



“Listen to your broccoli and it will tell you how to eat it.”

- Anne Lamott

News from the Farm

Welcome to Stoney Acres CSA Week 4, 2020! Things are rolling along at the farm! The first few weeks of the CSA marks “Salad Season” and always features a variety of greens to be eaten cooked or raw. As we move into week 4, you’ll see a wider array of veggies like the carrots, broccoli, and strawberries in your share! We are set to have a bountiful year this year, in part because of the incredible work of one of my farm hands, Bonnie. Bonnie is a prolific weeder! She comes in the morning, and finds a row to start weeding—this week she was working on weeding Kale and Fennel. She pops out briefly for lunch, and then is right back at it. She is a diligent and methodical weeder! The work that she does weeding helps to ensure that there is room in the ground for the vegetables to grow! I write a lot about weeding in the newsletter because it’s such an important part of our job here! Thank you Bonnie! The other big project that we’ve been working on this summer is a renovation to the floor of our barn (the building that says “Stoney Acres Farm” and has the cow on it). My Dad was a little boy when his Dad—Grandpa Schultz--built the barn. We’ve been pulling out the old concrete and adding new concrete and support posts. The chickens and pigs and cows will be happy! So will my skidsteer! **Have a delicious week- Tony, Riley, Ted and Maple**

In Your Box

Carrots
Napa cabbage
Scallions
Strawberries
Lettuce heads
Kale
Broccoli (fulls)

Next Week’s Best Guess:

Mushrooms, Napa cabbage, Beets, Garlic Scapes, Fennel, Kohlrabi
Lettuce head, Strawberries

Pizza specials of the week – Vegginald Vel-Johnson-

Roasted cherry tomatoes, garlic sauce, caramelized onions. **The Scape Goat** – Bacon, charred kale, garlic scape pesto, and

chevre from laclare family creamery in Chilton, Wi. **Ramona the Pesto** –**Blue Oyster Cult** – Carr valley blue cheese, stoney sausage, ajued oyster mushrooms, garlic sauce **The Kassandra Sepeda** – Bacon, green garlic sauce, micro-arugula, and shaved parm in post; **Athens Greek**—spinach, feta from Nasonville dairy sausage, Kalamata olives, & red onion

Farm to Table Recipes Gleaned by Tony and Katie

Weeknight Broccoli Pasta Recipe: You’ll need Broccoli, butter & olive oil, parmesan, garlic, herbs (I use basil and oregano, dried is just fine), pasta. One of my favorite ways to use broccoli is to make this super-easy and tasty pasta dish. While your water is boiling, use a combination of butter and olive oil (about 1/3 cup) to saute minced garlic. After about a minute, add your herbs, salt, and pepper. Here is the key: When the pasta has six minutes left to cook, toss your cut broccoli into the boiling water, and drain them together. Mix the pasta and broccoli mix with your garlic/butter mix, and then throw in a really big handful of parmesan. Freshly grated is best, but the store kind works well, too! I think it’s perfect with a little hot sauce or some red pepper flakes.

Napa Cabbage Slaw with Yogurt Dressing (From Early Morning Farm): 1/2 medium size Napa Cabbage, 1 medium kohlrabi (or a handful of radishes, or one turnip), 1 carrot (optional)

Yogurt Dressing 1/2 cup plain greek yogurt, 1 garlic clove, minced, 2 tablespoons finely chopped scallion, juice from half a lemon, salt + pepper to taste.

Prepare vegetables. Finely shred napa cabbage, peel and dice kohlrabi, shave carrot with a vegetable peeler. Make dressing. Whisk ingredients together in a small bowl. Combine & Enjoy!

REMINDER! 14th Annual CSA Local Food Pancake Brunch

Sunday June 28th, 9:00am - 12:00pm

All local including Stoney Acres whole wheat pancakes, maple syrup, bacon, sausage, eggs (plain and with greens), applesauce, strawberries, local coffee, local cream line milk and more, all sourced from our farm and local farm and food businesses. (Bacon and eggs are gluten free.)



Call or email with food questions or concerns.

We will have regular farm tours from 10-12:00 and visits to pigs and chickens.

On-going berry picking. Bring something to pick into.

This is a free CSA event. Visiting friends or family from out of town, grandchildren etc. are all welcome to join you. We will have a small farmer's market table, t-shirts & seasonal cook books available for sale.

For the comfort and safety of our CSA members, we will have outdoor seating (the weather looks to be clear and sunny on Sunday), tables that are spaced approximately 10-12 feet apart, and ample hand sanitizer.

