

### *In Your Box*

Sweet Potatoes – Just cured. Use in a week if possible.

Sunchokes aka Jerusalem

Artichokes – A perennial tuber in the sunflower family they can be eaten raw or cooked. See recipes for more

Yellow or Red Onions

Pie Pumpkins –these will store for a month or more!

Dill

Purple Topped Turnips

Beets –some golden beets are mixed in with reds on occasion

Storage Kohlrabi - great for slaws, sticks and stir fry

Garlic-

Carrots

Sweet Pepper

French breakfast radishes, white tipped or red radishes

Brusselini – see last week's newsletter for ideas.

### *Important Reminders*

- ✓ Next week is the last regular season CSA delivery.
- ✓ Please return end of the season surveys by next week. We depend on them to plan for next season and the future of the farm.
- ✓ Please note – see news below. Current CSA members will be able to sign up for next year no matter what and their current share size (if you sign up by Jan 1<sup>st</sup> 2017)

### *News from the Farm*

Welcome to Week 19! Next week is the last regular season share delivery. We cannot tell you what an honor and blessing it is to be your farmers this season. The growing season has been spectacular and we honestly feel like it just started. We are whittling away at the fall harvest for final CSA boxes and storage shares but also for winter farmers market, school orders and restaurants. We have a huge bounty this year and are so happy with how our fall cover crops are coming in. We expect a frost (finally) this weekend. This is important for sweetening up Brussels sprouts and rutabaga and so we can plan garlic next week!

This week we have included a sign up form for 2017. This is for current CSA members only. If you have friends who want to join we will have a new form out shortly. Please note that as we plan to decrease the CSA size we want to make the transition smooth and we love and value all our current CSA members. We will be letting all current CSA members sign up for either share size (even if we have to adjust our small contraction in size) by January 1<sup>st</sup>. You can also note that we are moving our storage share format to a Pre-Thanksgiving and Christmas time delivery. We are at the Wausau Summer (until the end of oct) and the Winter Farmers Market (until may) and can also arrange for on farm pick ups all winter if you start to miss our veggies.

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

Next Week's Best Guess: Squash, sweet potatoes, sage or thyme, leeks, celeriac, garlic, carrots, beets, rutabaga, kale, kohlrabi, brussels sprouts, cabbage, radishes

Pizzas of the week- **Fall Feast** - Squash Sauce, ham, apples, blue cheese and brusselini; **Steak and sauce**- thinly sliced grassfed steak, cheddar cheese, horse radish sauce and caramelized ponions; Veggie- onions, peppers, brusselini, pesto

### *Recipes from Kat's Kitchen*

**Jerusalem artichokes or sunchokes** are a member of the sunflower family and are a perennial tuber. This week they are bagged with carrots and can be stored like them too. High in inulin the same sugar beets have (great for people with high or hard to regulate blood sugar) they have a mild flavor and are sometimes called the jicama of the north. We like them in slaw but also roasted with meats or other veggies (like a potato or carrot), in a hash with kale or brusselini or in curry dishes. Scrub, remove stringy root attachments if present, slice thinly and toss in sunflower oil and herbs. Roast at 350-400 until browning. Taste on raw to get an idea of texture. They soften more than potatoes when cooked. We also ate them raw this week with a dill and yogurt dip!

**Kat's pumpkin pie (adjusted from a great Real Simple recipe).** I find this recipe make 1.5 batches so double for three pies! Bake pie pumpkin cut side down with shallow water in pan at 350-400 until soft (remove seeds first). Cool and scoop out. You will need a crust recipe OR prebought crust. Also note you can freeze extra pumpkin if needed seasoned or just pureed. Preheat oven to 350. In a bowl mix 15-16 oz pumpkin, 1 cup heavy cream, 2 eggs, ½ cup maple syrup, ½ tsp salt, and 2 tsp pumpkin pie spice (or 1 tsp cinnamon, ½ tsp ginger and 1/8 tsp cloves). Blend with an immersion blender or food processor until smooth. Fill crust(s) and bake 60-70 minutes until the center is set.



# STONEY ACRES FARM

COMMUNITY SUPPORTED AGRICULTURE

Note: prices will increase to  
\$550 and \$400 on Jan 1<sup>st</sup> 2017

Questions? Call or email us:  
**715-432-4683**  
**info@stoneyacresfarm.net**

## 2017 Current member early Sign-up (before 1/1/17)

**Member Information:** If splitting a share, provide both contacts. Note we do not physically split shares for you.

Household 1:

Name(s) \_\_\_\_\_

Phone (circle phone if using weekly text reminders)

\_\_\_\_\_

Email(write clearly) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Household 2:

Name(s) \_\_\_\_\_

Phone (circle phone if using weekly text reminders)

\_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

## Share options: Choose your share (s) - Circle

Full Share 3/4 bushel <b>\$525</b>	Includes a box of vegetables larger than a paper grocery bag. Farm-events, u-pick, & delivery included. A good amount for a family or couple who eats a lot of veggies.
Small Family Share 1/2 bushel <b>\$375</b>	Includes about 2/3 <sup>rd</sup> the amount of a full share. Good for 2 people or a family that does not use many vegetables or wants to supplement other sources. Same events/upick
Holiday Shares <small>Note limit pickup sites (circle one)</small> <b>\$200</b>	Includes two deliveries of 2.5 bushels each (pick up on the farm or Wausau Farmers Market Only) – One the week before Thanksgiving and one the week before Christmas. Boxes include storage vegetables, greens, maple syrup enough for holiday meals and/or long term storage.
Share a Share \$ _____	\$25, \$50, \$100 or choose an amount. This money is used to subsidize shares for low income families.
Community, Worker, & low income shares Contact Us	We offer a limited number of worker shares (4 hours weekly work in exchange for a full share); Community Shares (same as a full share but with a full day work commitment \$500); and for subsidized shares for low income families and/or payment plans.

**Makes Checks Payable to:**  
**Stoney Acres Farm**  
7002 Rangeline Rd Athens WI 54411

\$ \_\_\_\_\_

**Total Amount Due**

## Pick Up Locations (circle one)

Farm (\$25 off)   Medford   Marshfield  
Wausau Westside   Wausau Eastside  
Wausau 5 koshas   Merrill   Athens

## Member Agreement (initial/sign)

I am responsible for pick of my box between 1-6pm Thursdays - and understand after that time the box may not be available. Initial \_\_\_\_\_  
Circle for weekly reminder email/newsletter text

I will read the newsletter each week, as important updates are provided there, in print form or online. Initial \_\_\_\_\_  
Circle for a weekly email newsletter/reminder

I understand that CSAs are based on the idea of shared risk and reward. In the event of a severe weather or uncontrollable circumstances that a CSA box is not guaranteed while in times of bounty more food may be provided. Initial \_\_\_\_\_

Sign here \_\_\_\_\_.

Date \_\_\_\_\_