



"The Summer Night is like the perfection of thought." – Wallace Stevens

News from the Farm

Welcome to Stoney Acres CSA Week 5, 2019! Hi. How Are Yas? One of the gigs I've got going on the farm is raising grassfed beef, and this week we finally got around to making hay. The windows have just been too short to try and cut anything down with all the rain and we would have probably made ruts in the fields if we'd tried. But my dad got on it again. I almost take it for granted that he'll take care of it like he always has but every year I find it more amazing. He's almost 70 but he cut, raked, baled all of and was involved in mowing (putting in the haymow) half of 1300 small squares in three days. I love unloading hay! I know how to tear apart a load and get it up in the mow faster than anyone. I always thought the job set me apart from the city kids on the football team. Weight Room?!? Ptff I was pushing a feed cart, splitting firewood, and mowing hay. But I don't do any of this alone. I'm lucky to have a crew to help me get in the harvest and put up hay. Stin and Alex took turns in the mow, Nicole kept the harvest apace and even my neighbor Tenzin came over at an opportune time Tuesday evening to help me get two loads up just before what looked like ominous rain. (The beer tasted great after that.) But I don't know how I'd do it without Big Ed. (I might not, it's crunch time in the field for weeding and harvesting and some of the yearling steers got out and ate a good chunk of the brussel sprouts and AHHHHH!) But as long as dad is making hay there will be hamburgers coming from Stoney Acres. (I hope that's a "tasteful" comment.) #smallsquaresforever. **Have a delicious week- Tony, Riley, Ted and Maple**

In Your Box

Lettuce head

Cilantro

Napa Cabbage – Great in Stir Frys, salads, and Kim Chi

Carrots

Peas

Fennel – Roast the bulb, mince the fronds ideas below

Garlic Scapes – the flowering shoot of the garlic plant. Use it all.

Scallions

Strawberries

Next Week's Best Guess:

Kale, lettuce, broccoli, raspberries, scapes, carrots, kohlrabi, Napa, Zucs, Cucs

Pizza specials of the week – **Veginald**

VelJohnson- garlic sauce, caramelized onions, kale.

Naughty Pigs – Stoney sausage, Bacon, caramelized onions, ajued oyster

mushrooms. **Romona the Pesto** – Basil pesto base, maple cured flecked ham, roasted cherry tomatoes, arugula and parm in post.

Blue Oyster Cult – Carr valley blue cheese, Stoney sausage, ajued oyster mushrooms, garlic sauce **The Scapegoat** – Bacon, green garlic sauce, Cherve Goat Cheese from Laclare Farm in Chilton, WI and a fried scape in post.

Tony's Big Friendly Kitchen (Now with Katie!)

Fennel ideas from Cookinglight.com

All parts of the fennel plant—bulb, stalk, and the feathery fronds—are edible, and will add texture and flavor to salads, **slaws**, pastas, and more. Thinly sliced raw fennel bulb adds a sweet licorice flavor and crunchy texture to salads. To slice the bulb, stand it on the root end and cut vertically with a sharp knife or mandolin. To soften the flavor of the bulb, try braising, sautéing, roasting, or **grilling** it.

Blackened Shrimp with Citrus and Roasted Fennel

Fennel stalks can take the place of celery in soups and stews, and can be used as a "bed" for roasted chicken and meats. Use fennel fronds as a garnish, or chop them and use as you would other herbs, like dill or parsley. Oh, and one last thing—fennel and seafood go together like peas in a pod.

2 small navel oranges, 2 medium fennel bulbs with stalks (about 7 oz. each), 1/4 cup olive oil, divided, 1 teaspoon kosher salt, divided, 6 small shallots, halved, 2 teaspoons paprika, 1 teaspoon chopped fresh thyme, 1/2 teaspoon garlic

powder, 1/4 teaspoon chopped fresh oregano, 1/4 teaspoon ground red pepper 1 pound large shrimp, peeled and deveined, tails on, 2 (4.4-oz.) pkg. precooked multigrain rice medley (such as Minute)

Directions: Preheat oven to 425

Step 2 Grate one orange to equal 1 teaspoon rind; reserve. Cut oranges crosswise into 1/3-inch-thick rounds. Remove stalks from fennel; chop fronds to equal 2 tablespoons and reserve (discard stalks). Cut fennel bulbs into 1/2-inch-thick wedges. Combine orange slices, 2 tablespoons oil, 1/2 teaspoon salt, shallots, and fennel wedges in a bowl. Arrange fennel mixture in a single layer on a rimmed baking sheet. Bake at 425°F for 25 minutes or until fennel is tender and lightly charred.

Step 3 Combine remaining 1/2 teaspoon salt, paprika, and next 4 ingredients (through red pepper) in a ziplock bag. Add shrimp, seal, and shake to coat. Heat remaining 2 tablespoons oil in a large skillet over medium-high. Add shrimp; cook 3 minutes or until done.

Step 4 Heat rice medleys according to package directions; place in a bowl and stir in reserved 1 teaspoon orange rind. Divide rice mixture, fennel mixture, and shrimp among 4 plates; sprinkle evenly with reserved fennel fronds.

Crab, Fennel, and Basil Spaghetti

8Ounces of uncooked spaghetti 2 tablespoons olive oil, 1 1/2 cups sliced cored fennel bulb (about 1 medium), 1 teaspoon crushed red pepper, 1/4 teaspoon kosher salt, 2 garlic cloves, thinly sliced, 12 ounces fresh lump crabmeat, picked, 5 tablespoons chopped fresh flat-leaf parsley, divided, 2 tablespoons thinly sliced fresh basil, 2 tablespoons coarsely chopped fresh mint, 4 lemon wedges

Step 1 Cook pasta according to package directions, omitting fat and salt. Drain pasta over a bowl, reserving 3/4 cup pasta cooking liquid for the sauce.

Step 2 Heat oil in a large skillet over medium. Add fennel; sauté 7 minutes. Add crushed red pepper, salt, and garlic; cook 1 minute. Add crab; cook 2 minutes, stirring occasionally. Add pasta and reserved 3/4 cup pasta cooking liquid; toss to coat. Stir in 3 tablespoons parsley.

Step 3 Divide pasta mixture among 4 bowls; top evenly with remaining 2 tablespoons parsley, basil, and mint. Serve with lemon wedges.

