**The Broadcaster** ▪ June 16th, 2021 ▪ 715-432-6285 ▪ stoneyacrescsa@gmail.com ▪ www.stoneyacresfarm.net



**“First rule in roadside beet sales, put the most attractive beets on top. The ones that make you pull the car over and go, "Wow. I need this beet right now." Those are the money beets.” -Dwight Schrute**

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| News from the Farm  **Welcome to Stoney Acres CSA Week 3, 2021!** Every season is different. This season, offered hope with an early warm up in the end of March and beginning of April. One of the best things to come from this, is that my Dad—Big Ed—got on the tractor, and plowed and disked, and plated five beautiful acres of oats and ten beautiful acres of spring wheat. And although we have had downpours, it’s been a relatively drier year. After an evening stroll, I can say that my small grains crop may be the best ever! This includes winter wheat which we planted last fall. However, after that early April warm up, normal winter-coat, April weather resumed, The hope of an early season stayed in my mind, and I planted a hoop house of peppers and melons, earlier than ever… and lost them. Fortunately I had enough replacements on hand to fill it back up, and now they are doing well. My heirloom tomatoes survived the frost, surprisingly, but my zone denial carried into the field. I planted almost two acres of field tomatoes earlier than ever. If you follow me on Facebook, you saw my gamble, and my desperate covering with the May 25th 28 degree onslaught. When I pulled, the row cover off, I was worried half my tomatoes were last. I called friends, neighbors, tomato-barons, looking for replacements, and wound up buying 500 left over from the farm shed plant sale. When I brought them home to plant them, going through the patch, we noticed that even though there was frost damage on the top, almost all of them were putting up side shoots, to form a new leader. The almost-two acres of tomato plants look lush and full today. We took the extra starters and planted them in a row to trial as trellised tomatoes vs. my grow-on-top-of-straw saladettes. Also, in our desperation, we planted 15 more flats of san Marzano and Amish paste tomatoes to fill another hoop house, for an unprecedented TWO hoop houses of tomatoes. I’m thinking of giving you all a bushel **if you come help me pick**. Katie is calling tomato hoop house #2 “little Italy” and hoop house #1, “little, little Chicago,” though I’m not quite sure why. **Have a delicious week- Tony, Riley, Ted and Maple** |

**In Your Box**

**Kale**

**Beets**

**Kohlrabi**

**Microgreens or Pea Shoots**

**Bok Choy**

**Broccoli (Fulls only)**

**Green Garlic –** like a mild garlicly version of a scallion. eat it all

**Strawberries**

**Next Week’s Best Guess**: Kale, scallions, chard, strawberries, microgreens, scallion, kohlrabi, beets

Pizza specials– **Vegginald Vel-Johnson-**  Peppers, roasted Fennel, garlic sauce, caramelized onions. **Ben Franklin Soaking Food –** Stoney sausage, peppers, caramelized onions, ajued oyster mushrooms. **Meat n’Heat –** Sausage, Pepperoni, Ham, Hot sauce **Blue Oyster Cult –** Carr valley blue cheese, stoney sausage, ajued oyster mushrooms, garlic sauce **Ann Perkins** – Bacon, green garlic sauce, micro-arugula, and shaved parm.

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

**Beet Greens.** Don’t throw away your beet greens! These greens are also an edible part of the plant! We like them best, sautéed with olive oil, chopped garlic (as much or as little as you like), salt and pepper to taste, and a sprinkling of red pepper flakes. You can also add a dash of soy sauce or red wine vinegar if you like. You can eat them as a side, or throw them on top of a greens salad.

**Stir Fry!**  A note from Tony on stir fry: I have always called June and early July stir fry season. The vegetable that you got in your box today are always well used thoughtlessly in that capacity. I like to start with alliums in a bit of olive oil with some salt, quickly followed by the more dense veggies like carrots, kohlrabi, and broccoli. You can add your greens at the end. I prefer stir-fry ingredients lightly sautéed to maintain the crisp freshness of the vegetable. Often at lunch on the farm, we add a mix of whatever sauce and seasoning is on hand. Sometimes we use coconut milk curry powder. Today we added a jar of peanut butter and hot sauce, with a dash of fish sauce, soy sauce, and black pepper. Stir fries are very forgiving and always taste great. It’s healthy go-to for this season’s box!