**The Broadcaster** ▪ June 23rd, 2021 ▪ 715-432-6285 ▪ stoneyacrescsa@gmail.com ▪ www.stoneyacresfarm.net



**“The strawberry grows underneath the nettle And wholesome berries thrive and ripen best Neighbour'd by fruit of baser quality” – William Shakespeare**

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| News from the Farm **Welcome to Stoney Acres CSA Week 4, 2021!** One of my favorite ways to end a day at Stoney Acres is to do a farm walk during the early evening when temperatures are beginning to cool down. It’s an opportunity to look at each of my crops and make plans for the next day. Right now, the farm is both at its prime and simultaneously so full of potential. The hoop house crops—melons, peppers, tomatoes, and herbs—are growing by leaps and bounds every day. If you look in the tomato house, you’ll see that the tomatoes are climbing up rapidly. We trellis them (use clips to help them keep growing upward) every week or so. My farm crew and I have been working to keep the weeds at bay with a combination of cultivating with the tractor and hand weeding. Because of this, crops are really thriving. I’m happy with the broccoli that I put in your box. Other crops, like onions, cucumbers, and zucchini look really promising, too. We’ve also been going through the eggplant and potato crops and removing pests. The work that we are doing today will be evident in your August and September shares. The kids have been a help on the farm this week—we all picked strawberries together. Though, I do think that we probably have a 1:1 ratio of the number of berries that actually go into the box. If you see any of us, you’ll probably notice our hands and lips are all stained red. I hope if you come out to the farm for a pizza that you take a farm walk, too! **Have a delicious week- Tony, Riley, Ted and Maple**  |

**In Your Box**

Beets

Kohlrabi

Broccoli,

Garlic scapes

Scallions

Swiss chard

Strawberries.

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

Pizza specials– **Vegginald Vel-Johnson-**  Peppers, kale, 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**

**Garlic Scapes:** Garlic scapes are the stem of the garlic plant. If you’ve been in the CSA for a while, you probably used them to make garlic scape pesto, or chopped them up for soup or stir fry. One of Katie’s favorite uses for garlic scapes is a really easy recipe for a “Scape Goat” appetizer. You need: --4 scapes, sautéed. --1 small log of goat cheese, and --1/4 cup of spinach. You simply sauté the scapes, and then blitz them in a food processor with the goat cheese and spinach.

**Swiss Chard Pie (**From Asparagus to Zucchini). 1 onion, chopped, one garlic clove, minced, 2 TB oil, 1 bunch chard, 6 eggs, 1 C shredded cheese, 1tsp salt, 2 pie crusts. Heat oven to 400 degrees. Brown onion and garlic in oil. Trim and chop chard. Add to pain. Cook down until wilted. Beat eggs in bowl, mix in cheese, salt, and chard mixture. Pour into pie crusts. Bake until knife inserted comes out clean. 30-40 minutes.

**Roasted Broccoli**  **(**From Asparagus to Zucchini). 1 head broccoli, large stem and medium stems removed (you can save these, and add to a stir fry or a slaw). 1 ½ TB olive oil, ½ tsp garlic salt. 1 tsp balsamic vinegar, ¼ tsp black pepper. Heat oven to 400. Break brocooli into florets and toss with remaining ingredients. Arrange in a single layer on a baking sheet. Bake for about 20 minutes, stirring/shaking half way, until it is as tender as you like.