



STONEY ACRES FARM
COMMUNITY SUPPORTED AGRICULTURE

“For the true measure of agriculture is not the sophistication of its equipment the size of its income or even the statistics of its productivity but the good health of the land.”

– Wendell Berry, *The Unsettling of America: Culture and Agriculture*

News from the Farm

Welcome to Stoney Acres CSA Week 6, 2019! We had some nasty weather Friday and Saturday but the farm was unscathed. About 100 people watched at pizza night as the storm blew in and poured and whipped but no damage was done. We lost power just long enough for me to have to reset my digital clocks. I was lucky some of my neighbors to the south lost their power for three days. The rain has drown out some low ends of beds, and created limited windows for weeding so somethings have been overtaken but for the most part everything is ok. I learned a long time ago that with my heavy soils and relatively wet summers everything I plant needed to be put into a raised bed.

I had some fun with my crew and some friends on Sunday morning shooting our first beer commercial. I wanted to create a slogan and poster for the different beers we brew so I started with our most popular “Athens Light” giving it the slogan: “Drink an appropriate amount of Athens Light.” I Settled on that being the theme of our annual float in the Athens Fair Parade and broadened it to be “Beer Commercial on a Float”. Alex and I wrote a jingle for a 30 second spot and this last weekend we hired a videographer and provided some imagery. We had a great time spoofing beer commercial iconography, and rocking out to “Drink an Appropriate Amount of Athens Light.” Stay tuned. **Have a delicious week- Tony, Riley, Ted and Maple**

In Your Box

Lettuce head

Basil

Swiss Chard

Kohlrabi

beans

Broccoli

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

Dill

Zucchini – see guide

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

Blueberries or raspberries

Next Week’s Best Guess:

Kale, celery, broccoli, cilantro, onions, carrots, kohlrabi, mushrooms, 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!)

Swiss Chard is typically served steamed or sautéed as a side green, but you can cook swiss chard in any way you’d cook spinach, subsequently my two favorite recipes are swiss chard lasagna and creamed chard.

Sautéed Swiss Chard with Garlic and Lemon from Bon appetite Ingredients 2 tablespoons olive oil, 4 garlic cloves, thinly sliced, 1 teaspoon crushed red pepper flakes 2 large bunches Swiss chard, ribs and stems removed and reserved, leaves torn into 2” pieces (about 12 cups) Kosher salt and freshly ground black pepper, 2 tablespoons fresh lemon juice Preparation Heat oil in a large skillet over medium heat. Cook garlic, stirring occasionally, until golden brown, about 2 minutes. Add red pepper flakes and half of Swiss chard, season with salt and pepper, and cook, tossing often, until wilted, about 4 minutes. Add lemon juice and remaining chard and cook, tossing, just until all chard is wilted, about 1 minute; season with salt and pepper.

Creamed Chard From Martha Stewart INGREDIENTS 2 tablespoons water, 4 bunches Swiss chard, stems removed, leaves cut into 1-inch strips, 1/4 cup (1/2 stick) unsalted butter, 1/4 cup all-purpose flour, 1 1/2 cups whole milk, 1/4 teaspoon ground nutmeg, Coarse salt and ground pepper DIRECTIONS 1. In a large pot, bring water to a boil over medium-high. Gradually add chard and cook until it is just wilted, 2 to 3 minutes. Transfer to a colander to drain, pressing out as much liquid as possible. 2. In pot, melt butter. Whisking constantly, add flour and cook 1 minute. Whisking constantly, slowly add milk. Cook, whisking along bottom of pot, until mixture comes to a boil and thickens, 2 to 3 minutes. Add chard and stir until coated. Stir in nutmeg and season with salt and pepper.

STONEY ACRES FARM

presents...

the Harvest Hootenanny of the season

..... T H E

BARN DANCE

SATURDAY, AUGUST 3

7 : 0 0 - 1 1 : 5 9 P M

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Featuring the Hometown Harmony Club

Organic food . Local spirits

Country chic attire

1701 WINDFALL HILL ROAD . ATHENS, WI

Visit stoneyacresfarm.net or call 715.432.6285

for more information