



“The discovery of a new dish does more for the happiness of the human race than the discovery of a star.”

— Jean Anthelme Brillat-Savarin

News from the Farm

Welcome to Week 3. Even if you're not a farmer who checks the weather 5 times a day and has manic depressive swings with the forecasts you've probably said to yourself that the rain is a little much lately. Here it has made for a somewhat challenging growing season. As the field has often been muddy it has limited the windows for tillage, planting, mechanical cultivation and even hand weeding. I've still hit all my planting targets and things are growing but the weeds are growing fastest of all.

As we move through the season we will encounter many transitional seasons for most crops. Week three has three examples of crops just coming into season or providing just enough on their way out. The way I've historically managed that is to put that crop into fulls or smalls. This week we just had enough news cucs, strawberries, and finished off a crop of radishes. We had about 50 of each which is the number of fulls I have this year so in the fulls they went. Next week as the crop picks up halves will have their turn.

This week I'm excited to host my first ever WWOOFer. WWOOF stands for "World Wide Opportunities on Organic Farms". It is an international program where organic farmers host traveling volunteers. I am not yet officially signed up for the program but am going to. Jake from Nashville has sought out Stoney Acres. He is a Nutrition Major with a passion for healthy local food and is helping me out for a week before he's a travelin on. Thanks Jake! **Have a delicious week- Tony, Riley, Ted and Maple**

In YourBox

Salad Mix

Mint

Bok choy – my favorite stir fry green. Sweet succulent leaves.

Chinese Cabbage – Fulls

Green Garlic or scallions- not as pungent as bulb garlic use everything except any roots or yellow leaves. Scallions are softer

Salad turnips great in stir fries and salads but as versatile as a potato

Kohlrabi – eat the greens like kale

Cucumbers fulls

Strawberries fulls

Radishes - Fulls

Next Week's best Guess: greens, beets, scallions, , napa cabbage, carrots , oregano

Pizza specials of the week – **Beetza Blue Veggie** – Roasted beets, blue cheese, spinach, greengarlic sauce, **Blue Oyster Cult** – Stoney sausage, Blue cheese, Garlic sauce, oyster mushrooms, **Hamanado**, ham roasted cherry tomatoes garlic sauce

Farm to Table Recipes Gleaned By Ingrid ClarkZavadoski

Radish-Turnip-Celery Salad with Blue Cheese Dressing

This is an award-winner adapted from Food 52. Use leftover dressing on your greens.

1 bunch radishes (trimmed) thinly sliced, 1 bunch young turnips (trimmed & halved) thinly sliced, 5 thinly sliced spring onions, 1/2 cup chopped flat leaved parsley, 6 stalks celery, de-strung and thinly sliced.

For the dressing/sauce: 3 T blue cheese (room temp), 2 T mayo, 1/2 cup sour cream, 2 T lime or lemon juice + 2 t zest, 1 T kosher salt, 1/4 t black pepper, 2 t sugar.

In a medium mixing bowl, whisk together the blue cheese, mayonnaise, sour cream, citrus juice and zest, sugar, salt and pepper until well combined. Cover and chill until ready to serve. Just before serving, in a large bowl toss all the vegetables & chopped parsley; add the dressing and mix well to combine. Taste for seasonings and serve.

Turnips their greens and bacon – Cut up bacon into bite size pieces throw it in a frying pan, cube or quarter the bottoms of the salad turnips, when they start to soften or brown throw the chopped up greens in to kick around – for seasoning I like an Indian take – salt pepper cumin tumiric, curry, splash of coconut milk, but you'll see a lot of internet versions as southern fried, salt pepper, pepper flakes, maple syrup.

Salad turnips are great grated raw into a salad or slaw, used most often in stir fries or Asian soups, but the bottoms can be roasted, mashed or scalloped like a potato.

Food for Thought

Throughout the season I will sample pieces of literature that have shaped my thinking around food and agriculture. Today's piece is from maybe the most broadly known voice in the contemporary good food movement: Michael Pollen. This is taken from his book: *In Defense of Food: An Eater's Manifesto*. I've always thought it should be shared as a testament to rational moderation.

HAVE A GLASS OF WINE WITH DINNER. Wine may not be the X factor in the French and Mediterranean diet, but it does seem to be an integral part of those dietary patterns. There is now abundant scientific evidence for the health benefits of alcohol to go with a few centuries of traditional belief and anecdotal evidence. Mindful of the social and health effects of alcohol, public health authorities are loath to recommend drinking, but the fact is that people who drink moderately and regularly live longer and suffer considerably less heart disease than teetotalers. Alcohol of any kind appears to reduce the risk of heart disease, but the polyphenols in red wine (resveratrol in particular) appear to have unique protective qualities. The benefits to your heart increase with the amount of alcohol consumed up to about four drinks a day (depending on your size), yet drinking that much increases your risk of dying from other causes (including certain cancers and accidents) so most experts recommend no more than two drinks a day for men, one for women. The health benefits of alcohol may depend a much on the pattern of drinking as on the amount: drinking a little everyday is better than drinking a lot on the weekends, and drinking with food is better than drinking without it. (Food blunts some of the deleterious effects of alcohol by slowing its absorption.) Also, a diet particularly rich in plant foods, as the French and Mediterranean diets are supplies precisely the B vitamins that drinking alcohol depletes. How fortunate! Someday science may comprehend all the complex synergies at work in a traditional diet that includes wine, but until then we can marvel at its accumulated wisdom – and raise a glass to paradox.