"We have neglected the truth that a good farmer is a craftsman of the highest order, a kind of artist."
Wendell Berry

The Broadcaster Week 16– September 15th 2016

In Your Box

Potatoes- red norland or carola (like a better yukon gold)

Cherry or beefsteak Tomatoes

Yellow Storage or Red Onions

Green/purple Cauliflower or Romanesco (a swirly looking cauliflower) or kohlrabi

Spaghetti squash- roast after removing seeds, scoop out flesh and use like pasta!

Oregano – you can dry extra!

Celariac – the root is great grated in slaws, peeled and added to stews and soups, and roasted. Tops can be used in cooking like celery and have a stronger flavor.

Garlic-

Leeks- Use like a mild onion in cooking. You can use the whole plant

Green roasting, red, orange and other sweet peppers. (none are hot)

Important Reminders

✓ Our last farm event, "The Pumpkin Pick, Pizza and Pie" takes place Saturday, October 1st from 2-5 pm pick a pumpkin eat some pie, pizza and press apple cider. We will have the full announcement in next week's newsletter.

News from the Farm

We continue to feel like the season is rushing by and are putting in long hard days again as we wrap up important end of the season tasks. Aside from CSA harvest we have been taking out crops (field and cherry tomatoes are now finished), planting cover crops (to keep soil in place and to enrich the soil for next year), and large harvests continue, cleaning out and replanting hoophouses. We harvested over 100 bushels of potatoes (about 5500lbs) this week between the rains, and are cleaning and sorting our onion bounty and moving storage onions to the packshed root cellar. We will be harvesting and curing all our winter squash next week and once there is a frost we will do the same for sweet potatoes.

Root crops are starting to come in. This week you have celeriac (celery root) which is like a cross between a potato and celery in terms of use and flavor (although it can be used raw). Over the next several weeks you will have turnips (right now they are super tender and sweet), sweet potatoes, rutabaga and more! Carrots are coming back and round small and daikon radishes are almost ready

In fun farm news we have been selling salad mix, cherry tomatoes and broccoli (last week only) to the Wausau School District. It is a new partnership (started last year) and it going wonderfully! Also, his week's essay come to you from Logan our hired man and explores his path into farming.

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

Next Week's Best Guess: Green tomatoes, sweet peppers, hot peppers, squash, potatoes, baby turnips and greens, lettuce heads, basil, onions, garlic, carrots.

Pizzas of the week- Sausage Mushrooms, peppers and onions; Veggie: sweet peppers, onions, basil pesto; Tomato, fresh mozz, bacon, basil garlic pesto.

Recipes from Kat's Kitchen

Celariac gratin adapted from Jamie Oliver.

2 lbs potatoes , peeled and sliced into 1cm slices ,1 large celeriac , peeled and sliced into 1cm slices ,1 onion , peeled and finely sliced, sea salt, freshly ground black pepper, 2 cloves garlic , peeled and finely chopped, 75 g Cheddar cheese , grated, 600 ml cream, 1 small bunch fresh flat-leaf parsley or 2 handful chopped celery tops. Preheat your oven to 200° C/ 400° F/gas 6.

Place the potatoes, celeriac and onion in an earthenware-type baking dish. Season generously. Add the garlic, ³/₄ of the cheese, the cream and the parsley stalks. With a spoon, move everything around to mix all the flavors. Sprinkle over the extra cheese, and bake in the preheated oven for 50 minutes, or until tender and golden. Sprinkle over the parsley leaves. I like to leave the gratin in the dish, pop it in the middle of the table and tuck in!

Roasted peppers and potatoes – 1 onion, 2-3 small roasting peppers, 2 potatoes diced. Combine all ingredients with 2 Tbs olive oil, sprinkle with sea salt and fresh oregano. Bake at 350 until potatoes are soft. Top with chopped tomatoes and 2 Tbs celeriac tops (well rinsed).

Garlic and Onion Storage tips- both garlic and onions will last a long time in a cool (50-60 degree), dark and dry location. Check weekly for signs of softening and use then. If onions are starting to soften they can be chopped, sautéed and frozen for future use. Garlic and bet food proceed with olive oil and stored in the refrigerator for easy use.

Building a farm: The beauty of farming and its relationship to mechanization – by Logan Brock

When moving to Madison to pursue a career in biology and research, farming was not even in my peripheral view. Generally, I had a strong scientific focus and during my junior year at the university I decided to study abroad in Costa Rica to elevate my knowledge in ecology. However, while abroad my interest was more struck by the beauty and basicness of farming more so than that of the ecology that I went to study. I visited multiple farms of various size and diversity scales and realized that small scale farms and farms with simple infrastructure with low mechanization were idealistic in nature since the farmers themselves appreciated their lives, their farms, and their vegetables. It was here where I started to consider how such a basic way of living could be so fulfilling.

Coming back to Wisconsin, I continued to rationalize my desire to enjoy my career choice and to appreciate the value of what I would do in the future. I contemplated the idea of changing careers toward farming and if this was a feasible life choice that would support me economically and that would engage me intellectually and emotionally. Talking with one of my roommates who was also having the same sort of life choice struggles, he recommended volunteering at Troy Community Farm in Madison. I felt that it was worth the effort to at least find out more about Troy so I began volunteering weekly. After a summer at Troy, I found myself wanting to spend more time farming. I took an intern position at Troy the following year and there my intentions to start farming really began and it is where my idealistic view of how I envisioned myself farming initially developed.

At Troy Farm, I embraced the farm's strong appreciation for physical hand labor and avoidance of mechanization. All aspects of the farm, with the exception of tillage and mowing, were done by hand from bed prep, seeding and transplanting, to weeding and harvesting. I still remember hilling all the sweet potato beds with a rake, and the countless hours of hand-hoeing since there was no black plastic for weed control. Even the soreness and tiredness from picking beans, hand digging the potatoes and pulling all root crops by hand without a tractor powered implement were fulfilling tasks. The hand labor not only taught me patience and quality control of vegetable production, it gave me a rush of adrenaline as well as a sense of calmness in which I appreciated my work and was excited about the outcome of my work in the form of quality vegetables. To some at Troy Farm, the routine of endless and repetitive tasks and need for patience to work in all weather conditions and to mentally believe in our farming methods was tough to maintain a positive outlook. However, it was this that made my experience at Troy memorable and enjoyable. I could physically engage with the farm through the soil by digging in the dirt and pulling weeds and I could connect with the plants by the watching them grow and harvesting them without a piece of equipment other than a knife or digging fork. The basic hand labor regime at Troy made me reflect on those farmers in Costa Rica and I myself could now appreciate farming and vegetables for how fulfilling they are to grow and how they engaged me with the land.

Part way through my internship at Troy, I began working at JenEhr Farm when I wasn't at Troy. There farming larger in scale but also in use of mechanization. Unlike Troy in which there were enough interns and volunteers that could support the farm with hand labor, JenEhr utilized mechanization since its scale was too large to function efficiently solely with hand labor. Here I became introduced to more tractor use and mechanical implements for seeding, transplanting, and cultivation. Though more time efficient, I felt that the mechanization separated the farmers from the physical and mental connection with their vegetables and the land. I feel that if an implement, that is not hand powered, is used to do a job then the farmer isn't directly engaging with all tasks of growing the vegetables such as using an undercutter that up-roots carrots in place of a person using a digging fork.

Now I find myself working at Stoney Acres which is similar to JenEhr in mechanization but smaller in scale. Here I am learning new planting styles and plant varieties, engaging with different farm aspects I have never experienced before, and deepening my desire to farm. Living in the maple syrup woods and being able to walk into the fields whenever I want and gaze over the vegetables or even just study the plants as I walk up to the barn to work each day seems like a luxury. My appreciation for vegetables is developing each day and my connection with the plants and land is stronger as the year goes on. And each season brings a different feel to the farm and to my emotions. As the weather change with the seasons so does the seasonality of crops, weed pressure, and flavors of specific crops. All of these things fuel my desire to be around the farm and sometimes it's hard to leave as I just want to stay and harvest or take a field walk to look at and sample the vegetables and ask why the plants look the way they do. Yet, there is still something to be said of the level of mechanization at Stoney Acres and how it relates to me fully connecting with each vegetable and the land itself.

While working out in the field all day, I constantly find myself dreaming about my own farm in the future, and what my ideal vegetable farm would look like. I think of hand labor regimes and systems of limited mechanization. It may seem overly romanticized, but in my opinion it's the strenuous work routine of hand labor combined with a farmer's love toward vegetables and their farm that results in the full appreciation of the vegetables they produce. As someone who wants to develop a farm, I want to evolve a connection with the vegetables and with the land. If I appreciate my farm, I will put in the most effort possible to ensure it succeeds and that the quality of vegetables continues to increase and that I can appreciate the basic nature of what farming is. I want to be able to harvest a head of broccoli and to smile and appreciate what I just grew. I want to look back behind me on a bed of beets or carrots that I just weeded and foresee what will become of it and image how the harvest will be. However, my idealized farm does come with some limitations. Because I want to be the main source of labor for my farm, I will likely utilize some level of mechanization to counter the need for labor help and to increase my efficiency. Unfortunately, adopting mechanization regimes inevitably will counter effect my connection with the vegetables. So as my farming career progresses, I look for ways to strengthen my appreciation for farming and how to integrate a certain scale of mechanization into a farm structure without disengaging my connection with the vegetables and farming. Because without a strong bond with the plants and the land, I feel there is no point to farming since this bond is what makes it fulfilling and worthwhile doing