**The Broadcaster** ▪ July 29, 2020 ▪ 715-432-6285 ▪ stoneyacrescsa@gmail.com ▪ www.stoneyacresfarm.net



*“When you*[*accidently*](https://www.urbandictionary.com/define.php?term=accidently)*say the word "shit" in front of your parents, teachers, etc. you can just*[*cover*](https://www.urbandictionary.com/define.php?term=cover)*it up by saying -ake*[*mushrooms*](https://www.urbandictionary.com/define.php?term=mushrooms)*!” --****Urban Dictionary***

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| News from the Farm  **CSA Week 9, 2020!** You know how every other week I would dote lovingly about my sweet corn? Boast about how tall it was? Discuss the merits of my bovine resistant variety? Well, it’s in! We are celebrating the glory that is seasonal eating! The kids have eaten sweet corn for dinner last night, yesterday’s mid morning snack, lunch, afternoon snack! Last week I brought some new cows to the farm, and they are too young and naive to attempt to eat it all! The future is here and it is fresh corn! We have been harvesting like crazy on the farm! Ted has been a huge help, bringing in cucumbers, zucchini, broccoli and the first couple heads of cauliflower and sweet corn. The kids have been mowing down on heirloom tomatoes, or, more accurately, they bit into several whole heirloom tomatoes (which I finished)... and 7up...( which I also finished). We had a shiitake mushroom explosion—I harvest shiitake mushrooms in the maple syrup woods. If you haven’t tried them yet, I think you will appreciate their robust umami flavor. They are a special summer treat! Aside from all the harvesting we are doing, we’re making the most out of summer! We have new cows and pigs on the farm, and we also have a litter of kittens. Maple and Ted are in kitten heaven, and they have each picked their favorite. Maple’s little tuxedo kitten will be the most-handled cat in existence, I think, and will be a great ambassador of the farm on pizza nights. Riley is experiencing the peak of summer enjoyment that comes from the freedom gained when you’re 12, and have your own fishing rod and bike. We’re playing a lot of basketball in the haymow, and I’m dreaming about our first barn burner. Life is good on Rangeline Road. --**Have a delicious week- Tony, Riley, Ted, & Maple** |

**In Your Box**

Cucumber

Basil

Celery

Heirloom ‘matos

Fennel

Carrots

Onions

Cucumbers

Zucchini

Shittake mushrooms

Broccoli

**Next Week’s Best Guess**: Tomatoes Peppers Cucumbers Zucchini Broccoli Cabbage Lettuce

**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 **Charred Chard** – Flecked ham, roasted cherry tomatoes, roasted fennel, charred chard. **Scapegoat**—Goat cheese from laclare farm, garlic scape pesto, flecked ham, and roasted garlic scapes in post. **Holy Shitake—**Sausage, shitake mushrooms, roasted fennel, parm form harmony dairy in post. . **Margherita—**Fresh basil, heirloom tomatoes, fresh mozz, and basil pesto

**Farm to Table Recipes Gleaned by Tony and Katie (and Heather Busig)**

**Garlic Sauteed Shiitake Mushrooms (NYT Cooking):** 4 tablespoons unsalted butter, 2 large cloves garlic, minced, 6 ounces large shiitake mushrooms, stems removed, Salt and freshly ground black pepper, 1 tablespoon chopped parsley. Combine butter and garlic in saute pan. Heat until butter is melted and garlic starts to sizzle, about 30 seconds. Do not let garlic brown. Add mushrooms and saute 3 to 4 minutes, turning until lightly browned. Season to taste with salt and pepper, sprinkle with parsley and serve.

**Basil Infused Olive Oil (Epicurious):** 4 cups of packed basil leaves, 2 cups of virgin olive oil.Combine basil and olive oil in a blender. Puree until smooth. In a saucepan, simmer the puree over medium heat for 45 seconds. Pour the heated mixture through a fine-mesh strainer into a bowl to remove the basil. Let the mixture sit for a few hours. Pour the oil into an airtight jar. (don't include the dark liquid at the bottom of the bowl, which is water mixed with finely ground basil). Use oil as a marinade, condiment, or substitute for herbs when cooking

**Ultimate Zucchini Bread (Smitten Kitchen Via Heather Busig**).

* 2 cups (13 ounces or 370 grams) grated, packed zucchini, not wrung out, grated on the large holes of a box grater
* 2 large eggs
* 2/3 cup (160 ml) of a neutral oil (I use safflower), olive oil, or melted unsalted butter
* 1/2 cup (95 grams) packed dark brown sugar
* 1/2 cup (100 grams) granulated sugar
* 1 teaspoon vanilla extract
* 1 teaspoon fine sea or table salt
* 1 1/4 teaspoons ground cinnamon
* 1/8 teaspoon ground or freshly grated nutmeg
* 3/4 teaspoon baking soda
* 1/2 teaspoon baking powder
* 2 cups (260 grams) all-purpose flour
* 2 tablespoons (25 grams) raw or turbinado sugar

Heat oven to 350 degrees F. Lightly coat a 6-cup or 9×5-inch loaf pan with nonstick spray. Place grated zucchini in a large bowl and add oil, eggs, sugars, vanilla, and salt. Use a fork to mix until combined. Sprinkle cinnamon, nutmeg, baking soda, and baking powder over surface of batter and mix until combined — and then, for extra security that the ingredients are well-dispersed, give it 10 extra stirs. Add flour and mix until just combined. Pour into prepared loaf pan and smooth the top. Sprinkle with the raw or turbinado sugar — don’t skimp. Bake for 55 to 60 minutes, until a toothpick or tester inserted into the middle cake but also into the top of the cake, closer to the dome, comes out batter-free.

Let cool completely in the pan. Leave in pan, unwrapped, overnight or 24 hours, until removing (carefully, so not to ruin flaky lid) and serving in slices. Zucchini bread keeps for 4 to 5 days at room temperature. I wrap only the cut end of the cake in foil, and return it to the baking pan, leaving the top exposed so that it stays crunchy.

## **Everything you wanted to know about Shiitakes but were afraid to ask (From Specialty Produce):**

**Taste & Characteristics:** Shiitake mushrooms are small to medium in size with caps averaging 10-20 centimeters in diameter and are attached to thin stems. The caps range in color from light to dark brown and have a wide, umbrella shape with a characteristic curled rim. Inside, the cream-colored flesh is firm, chewy, and spongy. Underneath the cap, the white gills are tightly arranged, are not attached to the stem, and depending on the maturity, there may also be a thin veil covering the gills. The ivory to light brown stem is smooth, tough, and fibrous. When cooked, Shiitake mushrooms release a garlic-pine aroma and have a savory, earthy, and smoky, umami flavor.

**Use:** Shiitake mushrooms are best suited for cooked applications such as frying, sautéing, boiling, steaming, and grilling. Although Shiitake mushrooms are a cultivated variety, their umami, earthy flavor and texture lend itself to be a substitute in recipes calling for wild mushrooms. They can be sliced and used in stir-fries, miso soup, vegetarian dashi, stuffed and steamed, cooked in omelets, mixed into pasta, or fried. They can also be dried and rehydrated for extended use or dried and ground into a powder as a flavoring agent for soups, stocks, and sauces. Shiitake mushrooms pair well with marjoram, thyme, cilantro (ew—editorial comment from Katie), spinach, mustard greens, eggplant, broccoli, peas, ramps, carrots, bell pepper, baby corn, water chestnuts, potatoes, onion, green onion, garlic, ginger, poultry, pork, lamb, shrimp, rice, barley, pasta, soy sauce, and dry red wine. They will keep 1-2 weeks when stored in a paper bag in the refrigerator.