



“We know that in September, we will wander through the warm winds of summer's wreckage. We will welcome summer's ghost.”

Henry Rollins

News from the Farm

Welcome to Week 14. We have reached another transitional time in the season as we shift from fruiting crops to more fall crops. While this will start next week as beets, potatoes and the first winter squash appear in the box we will hopefully have several more frost free weeks to provide more beans, tomatoes, peppers etc. Our late fall greens are all germinated and we are planting the final hoophouse crops later this week. We are also in the midst of assembling our new hoophouse. It will be the biggest thus far and should provide some great additional space for next year's early crops and even more importantly space to allow for a good crop rotation. There are several farm events coming up this month – Friday September 18th we will be doing a tasting panel for vegetable varieties with some researchers at UW Madison during pizza night (and the next day at the farmers market). We hope to get good feedback on many vegetable varieties so we will know what to plant and trial for next season. The 19th we are also cohosting a yoga retreat on the farm - <http://5koshasyoga.com/special-events/yoga-seasonal-harvest-preparation-with-community-meal-at-stoney-acres-family-farm/>. There will be a full page feature next week. Also, mark your calendar for the pumpkin pick, pizza and pie event which is for CSA folks only and will feature pumpkin (pie and large carving) picking, all you can eat fall themed pizzas and an array of pies, fresh cider and general fall fun.

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

In Your Box

Red Onions

Tomatillos

Sweet peppers

Hot peppers

Celery

Kale

Beefsteak, Heirloom Tomatoes

Rainbow Cherry tomatoes– Note many of these are so ripe they split after we pick them. Refrigerate/ use right away.

Red Snap Beans (small only)-use like other snap beans.

Winecap Mushrooms (small only)-

Edamame (fulls only) – see last week's recipes for description and ideas

Broccoli or Cauliflower (fulls only)- The newest planting is wonderful

Eggplant (fulls only)

Next Week's Best Guess: tomatoes, garlic, sweet peppers, snap beans, beets, salad mix, potatoes, radicchio, spaghetti squash, leeks, edamame

Pizza specials of the week – Margi the Pig: Fresh tomatoes, fresh mozzarella and sausage topped with a pesto swirl; Fall Shroom- A mix of three farm mushrooms topped with bacon and roasted radicchio; 5 veggie: Peppers, roasted eggplant, tomatoes, kale, and roasted celery.

Kat's Kitchen

Winecap mushrooms: Great for any dish with a soft mushroom including curry, creamed soups, wine braised meats or veggies. We love these cooked fast (3 minutes max) with caramelized onions and a tablespoon of red wine or sweet vinegar. Use to top any starch or meat!

Celery, tomato and onion salad- 4-5 plum tomatoes, 2 slicers or the equivalent in halved cherry tomatoes, ½ medium onion, thinly sliced into ribbons, 2 stalks farm celery thinly sliced with 1/8 cup leaves included. Dressing ¼ cup olive oil, 3 Tbs balsamic vinegar or sweet vinegar), 2 tbs heavy cream. Wisk dressing, put on salt adjust with salt and pepper to taste. Great with crust bread and cheese!

Roasted summer veggie casserole – we had this 3 times this week and no one was upset ☺ The key is the preroasting which makes it a bit more labor intensive but also better. In a large bowl toss 4 cups of mixed vegetables including onion, minced garlic, thinly sliced eggplant and/or peppers, summer squash and/or plum/cherry tomatoes and mushrooms. Add 3 Tbs olive oil and roast in the oven at 350 for 25-30 minutes on 2 sheets. Remove from oven and transfer to deeper roasting/cake pan, add 2 tbs fresh herbs (cilantro or basil) or 1 tbs dried herbs (Italian seasoning, basil, oregano all work well), an 1 tsp mixed salt and pepper, add ½ cup crumbled feta cheese, toss and bake for 40 minutes until cheese starts to brown. You can use mozz or probably many other cheeses, add seasoned ground pork, beef or lamb, or make without cheese or meat with chickpeas added. All our versions tasted great!

Another kale salad! Both the curly and lacinato (dino) kale this week are perfect for salads. Enjoy with Kalamata or black olives and tomatoes topped with lemon juice, olive oil, pepper and parmesan cheese.

Preservation: Freezing Techniques (from Just Food NYC)

Freezing is a simple and quick way to preserve foods at home and allows you to enjoy garden/farm fresh produce all year round. It is a great way to deal with bounty now!

1) Selecting and Preparing Vegetables %Use vegetables at peak flavor and texture. %Ideally, harvest in the cool part of the morning and freeze within two hours. %Sort and discard any produce with decay, bruises or mold. %Wash vegetables thoroughly in cold water.

2) Blanching and prompt cooling are necessary steps in preparing practically every vegetable for freezing. Blanching destroys bacteria, deactivates enzymes and helps remove any surface dirt.

%Steam Blanch Vegetables & Fruits (recommended method): *f* Put a minimum of 2 inches water in a large pot. *f* Heat water to boiling. *f* Place a rack or colander in pot to keep vegetables above water. *f* Place prepared vegetables directly in colander or first in a cheesecloth bag, work with small batches vegetables. *f* Cover pot and steam. *f* Half way through - check to see that all pieces are being steamed. Stir or shake if necessary. *f* Replace cover and continue heating. *f* Test vegetables. They should feel limp and heated through, but not cooked. *f* Lift out vegetables and spread on clean cloth or paper towels.

%Water Blanching Vegetables: *f* Fill large pot half full with water and bring to a boil. *f* Put no more than 3 qts. of vegetable pieces in cheesecloth or mesh bag. *f* Dunk this bag in boiling water, making sure water covers the vegetables. Shake bag so hot water reaches all pieces. Allow vegetables to cook for a few minutes. *f* Adjust heat, so water continues to boil. *f* Remove from boiling water and dunk directly into a cold water bath to stop the cooking. *f* Drain on paper towel or cloth.

3) Selecting Freezing Containers %Packaging materials should be moisture- and vapor-proof such as glass jars and metal and rigid plastic containers. %Most plastic bags and heavily waxed cartons, are not moisture- and vapor-proof, but are sufficient to use. %Paper cartons are not sufficient for quality frozen foods. %Use containers that allow the food to be removed easily. %Square or rectangular flat-sided containers help make the most of freezer space.

4) Packing Methods

%Dry Pack: *f* Place prepared vegetables into meal-sized freezer bags or containers. *f* Pack tightly to cut down on the amount of air in the package. *f* Leave ½ inch at the top of rigid containers and close securely. For freezer bags, fill to within 3 inches of top.

%Tray Pack: *f* Place prepared vegetables in a single layer on shallow trays or pans. *f* Freeze until firm, then remove and quickly fill labeled bags or containers. *f* Close and freeze immediately. *f* By freezing separately first, each piece of tray-packed food remains loose so that the amount needed can easily be taken from the container and the package resealed.

5) Labeling and Storing %Label packages with the name of the product and the freezing date. %Leave space between packages to freeze quickly. %Once frozen, store packages close together. %Most vegetables maintain high quality for 12-18 months at 0 degrees or lower. %Longer storage may impair quality. %It is a good idea to post a list of the frozen vegetables near the freezer and to check off packages as they are used.