



“Once you start cooking, one thing leads to another. A new recipe is as exciting as a blind date. A new ingredient, heaven help me, is an intoxicating affair.”

— Barbara Kingsolver, *Animal, Vegetable, Miracle*:

The Broadcaster
Week 1 - June 2nd 2016

In Your Box

Maple Syrup- 2016s best!

Rutabaga- stored through the winter Use roasted or in slaws!

Purple Kohlrabi – you can use both the bulb and the leaves.

Bok Choy – the best stir fry green around. You can eat all parts of these

Scallions– cut off the roots and use the rest. Wonderful fresh or cooked in place of onion

Lettuce Head- summer crisp or romaine.

Mizuna – a mild light green salad/cooking green

Mixed baby braizing greens- spicy and mild baby greens for salad or cooking.

Spinach (Small Shares Only)

Oyster Mushrooms (Full Shares Only)

Important Reminders

- ✓ We have **new boxes** this year. Please leave them at the pickup site and bring produce home in your own bags or boxes. Feel free to leave clean used bags for others to use too.
- ✓ If you did not receive our **email reminder/newsletter** please check your spam files or “promotions” in gmail. If it is not there email us.
- ✓ Remember to separate greens from bulbs when storing.

News from the Farm

Welcome to CSA Season 2016 our 10th CSA Season! We are thrilled with how this spring has been going. The crops look wonderful. The weather has been good overall and we have been trying many new (and challenging) systems for irrigation, reducing ag plastics, weeding and experimenting with the two new hoopouses (unheated greenhouses). Most importantly we have the most amazing farm team of all time (more details to come in future newsletters) and feel like we are still learning so much this far into our farm adventure.

New crops like pea shoots, greenhouse cucumber, peppers and celery, lots more herbs, and a focus on great melons and more diversity throughout the season are all keeping us busy. School is coming to an end are we are enjoying so much help from our almost 6 year old Ted, who weeded for 45 minutes with us on Monday and keeps us laughing and thinking with philosophical topics.

We are excited for a bountiful, beautiful farming season. Remember to read newsletters each week for upick/gleaning updates, event information and lots of tips and recipes. A big thanks to CSA member extraordinaire Heather Busig for contributing this week’s recipes.

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

Next Week’s Best Guess:
Scallions, Spring Turnips, baby lettuce mix, pea shoots, mizuna, bok choy, radishes,

Pizzas of the week: Spring Chick: Oyster mushrooms, bacon, green garlic pesto and an egg.
Blue Bok: Bok choy, sausage, blue cheese; 5 veggie:
Beets, turnips, bok choy, greens and garlic

Recipes from Heather’s Kitchen

Tossed green salad vinaigrette (from Moosewood Restaurant New Classics): A great basic salad & dressing recipe, terrific served alongside the frittata below. Serves 4-6, time 25 minutes. **Ingredients:** 8 cups assorted greens, Vinaigrette: 2 TBSP red wine vinegar, dash of balsamic vinegar (optional), 2 cloves garlic--minced or pressed, ½ tsp Dijon mustard, ¼ tsp salt, fresh ground black pepper to taste, ⅓-½ cup virgin olive oil. **Directions:** Rinse the greens well. Spin them dry or pat them dry with a towel. Tear into bite-sized pieces and set aside. In a salad bowl, whisk together the vinegar(s), garlic, mustard, salt, and pepper. Continue to whisk briskly while gradually drizzling in the olive oil. Add the greens and toss to coat with dressing. Serve (once dressed, this salad will not keep well. Eat it up!)

Mixed Greens Frittata (adapted from Moosewood Restaurant New Classics). This is a CSA box staple at our house. Sometimes it is breakfast, other times a light dinner, served with a salad. And the frittata (once cooked) freezes well, and can be saved for a later date. Serves 4, total time 30 minutes **Ingredients:** 3 cups chopped greens (can use spinach, swiss chard, kale, or even the tops vegetables like of kohlrabi, turnips or beets), ¼ cup chopped fresh herbs (basil, rosemary, thyme, or dill, work well, either alone or some of each), 1.5 tsp olive oil, 4 eggs--lightly beaten, ¼ cup water, ¼ tsp salt, pinch of black pepper, *optional* ½ cup grated feta, parmesan or cheddar). **Directions:** in a 10 inch, ovenproof skillet, stir-fry the greens and herbs in oil on medium-high heat until wilted and tender. While they cook, whisk together the eggs, water, salt and ¼ cup of cheese. Once the greens are cooked, spread them out in the pan so that they are evenly distributed. Pour the egg mixture onto the greens and sprinkle with the remaining cheese (if using) lower the heat to medium-low and cook, without stirring, until the edges are firm and pulling away from the sides of the pan, about 5 minutes. The frittata should be mostly cooked, but the top will be slightly undercooked. Place the skillet under the broiler for 3-5 minutes, until the top is firm and ginning to turn golden brown. Cut into wedges and serve (also delicious served hot, cold, or at room temperature)

The Seasons of Eating at Stoney Acres Farm

There are many considerations that guide us when we are trying to decide what to have for dinner. We want it to taste good and be nourishing. We are grounded in organic whole foods. To a great extent we want the food we eat to be local and to know the farmers who produced it. Perhaps the most important qualification to a meal we can feel good about is that its ingredients be in season. Eating in season requires the least amount of inputs, is the most economically efficient and is the most environmentally sustainable. Eating seasonally changes the variety of food in your diet. Eating in season tastes better because food can be harvested when it is ripe and fresh. Eating in season is the essence of eating from community supported agriculture. On our farm our seasons are defined not only by what comes out of the ground but how we eat it. The following is a rough calendar of our year.

Salad Season - *April – Mid-June* - Coming out of winter this is a season we delight in. We used to be so zealous about this that we would eat dandelion greens until we could cut our own salad mix. We've since matured as a farm and have figured out how to sprout microgreens out of the greenhouse in a week or two but we still always eat the first dandelions that emerge as a seasonal rite of passage. We love this season for its health; antioxidants, fiber and micronutrients, but we also love it for its dressings (homemade vinaigrettes and ranches) and rich cheeses (blues, cheves, and parms.) I'm so excited about salad season that I find it only a little ironic that the farm season workload is in full swing but salad season calories drop. While this paradox facilitates a 20 lbs weight loss I'm fully nourished by the emerging green of salad season.

Stir Fry Season - *June- Mid-July* - The CSA has started and this is a staple when we go in to make lunch. Start the rice (brown, wild or white basmati) and lay down the bulky pieces (kohlrabi, salad turnip bottoms, carrots) toss in your superfoods (turnip greens, bok choy, Chinese cabbage, kale). A good stir fry sauce and curry powder are always in the pantry. I like pork sausage, but meat is optional because I usually add coconut milk to enrich the texture. This season makes it easy to completely use almost every CSA box in a couple meals.

Fruiting Season - *Mid July – August* - The sweet fruits and iconic vegetables start to roll in, sweet corn, tomatoes, melons and although strawberries are mid June to early July, raspberries, and blueberries are now ready to drop. We are eating on the deck a lot. Grilling zucchini and fennel, adding pestos and fresh salsas. Preserving in our free time so we can remember and enjoy the gifts of summer in the middle of winter – pickles, dilly beans, salsa, sauces, jam... and also it is a time for cold half vegetable noodle salads and basil and tomato salad and... pie!

Everything Season (aka Livin La vida Local). *September* is my favorite month to be a Wisconsin Foodie. So much to choose from the fruits, the roots, the greens. Everything is perfect for a few weeks and you can cook literally any dish – from a rich fall tomato based soup to a green salad topped with piles of roasted peppers. On the farm we are lean and working hard; and like bears we eat like winter is a coming. In September you can eat a 30 mile diet where everything you eat is local without thinking about it.

Thanksgiving Season *October – November – December* Thanksgiving is not simply a day long holiday, it is the longest foodie season of the year. The frost has set but the bounty is in storage and there are still wonderful green in the fields and greenhouses. The weeding is done and we can revel in the harvest as the days get shorter (forcing farmers to rest and everyone to spend more time cooking). Pumpkin pie, brussels sprouts roasted root vegetable and thick stew along with slaw and other wintery salads. We love this time most as the leaves change and we know everyone is well fed!

The Winter Stew *January – February*. We call it the winter stew because we are making lots of stews but also stewing in the resentment of being in the depths of winter. And even though it's cold this time affords us to really cook and bring broths and tastes to perfection. It is a time to stew on events from the past year and stew on ideas for the coming one. It is the season when hardy meals feel perfect and root vegetables (carrots, rutabagas, celeriac) dominate and we embrace them.

Pork Chop and Omelet Season - *March* I would call this Maple Syrup season but I've been told I can't just drink maple syrup. We are slightly sick of root vegetables but willing to embrace them. We eat a lot of winter slaws and our greenhouse is running so we can sneak micro greens in. This is the time of year that seasonal eating is the hardest but also that salad is on our minds. We have things canned, frozen, but still we eat a lot of meat, eggs, and bread and wish for the warmth of spring. Just in time... for salad season.