



*"A world without tomatoes is like a string quartet without **violins**."*

Laurie Colwin, 'Home Cooking'

News from the Farm

Welcome to Stoney Acres CSA Week 9, 2019! Stoney Acres has been getting some good press lately. This past month we were featured in growing Wisconsin, a publication of the Wisconsin Department of Agriculture Trade and Consumer Protection, and Taste of Home Magazine! I'm excited about the exposure and happy the work of this project and vision is paying off. But we needed more attention so we shot our own beer commercial! Based on our slogan for Stoney Acres Brewery this season we wrote a jingle and shot a spoofy 30 second spot for social Media and local Television called: "Drink an appropriate amount of Athens Light". It's going to run on Channel 7 until the Athens Fair and the jingle is going to get some radio play. If you would like to see it you can check the facebook page or watch it on YouTube under Athens Light.

In Farming News: The Solanaous crops are coming in (Tomatoes, Peppers, Eggplant, tomatillos) This week I got sungolds into full shares and next week they will be there for all. You received and Eggplant and I focused the recipes on those, and next week you will get your first taste of peppers. The rain has come hard and in sheets but we are holding our own. I would like a long warmer drier fall, so put in a good word for me. **Have a delicious week- Tony, Riley, Ted and Maple**

In Your Box

Leeks

Garlic

Cabbage

Carrots

Tomato

Eggplant

Cucumbers

Zucchini

Lettuce Heads

Next Week's Best Guess:

Kale, celery, broccoli onions, Beets, Peppers, 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 **Betty Draper** – Bacon, roasted Eggplant, Cherve Goat Cheese from Laclare Farm in Chilton, WI, Parm in post. **Margarita** - Fresh Mozz, Fresh heirloom tomato, fresh basil

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

Eggplant – Roasting, Baking, Grilling, Olive Oil. It's easy and can be served as an appetizer, side dish or used in main dishes, like Eggplant Parmesan.

Garlic Parmesean Baked Eggplant – Ingredients : 1 large eggplant, 6 tablespoons unsalted butter melted, 1 cup breadcrumbs, 1/4 cup shredded Parmesan cheese, 1/4 teaspoon smoked paprika, 1/2 teaspoon garlic powder , 1/2 teaspoon Italian seasoning: **Instructions:** Start by preparing the eggplant: wash the eggplant and trim off the green end. You can peel the skin if you like. Next, slice eggplant into 1/2" disks. Place all disks in colander or cooling rack set over baking sheet, sprinkle with salt and let sit for at least 30 minutes Next, melt butter in a bowl. Mix breadcrumbs, spices and Parmesan cheese in another bowl. Dip each eggplant disk into butter first, then breading mixture. Place on aluminum foil or parchment paper lined baking sheet. Bake in 400 degrees F oven for 15 minutes, then flip each disk and baked for 7 more minutes. The eggplant should be golden brown and the breading crispy. Serve as side dish, appetizer or use in eggplant Parmesan.

Eggplant Parmesan Rollatini 2 large eggplants (about 3 pounds total), sliced lengthwise (about 16 slices total), kosher salt and black pepper, 1½ cups marinara sauce, 2 large eggs, 1 15-ounce container ricotta, 2 teaspoons dried oregano, 2 cups grated mozzarella (8 ounces), ½ cup grated Parmesan (1½ ounces) Instructions: Heat oven to 450° F. Divide the oil

between 2 rimmed baking sheets. Dividing evenly, arrange the eggplant slices in a single layer on the baking sheets and turn to coat in the oil; season with ½ teaspoon salt and ¼ teaspoon pepper. Bake the eggplant, rotating the baking sheets halfway through, until soft and beginning to brown, 12 to 15 minutes; let cool. Reduce heat to 400° F.

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 at the end of the month 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 out stretched palm when ripe. Most Red slicing tomatoes are fleshy 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. Medford – smaller red slicer. Wisconsin 55, Big Beef, and Caiman - Classic red slicing tomatoes

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. Black Cherry- The Cherokee purple of cherry tomatoes, a larger dusky pink to brown color. Best flavor around. Rainbow Bubblebee 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.