

*The Broadcaster***WELCOME TO FARM SEASON 2007**

Hello members and welcome to CSA week number one.

You will see a list of what is in your box on the right in case there is something you do not recognize. If you have questions about storage please do not hesitate to contact us. Most green are best stored in plastic bags in the refrigerator, and if you are planning on storing your vegetables for a while separate the greens from both the beets, kohlrabi, and radishes. Everything is going well on the farm right now. The rain has let us focus on planting and we have had just enough sunshine to get everything growing strong. We have a few new additions to the farm which were born over the past month - 5 baby goats (2 sets of twins and one singleton). They are actively frolicking around the farm. We hope that you all enjoy the vegetables this week. If there are any confusions or questions please contact us. **715-432-6285 or info@stoneyacresfarm.net**

Kat and Tony

In Your Box

Red Russian Kale – Green with purple veins.

Beets– Either ‘Red Ace’ (green tops) or ‘Bulls blood’ (red tops)

Radishes- red globe with greens

Maple Syrup

Salad mix – five varieties of baby lettuce.

Rhubarb - red and green stalk

Kohlrabi – Green bulb with long leaves

*Kat's Kitchen***Two-way street beets (adapted from MACSAC)**

Ingredients: 1 bunch beets, juice of 1 orange or 4 Tbs. Orange juice, 1 Tbs. Butter, pepper, 1 tsp. Peanut or vegetable oil, 1 tbs. Sesame oil, 1 tsp chili oil (optional), 1-2 Tbs. soy sauce.

Cut off beet stems. Scrub beets and wash greens. Cut stems into 3 inch pieces and coarsely chop greens, set aside greens and stems in separate piles. Steam beets until tender 20-30 minutes. Cool briefly, slip off beet skins and cut in wedges. Toss with OJ, butter, and pepper to taste. Cover to keep warm. Meanwhile heat heavy skillet over medium heat. Add oils. Add stems and cook 2-3 minutes. Add green cook until limp. Toss in soy sauce and pepper to taste. Arrange beets over greens. Makes 4 servings.

Rhubarb Pie - 9 inch pan

Crust: 1 cup flour, 2/3 stick of butter, 5 Tbs. Whole milk. Put flour in bowl, Add softened butter, stir with a fork until it looks like cornmeal, add whole milk. Work into a dough. Roll out on floured surface.

Filling: 4 cups diced rhubarb stalks, ¼ cup all purpose flour (you can use whole wheat), 1.5 cups sugar, 1 Tbs butter, 1 tsp grated orange rind (optional). Combine all ingredients and let sit for 5 minutes.

Bake for 20 minutes at 400 degrees and then reduce heat to 350 and bake another 20 minutes. Set on window to look rustic.

Kale and Blue Cheese Roll-Ups

1 package (80z) cream cheese, 6 oz blue cheese, 3-4 Tbs. minced onions or chives, lb. kale leave blanched until wilted and finely chopped, fresh ground pepper, 1 loaf soft sandwich bread crust removed (you can also use tortillas), extra virgin olive oil.

Heat oven to 375. Beat cream cheese, blue cheese, and chives/onions until smooth. Mix in kale season with pepper to taste. Flatten bread with a rolling pin. Spread a layer of the kale cheese mixture over the slices and roll up. Brush each roll with olive oil and place seam side down on a baking sheet. Bake until lightly browned; about 15 minutes. Serve immediately. Makes about 20 rolls ups.

Why We Started (or Restarted) This Farm

Why We Started (or Re-started) This Farm

A Romance by Tony Schultz

Growing up on a farm, I always expected I would farm as an adult. Being from Athens I thought this is just how it was; your grandfather or great grandfather started a farm, he handed it down to your father, and he would pass it on to you, and you would do the same for your son or daughter. It wasn't just because I was from a farm that I thought this; there seemed to be this notion in romanticized stories Americans and the media told about the mystique, tradition, and setting of the family farm. I felt destined and proud.

However, my path was not so certain as the farm crisis hit home. When I was a senior in high school I came home from football practice, got dressed to do chores, and sat down to have dinner with my family and my dad told us he was selling the cows. Not making any money, stifled by a pathetic and volatile commodity market, he was confronted with an economic trend in agriculture known as "get big or get out." Not wanting to expand into a factory farm he got out. I cried and begged, but the decision had been made, not necessarily by him, but by the direction of the agricultural economy. The farm crisis of the 80's hasn't stopped with about four family farms going out of business in WI everyday since that time.

Pushed by my mother, I went to college, where I not only got an education degree, but studied the economy, and gained an understanding and critique of the concentration and agribusiness control that was driving the farm crisis. In order to pay for school I worked a construction job where I made some great friends and helped offset some of my soaring tuition costs. Ironically though, I basically spent my summers building factory farms. As I gained an articulation of what was driving the farm crisis and what type of agricultural system I wanted to be a part of, I became disgusted by what I was building, and despite the camaraderie, tuition help, and immediate personal opportunity the job offered, I quit.

Kat, believe it or not, is from Manhattan, right between those iconic symbols of New York City: St. John's Cathedral and Columbia University. Kat became interested in food systems in high school working with homeless advocacy groups. She was struck that most of the people who were receiving food in New York City were the working poor. Many people came to get food in their work clothes. She became more interested in policy, poverty and agriculture in terms of how we can produce enough food for all people, but soon came to understand that world hunger stems from inadequate food distribution rather than an inadequate production. Kat worked on an organic CSA in Colorado and after graduating from Cornell, she came to Madison to study Rural Sociology and work at The Center of Integrated Agricultural Systems.

When we met, I had just got done interning on an organic dairy in Hillsboro and was able to see that there was a healthy and viable alternative to factory farming. Our relationship bloomed in a class called the Sociology of Agriculture. Kat went to work at one of the most professional CSA's in the country: Vermont Valley outside of Madison. When she told me she daydreamed about having a farm of her own, I told her I had one, and that romantic vision of a family farm became all the more romantic.

We decided to move back to my family farm and make it ours. We wanted to create a farm that was better for farmers, consumers, communities, and the planet. As we see it there is a struggle going on in this country between sustainable, local and community supported family-farming and commodity based, subsidy-driven, agribusiness and factory farming. We (meaning anyone who farms or eats) can either have a system dependent on the dangerous cancer-causing inputs of pesticides and herbicides to create monocultures, OR an agriculture that works with natural systems and techniques to create a safer and healthier meal and environment. We can have a system where food is shipped from on average 1,600 miles away, requiring 435 calories of fossil fuel to ship a strawberry from California, but providing the eater with only 5 calories of nutrition OR a system that provides food from next door so you know how it was grown and the farmer that produced it. We can have farms where 1 factory farmer controls 3500 rBGH cows, exploits 50 immigrant workers, and pollutes the watershed because their manure is viewed as a matter of disposal OR we can have 60 families controlling 60 organic cows each with family labor and views their manure as precious fertilizer to build the soil of their pasture. By supporting small

June 7th 2007

Stoney Acres Farm

family farms we are fostering the broad-based independent decision making of economic democracy and a more sustainable agriculture. We are helping to break up the concentration of power, make room for values beyond the bottom line, and create beautiful and constructive settings to raise families. We are supporting an economic system where more people can have meaningful control of their lives and something of their own, an empowering space in an interdependent world. I did not realize this was why I was crying as a senior in high school when we sold the cows, but it shapes my consciousnesses today and drives what we do. Thank you so much for making this possible and being a part of a community supported agriculture.