



“The beet is the most intense of vegetables”

Tom Robbins

News from the Farm

Welcome to Week 13. It has been cold outside but the weather is warming up next week and Tony (using the full moon calendar and a turtle sighting) has predicted a late frost. Our fall crops are looking wonderful. Potatoes in the box are large, the new plantings of carrots are coming in, and we think we will have our best winter squash of all time!

This Friday night Wisconsin Foodie is coming to the farm for our harvest and pizza night. We would love to have CSA folks out.

Upick tomatoes and tomatillos continue but are a bit slow given the cool weather. You can pick Monday or Tuesday next week and we will have more times coming poste in the newsletter and on facebook. Contact us before you come.

Hannah finished work last week (although she is coming in on Friday) and Jenny started work on Monday. Hannah’s essay on her future farm is included on the back of this week’s newsletter. Jenny has been a great addition to the farm. She is a superfast CSA box packer and is keeping us with the rest of the seasoned farm crew. Both Amber and Chris, two of our long term workershares, finished this week as they head back to school and home schooling, respectively. As always they have been so important to the functioning of the farm. We hope everyone is also having smooth transitions as school starts next week!

Have a delicious week- Kat, Tony, Riley, Ted and Maple

In Your Box

Cucumbers- This is likely their last week

Beefsteak, Heirloom Tomatoes

Sungold Cherry tomatoes –

Cilantro or basil

Edamame (smalls only) – see recipes for description and ideas

Potatoes

Beets with their greens-

Carrots-

Garlic

Cabbage (fulls only) large arrowheads

Broccoli (smalls only)- The newest planting is wonderful

Watermelons (fulls only) – baby type with seeds

Zucchini/Summer Squash (fulls only)

Next Week’s Best Guess: celery, radicchio, tomatoes, garlic, sweet peppers, snap beans, kale, edamame, eggplant, salad mix.

Pizza specials of the week – Prize pig: Sausage, Bacon, Caramelized onions, oyster mushrooms; 5 veggies: summer squash, broccoli, kale, peppers, and onions; Midsummer nightshade: roasted peppers and eggplant, tomatoes and fresh mozz; Lonely Oak Greek Special- lamb sausage, feta cheese, cucumbers, tomatoes and cilantro

Kat’s Kitchen

Edamame 101- Edamame can be found on the stems in the boxes of small shares this week, and everyone next week. They are fresh soybeans popular in Japan, and increasingly in the US, and are simple to prepare. To cook separate pods from stems and discard stems. Bring a pot of water to a boil, salt water lightly and boil pods for 4-5 minutes. Drain, top with coarse salt and then eat like a peanut (using teeth and hands to open pod to eat the “nuts” inside).

Beet Greens- We have great beets this year and also great beet greens so expect to see these green at least once or twice. Beets and swiss chard are in the same family and beet greens can be used like swiss chard in any recipe like creamed chard, veggie lasagna etc. We highly recommend the following recipe which will make a beet lover out of anyone (or at least our 21 month old).

The best easy beet salad – in a pot boil water. Separate beets from greens, wash and put into water boiling until they are easy to pierce with the fork (you can half or quarter large beets). Once they are easy to pierce cool in cold water and rub off skins using your hands in the water. Beets can be cut into bite sized pieces at this time. While boiling the beets. Remove beet stems from leaves, cut into ribbons, and saute in olive oil and garlic in a large skillet. Combine greens and beets with pine nuts or toasted walnuts, and goat cheese, feta or blue.

Two Way Street Beets (Asparagus-Zucchini)

2 bunches small beets, Juice of one orange, 1 tablespoon soft butter, Pepper, 1 teaspoon peanut oil, 1 teaspoon dark sesame oil, 1 teaspoon hot chili oil, 1-2 tablespoon soy sauce

Cut beets of stems and gently scrub beets. Wash the greens, cut the stems into three inch pieces, and coarsely chop the greens - set aside. Steam beets until tender. Cool briefly, slip off skins, and cut into wedges. Toss with orange juice, butter, pepper, cover and keep warm. Meanwhile heat heavy skillet, steam stems and greens in oil (stems first). Toss them in soy sauce. Throw it all together and serve

A Vision for My Farm Hannah Frank

A few miles north of Athens, situated on roughly 100 acres of pastures, fields and woodland along Bungalow Road, there is a little farm. A few years ago, you might have heard the sound of the cows being called into the barn for milking, but right now, it is a quiet place. A lot of conventional dairies, like my family's farm, just couldn't survive falling milk prices and the rise of factory farms. My dad quit milking cows about 3 years back, ending a legacy that had lasted for 3 generations. It may sound like a sad story—just another small farm stamped out—but I'm not ready to give up on my farm. I know without a doubt that small farms can still thrive here, even small dairies. When I finish college at UW River Falls, I hope to return home and transform my family's farm into a revolutionized dairy.

The farm I envision will be a microdairy, meaning I will keep my herd of milking cows small. I want to have no more than 20 or 30 Jersey cows. I love Jerseys because they are not only beautiful, but they also have a high butterfat content in their milk. That is perfect for me, because I hope to have a creamery and make locally unique ice cream and cheese that I will sell directly off the farm. One of the reasons that conventional dairy farming is so tough is that farmers just send their milk away on a truck for someone else to process. By producing and selling my own products, I will control price, quality, and uniqueness. I also love this model because it allows me to get to know the people I am producing food for, and for them to know their farmer. This is so important because too many people are disconnected from where their food truly comes from. I want to put people's faith back into small dairy farms again.

My microdairy will be ecologically and ethically responsible. All of my cows will be well loved and cared for. Most importantly, they will get to graze on pasture rather than be fed a diet of grain. Instead of growing corn or soybeans, I will grow crops like clover and timothy for hay. Eventually, I also want to become organic certified.

The most unique part of my farm will be the creamery aspect. I hope to produce a variety of cheeses and specialty ice cream flavors. I want to make fresh mozzarella my "signature" cheese. My ice cream flavors will be inspired by what local ingredients are in season at the time. Within a few years, once I perfect my recipes, I plan to open up my little farm store/ice cream shop on Friday nights so people can come and visit me after they get Stoney Acres pizza. I might even try my hand at butter, yogurt, and other specialty products if there is a demand for them.

It is important to me to preserve my family's farming heritage. I have faith in not only my future dairy farm, but in all small farms. The most important thing to me is creating a better future by farming in a way that is good for people and for the world. I can't wait to produce food to feed my community, and I hope to help change the way people see dairy farming and agriculture in general. Small farms are making a comeback, and there's nothing I would rather do than be a part of it.