll divide by what is available and typically add 50% to fulls. So if Small Shares get 4 Zucchini Full shares get 6. Sometimes there is a base amount where I want it to be represented for everyone but not enough to increase the volume for fulls, like peas this week. It was the end of the season, there were just enough peas to get everyone 2/3rds of a pound and I didn't really want to have less than that so everyone got 2/3rds of a pound. If something is ramping up or phasing out over the margins of the season I may only represent it in one share or the other depending on the amount. Last week Raspberries and tomatoes were just coming on. We eeked out 50 pints and there were just enough new tomatoes for the full shares to have a taste. In many of these cases I favor full shares as there is a lesser amount and they have paid for the “full share,” but I always try to represent it in smalls later on. This week tomatoes came on and everyone got 2-3 or 3-4 depending on size. Blueberries made the fulls, but are declining so that will be there only appearance, and raspberries came around for the smalls. **Have a delicious week- Tony, Riley, Ted and Maple**

In Your Box

Blueberries – Fulls

Zucchini – traditional green yellow, heirloom and patty pan varieties

Cucumbers

Fennel

Tomatoes –

Raspberries – Small Shares

Onions

Salad Mix

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

Basil

Kohlrabi

Peas

Next Week's best Guess:

Salad mix, onions, zucchini, peas, cabbage, Peppers, tomatoes **Pizza specials**

of the week –

Vegginald VelJohnson-

Fennel, Basil Pesto, Kale, Zucs, Peppers. **Margarita** – Fresh Mozz from Crave Brother's Cheese, Heirloom tomatoes, Basil Pesto, fresh basil in post. **The Super Scapagoat** – 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

Roasted Fennel with Parm from the Food Network

4 tablespoons olive oil, 4 fennel bulbs, cut horizontally into 1/3-inch thick slices, fronds reserved, Salt and freshly ground black pepper, 1/3 cup freshly shredded Parmesan Preheat the oven to 375 degrees F. Lightly oil the bottom of a 13 by 9 by 2-inch glass baking dish. Arrange the fennel in the dish. Sprinkle with salt and pepper, then with the Parmesan. Drizzle with the oil. Bake until the fennel is fork-tender and the top is golden brown, about 45 minutes. Chop enough fennel fronds to equal 2 teaspoons, then sprinkle over the roasted fennel and serve.

Shaved Fennel, Zucchini, and Celery Salad from Martha Stewart and her obedient wonderful minions

6 small celery stalks, very thinly sliced (about 1 1/2 cups) , 1 bulb fennel, very thinly sliced (about 3 cups) , 1 small zucchini, halved lengthwise, then thinly sliced crosswise (about 1 1/2 cups) , 1/2 cup extra-virgin olive oil , 1/4 cup white-wine vinegar , 1 can (15.5 ounces) butter beans, drained and rinsed , Coarse salt and freshly ground pepper , 1/2 cup almonds, toasted and coarsely chopped Combine celery, fennel, zucchini, oil, vinegar, and beans in a bowl. Season with salt and pepper. Refrigerate 1 hour, Stir in almonds and season with more salt and pepper just before serving.

Caprese Salad from Rachel Ray (Martha is looking down on her with a healthy hate respect that all good talk show hosts have) vine-ripe tomatoes, 1/4-inch thick slices, 1 pound fresh mozzarella, 1/4-inch thick slices, 20 to 30 leaves (about 1 bunch) fresh basil, Extra-virgin olive oil, for drizzling, Coarse salt and pepper Layer alternating slices of tomatoes and mozzarella, adding a basil leaf between each, on a large, shallow platter. Drizzle the salad with extra-virgin olive oil and season with salt and pepper, to taste.

Tomato Time: A Guide for 2018

Every season we write a tomato guide because unlike the store we grow many shapes, sizes, colors and of course flavors of tomatoes. For a newbie some of the green varieties look unripe and the scars that some heirlooms have and the patterns make figuring out ripeness a challenge.

U-Pick: Will start about a month from now and I will announce it in the newsletter. It will last for 3 weeks to a month depending on the frost.

General info- most heirloom tomatoes have “green shoulders” so the top may be green or harder while the tomato is actually ripe. The bottom of the tomato (or bottom ½) should be similar to the texture of an outstretched palm when ripe. Most Red slicing tomatoes are fully red when ripe and have even texture throughout. We do have several heirloom red tomatoes meaning the tops might be a light yellow or green. Every tomato you receive is either ready to eat immediately or should wait 1-2 days maximum.

Care- All tomatoes should be left on the counter if and when possible. They ripen best and taste best when not refrigerated. They are one of three crops that we do not cool down in anyway. Skin can be rinsed off right before using and sliced tomatoes or tomatoes in salads can be refrigerated as needed.

Varieties-We grow a lot of types of tomatoes. Most of what you will get are cherries, saladette (think small oval), large heirlooms and slicers. We also occasionally include roma tomatoes. You can also use these names to search online for images and next week we will post a picture of most types for the tomato curious.

Heirlooms/Slicers Striped German – rainbow from light green shoulders to yellow orange with a red bottom Prudens Purple- a pink “brandywine” type. Larger uneven tops with a deep pink color Cherokee Purple- dusty pink to a brown purple with some darker shoulders A new favorite this year is Berkley Tie-dye it’s a dark tomato purple variegated with red streaks. Cosmonaut – A wonderful heirloom red slicer. Flatter and more flavor filled than the large big beef. Big Beef and Caiman - Classic red slicing tomatoes Trials- we have several plants of these types as we participate in a trial from UW Madison. These look similar to romas and small red slicers.

Cherries Sungold- super sweet orange; black cherry-a dusty pink to deep purple large cherry; Jasper – a small red grape type Washington Cherry – large red Cherry Bomb – like Washington cherry but sweeter. A great trial variety! Juliet-not a cherry but a miniature roma/saladette oval that is sweet and firm. Back Cherry- The Cherokee purple of cherry tomatoes, a larger dusky pink to brown color. Best flavor around. Rainbow Bumblebee and tiger tomatoes- three types of saladette and large cherry types that range from green to pink striped.

Romas - We grow several romas which are generally thought of as sauce tomatoes. The rounder Bellstar variety has been my main roma in the past but this season I’ve switched to the San Marzano for flavor. It’s a bit of a risk as it’s an 82 day tomato compared to a 62 day bell star but I’m growing an acre on a 60-30-10 split so I should be safe. The remaining 10% are romas I’m trialing to improve my sauce: Teren, Granadero, Amish Paste. You will likely have a range of romas in your box as the season progresses. These are also the tomatoes we use for upick so expect to learn more about these as canning season comes in later August/early Sept.