



**STONEY ACRES FARM**  
COMMUNITY SUPPORTED AGRICULTURE

“The job of feet is walking, but their hobby is dancing.”

Amit Kalantri

## News from the Farm

**Welcome to Stoney Acres CSA Week 6, 2019!** The Barn Dance is this Saturday Night! It's my favorite night of the year! I love the Band Hometown Harmony Club! When people ask me what they sound like I say: “They are like the best wedding band you've ever heard.” But I'm disappointed in that answer for it doesn't do them justice. These guys care about and intellectualize the roots of modern music. That and their talent allows them to put together a song list that resonates and entertains. They're FUN!

The setting is beautiful! This is the land my Greatgrandparents homesteaded, and the barn my grandparents and uncles farmed in. I've played in it all my life, and it's beauty is a testament as to why people get married in barns like this.

I Love that kids come! They find each other. There is a roving pack of children. There is a breakout soccer game. The little girls help me fill the dance floor during the first set. The curiosity of the bigger kids has them cutting a rug during the second set and I get to embarrass my oldest son, but he can't deny he's having a great time.

I love the food and the beer! I'm going to start prepping tomorrow. Kale chips! Ants on a log! German Meatballs! Zucchini Bread!, Caprese salad! All from the farm all fresh and in season! So come eat drink and be merry and dance the night away with me this Saturday at 1701 Windfall Hill Road in Athens.

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

## In Your Box

**Kale**

**Fennel**

**Cabbage**

**Carrots**

**Tomato**

**Onions**

**Cauliflower**

**Celery**

**Cucumbers**

**Zucchini**

**Blueberries**

**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 **Billy's Dillweed** – Bacon, green garlic sauce, Dill Cherve Goat Cheese from Laclare Farm in Chilton, WI **Margarita** - Fresh Mozz, Fresh heirloom tomato, fresh basil

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

**Celery** – Can be eaten fresh as a snack with peanut butter or cream cheese or whatever dip or spread you like. It's great in all kinds of soups and stews. And lends itself well as a flavor and crunch to many salads.

**Shaved Celery and Parsley Salad** - 1 tablespoon fresh lemon juice, 2 tablespoons olive oil, 1/2 teaspoon honey, 1/4 teaspoon kosher salt, 1/8 teaspoon ground red pepper, 1 garlic clove, minced, 1 anchovy fillet, 2 cups very thinly diagonally sliced celery, 1/2 cup thinly sliced fennel bulb, 1/2 cup flat-leaf parsley, 1/2 cup thinly sliced red bell pepper

**How to Make It** -Combine lemon rind, lemon juice, olive oil, honey, salt, ground red pepper, minced garlic, and anchovy in a mini food processor; process until smooth. Combine celery, fennel, parsley, and red bell pepper in a large bowl; drizzle with vinaigrette. Toss well to combine.

**Lemony Brazied Celery with Hazelnuts** - 2 tablespoons fresh lemon juice, 3 cups water, 3 cups unsalted chicken stock, 1/4 cup extra-virgin olive oil, 5 (1-inch) strips lemon rind, 2 teaspoons kosher salt, 2 bay leaves, 5 cups (1 1/2-inch) pieces diagonally cut celery, veins removed, 3 tablespoons toasted crushed hazelnuts, 2 tablespoons extra-virgin olive oil, 1/3 cup celery leaves, 1/4 teaspoon kosher salt, 1/4 teaspoon freshly ground black pepper

**How to Make It** - Combine water, chicken stock, 1/4 cup olive oil, lemon rind, lemon juice, 2 teaspoons kosher salt, and bay leaves in a large saucepan over high heat; bring to a boil. Add diagonally cut celery to pan. Reduce heat; simmer 15 minutes or until very tender when tested with a sharp knife. Transfer celery to a serving plate using a slotted spoon. Sprinkle evenly with crushed hazelnuts, 2 tablespoons olive oil, celery leaves, 1/4 teaspoon kosher salt, and pepper.

## Cucumbers – another great veggie guide for the summer bounty

The varieties

**National pickling** – short, speckled green and white, great for pickling large or small

**Classic Slicer (Market more)**- These are the iconic American cucumber and have a darker green and slightly thicker skin. We still don't peel these but the skin is thicker if you plan to pickle and may be nice to peel for certain recipes.

**Silver Slicer**- A smaller yellow slicing cucumber. Great in salads together with green cucumbers. The skin is very thin and not very strong in flavor.

**Suya Long**- A wrinkled skin on long and spiky cucumbers. Scrub to remove spikes. These are burpless and very sweet.

Cucumber preparation, storage and a master pickling recipe!

All of the cucumbers we provide you with are slicing types but can be used easily in refrigerator or sandwich pickles (sliced). As mentioned above these is very a reason you should have to peel a cucumber other than preference and we recommend trying a slice with the skin on since most of the nutrients are in the skin and aside from the classic slicers the other varieties have been bred to have sweet thinner skin.

To store place in a loose plastic bag in the crisper. If you cannot use within a week making pickles in a great option. Store in the fridge and use as salad or a topping over the next few weeks.

Easy refrigerator dills- Because you are not actually pickling these for preservation you can easily add and subtract ingredients (think garlic scapes, sliced carrots, zucchini with seeds removed, onions or turnips). You can add pickling spice and leave out the dill; add turmeric and 2 Tbs Honey or sugar to make them a little sweeter. The joy of refrigerator pickled is that you can start eating them like a salad 4 hours after you make them and can enjoy them as pickles in several days or for weeks to come. Cucumbers can be sliced into rounds or spears (which ever you prefer).

Dill Refrigerator Pickles (Rodale Institute) Yield: 1 quart 3-5 large slicing cucumbers plus additional vegetables if desired. 1 tablespoon pickling salt, sea salt, or kosher salt (but not iodized table salt) 1 cup cider vinegar 1 cup water 1 head dill or small bunch dill leaves 1 clove garlic (optional) 3 black peppercorns (optional)

1. For the crunchiest pickles, select firm, dark-green cucumbers. To increase the crunchiness, you can sprinkle the cut cucumbers with a couple of tablespoons of salt, let them sit for 2 hours, and then rinse and drain before proceeding, but this step isn't necessary. 2. Place the dill in the bottom of a clean quart jar or container (we use an ice cream pail for larger batches), peel and crush the garlic clove (if using), and drop that in along with the peppercorns (if using), then put in the cut cucumber. Mix the salt, vinegar, and water in a separate container, stirring until the salt is dissolved, then pour it over the cucumbers, filling the jar right to the top. Pop on the lid and put the jar in the fridge.