



“Sometimes I get asked, “FarmAid? You guys still doing that?” and I think, “You still eating?””

- John Mellencamp

News from the Farm

Welcome to Stoney Acres CSA Week 6, 2019! I keep referring to naughty calves in the newsletter, because they get out and step places they shouldn't, and poop places they shouldn't, and eat things they shouldn't! However, this week the naughty calves prompted some joy in my life as they brought a visit from Randy Cutler of Cutler Fence in Millidore. I had too much to keep up with and fixing fence is a bit of a frustrating job so I called Randy who built 23 acres of new fence in the back 40 a couple of years ago in two short days, and is a friend of the smallscale sustainable grassfed farmer like myself. I've been to his and Sally's house many times and its always a great interesting time. He came up and worked on the fence for four hours, got a shock in it all the way around with the help of my dad who has been mowing around it for the last two days. Afterwards he walked out to the cabbage patch to find me, told me of the progress and when I asked him what he wanted, he said a “jug of beer.” He would have been content to leave with a growler! What a nice guy! That beer did taste particularly good in the 85 degree heat though.

In other news, you have shitake mushrooms in your box! This is not an accident. They are a result of what I call the midsummer force. Some background: every year I cut down two red oak trees from my woods to harvest limbs that are four feet in length 3-8 inches in diameter to inoculate with shitake spawn. 18 months later they start to fruit, but shitake production is fickle and unreliable. There is one tried and true production method called the midsummer force. We dragged some 200 – 300 gallon tubs down by the sugar bush where I have the sticks, rolled out a hose, through the sticks in the tanks and filled it with water. Everyday we switched out a batch until the tanks were full. 7 days later...BOOM!!! The sticks are loaded, and now you can have yummy oaky shitake goodness with you meals this week! **Have a delicious week- Tony, Riley, Ted and Maple**

In Your Box

Lettuce head

Basil

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

Kohlrabi

Peas

Broccoli

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

Kale

Zucchini – see guide

Shitake Mushrooms – break off the stem too chewy (could be used for stock)

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.

Holy Shitake- Stoney sausage, ajued shitake mushrooms, fennel, parm from Harmony in post.

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!)

Quick basic idea for Napa Cabbage

Quick Kimchi: Kimchi is a Korean lacto-fermented pickled Napa Cabbage dish. It usually involves a long brine time in an airtight container mixed with hot pepper, fall radishes, onions, and garlic. However, you can make a quick and easy overnight version. Just take about 3 cups of shredded Napa Cabbage, add a Tablespoon or so of Sriracha (or other Korean garlic-hot pepper sauce), about 3 Tablespoons of rice or white wine vinegar, 4 chopped Garlic cloves, and a half teaspoon or so of salt – Mix it all together and let chill overnight in the fridge.

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 striped 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.