**The Broadcaster** ▪ August 19, 2020 ▪ 715-432-6285 ▪ stoneyacrescsa@gmail.com ▪ www.stoneyacresfarm.net



*“I love red bell peppers. Bell peppers in general, really. I like to eat them like apples. They're so crunchy and delicious.*

*--****Alex Honnold***

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| News from the Farm  **CSA Week 12, 2020!** I’m so excited about your share this week—it’s full of all sorts of peak summer vegetables, like peppers, tomatoes, onions, and zucchini! One of the benefits to working at the farm is that we have an abundance of food, and so every day those of us who are working sit down and have a lunch together. We eat what we harvest, which results in a lot of stir-fries and salads. In the last week, we have been eating a lot of stuffed peppers. I’ve included a recipe from *From Asparagus to Zucchini,* but feel free to use that as a point of inspiration and fill them with whatever sounds delicious to you! I was talking to Mitch, a new CSA member this week, and we were chatting a bit about the challenge of using everything up. At this time of year, one weekend (or week) away often results in a huge backlog of veggies. I included a guide for freezing food on the back of the newsletter. It’s a really easy way to preserve your food. You can also make and freeze soups and curry dishes if you have time on hand. Speaking of time away, the kids and I spent some time in Door County with my parents), my sister Dana and her kids, and my brother Ben! We swam in lake Michigan and played in the sand, played cards and monopoly. It’s hard to take time away from the farm, which made our little getaway even more special.  --**Have a delicious week- Tony, Katie, Riley, Ted, & Maple** |

**In Your Box**

Cilantro

Spinach

Tomatoes

Cucumbers

Cherry tomatoes

Zucchini

Peppers

Poblanos

Onions

Potatoes

Sweet corn

**Next Week’s Best Guess**: Cucs, zucs, peppers, corn, onions, tomatoes, cilantro, potato, garlic, cherry tomatoes

**Pizza specials of the Vegginald Vel-Johnson-**  Fennel, zucchini, broccoli, onions. **Ben Franklin Soaking Food –** Stoney sausage, peppers, caramelized onions, ajued oyster mushrooms. **Blue Oyster Cult –** Carr valley blue cheese, stoney sausage, ajued oyster mushrooms, garlic sauce **Sweet Honey n’ the Bock** – Bacon, chevre, heirloom tomatoes, honey, and fresh ground pepper. **Scapegoat**—Goat cheese from laclare farm, garlic scape pesto, flecked ham, and roasted garlic scapes in post. **Pizza Poblano** tomatillo sauce Roasted poblano peppers, onions, sweet corn, chorizo sausage

**Margherita—**Fresh basil, heirloom tomatoes, fresh mozz, and basil pesto

**Farm to Table Recipes Gleaned by Tony and Katie**

**Stuffed Peppers (A to Z)**: a little oil, 2 cloves garlic-minced, 2 onions-chopped, 3 cups raw brown rice, 6 cups water or veg stock, or tomato juice, ½ tsp allspice, ½ cup almonds chopped, 1 cup tomatoes-chopped, ¾ pound cheddar cheese, grated, salter and pepper, 9 large peppers, tops cut off and seeds removed.

Heat oil In skillet; add and sauté garlic and onions. Add rice and brown 5 minutes. Add desired liquid and allspice. Cover and cook until rice is done, about 40 min. Toast almonds in dry skillet or hot oven for several minutes, tossing often. Stir in tomatoes, cheese, almonds, and salt and peppers to taste. Cook peppers in boiling water 2 minutes. Drain and stuff peppers with rice mixture. Bake at 350 for 30 minutes.

The good thing about stuffed peppers is that you can alter the fillings based on what you have at home. We have been adding sausage and different cheeses during our lunch time. We’ve also been stuffing zucchini and other stuffing-sized vegetables in addition to peppers!

**Preservation: Freezing Techniques (from Just Food NYC)**

Freezing is a simple and quick way to preserve foods at home and allows you to enjoy garden/farm fresh produce all year round. It is a great way to deal with bounty now!

1) Selecting and Preparing Vegetables - Use vegetables at peak flavor and texture. - Ideally, harvest in the cool part of the morning and freeze within two hours. - Sort and discard any produce with decay, bruises or mold. - Wash vegetables thoroughly in cold water.

2) Blanching and prompt cooling are necessary steps in preparing practically every vegetable for freezing. Blanching destroys bacteria, deactivates enzymes and helps remove any surface dirt.

- Steam Blanch Vegetables & Fruits (recommended method): - Put a minimum of 2 inches water in a large pot. - Heat water to boiling. - Place a rack or colander in pot to keep vegetables above water. - Place prepared vegetables directly in colander or first in a cheesecloth bag, work with small batches vegetables. - Cover pot and steam. - Half way through - check to see that all pieces are being steamed. Stir or shake if necessary. - Replace cover and continue heating. - Test vegetables. They should feel limp and heated through, but not cooked. - Lift out vegetables and spread on clean cloth or paper towels.

- Water Blanching Vegetables: - Fill large pot half full with water and bring to a boil. - Put no more than 3 qts. of vegetable pieces in cheesecloth or mesh bag. - Dunk this bag in boiling water, making sure water covers the vegetables. Shake bag so hot water reaches all pieces. Allow vegetables to cook for a few minutes. - Adjust heat, so water continues to boil. - Remove from boiling water and dunk directly into a cold water bath to stop the cooking. - Drain on paper towel or cloth.

3) Selecting Freezing Containers - Packaging materials should be moisture- and vapor-proof such as glass jars and metal and rigid plastic containers. - Most plastic bags and heavily waxed cartons, are not moisture- and vapor-proof, but are sufficient to use. - Paper cartons are not sufficient for quality frozen foods. - Use containers that allow the food to be removed easily. - Square or rectangular flat-sided containers help make the most of freezer space.

4) Packing Methods  
- Dry Pack: Place prepared vegetables into meal-sized freezer bags or containers. - Pack tightly to cut down on the amount of air in the package. - Leave 1⁄2 inch at the top of rigid containers and close securely. For freezer bags, fill to within 3 inches of top.  
- Tray Pack: - Place prepared vegetables in a single layer on shallow trays or pans. - Freeze until firm, then remove and quickly fill labeled bags or containers. - Close and freeze immediately. - By freezing separately first, each piece of tray-packed food remains loose so that the amount needed can easily be taken from the container and the package resealed.  
5) Labeling and Storing - Label packages with the name of the product and the freezing date. - Leave space between packages to freeze quickly.- Once frozen, store packages close together. - Most vegetables maintain high quality for 12-18 months at 0 degrees or lower. = Longer storage may impair quality. - It is a good idea to post a list of the frozen vegetables near the freezer and to check off packages as they are used.