



**“No one is born a great cook. One learns by doing.”**

**– Julia Child**

## News from the Farm

**Welcome to Week 4!** Although things slowed down a bit here at the farm with the cold lows this past week crops are on pace, and it just needs to dry out a bit to hit the last big planting dates.

My parents, Ed and Doreen, have been incredibly helpful every season but especially helpful this year and are taking a European Vacation for the next two weeks. Intergenerational support is crucial to the function of most family farms and I am truly blessed to have such supportive parents. Dad makes hay and drives tractor whenever I need him to for any task. He is the sugar bush master and always has a two by four handy for any building project from his sawmill. He keeps me warm all winter and keeps the pizza ovens hot with firewood. My mom provides wonderful constructive childcare, she mows my lawn, and takes my veggies and pork and brings back wonderful lasagna. I often tell people that I live in Athens Wisconsin because that is where my farm is, but really I live here because that is where my parents, Ed and Doreen Schultz are. Farms are nothing without people and the farm I came back to was based on two very dependable, hardworking, talented, and caring people. Have a great vacation mom and dad and... hurry home! **Have a delicious week- Tony, Riley, Ted and Maple**

## In YourBox

**Salad Mix**

**Oregano**

**Carrots**

**Chinese Cabbage**

**Garlic Scapes** – The flowering shoot of the garlic plant I break off in the early summer use in anything you would use garlic in, slightly milder

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

**Beets**

**Cucumbers**

**Strawberries**

**Next Week's best Guess:**

greens, beets, scallions, , napa cabbage, carrots, mint, swiss chard

Pizza specials of the week –

**Beetza Blue Veggie** – Roasted beets, blue cheese, spinach, green garlic sauce, **Ben Franklin's Soaking Food** – Stoney Sausage, Roasted Cherry Tomatoes, Laclare Farms Chevre Goat Cheese, Garlic Scape Pesto, **Alexander HAMILton** – Shaved Maple Cured ham, Garlic Scape pesto, Fennel, Carr Valley Blue Cheese

## Farm to Table Recipes Gleaned By Ingrid ClarkZavadoski

### **Carrot-Tahini Salad, possibly with Crisped Chickpeas (adapted from Smitten Kitchen)**

The colors of this salad are gorgeous. To make it a meal, add some spiced, roasted chickpeas to the top.

#### **Dressing:**

1 minced garlic clove, 1/4 c lemon juice, 3 T tahini (sesame paste), 2 T water, plus more if needed, 2 T olive oil, salt and red pepper flakes to taste. Whisk ingredients together in a bowl.

**Salad:** Shred 1 # carrots, and mix in a bowl with a handful of chopped parsley. (You could also try 2 T chopped oregano). Toss with the dressing.

**Topping:** Preheat oven to 425. Drain a can of chickpeas and pat dry with paper towels. Toss in a bowl with 1 T olive oil, 1/2 t of kosher salt & 1/4 t of ground cumin. Place chickpeas on a roasting sheet and cook for 15 to 20 minutes, or until firm. Allow to cool if you can wait, and add to the top of the salad along with 1/4 c of chopped pistachio nuts.

**Oregano** is amazing, and oregano oil is reported to have all kinds of health-promoting properties. Luckily, it tastes great, too. Infuse the thoroughly washed (and dried) leaves with an equal amount of oil. So, for 1/4 cup leaves, use 1/4 c olive oil. In a sanitized jar, combine the two and give a few shakes. Cover and place in the fridge, and it can be consumed for up to a month. (You could use it externally after that). Use the oil to make marinades, salad dressings, etc.

## Lucifer's Favored Fruit

Alisar El-Farmaoui

Black- soil-stained hands,  
Weaklings at my feet,  
Today we thin beets  
So the others grow strong.

The beet is my spirit animal  
In food form, but  
Not the weak kind-  
I am the strong one that is good enough  
to eat.

The beet is discrete  
The beet is a vicious vegetable  
The beet is humble, dirty,  
Beneath most humane things  
The beet is ugly, absurdly  
Colored.  
I often wonder how it could be natural  
But the I remember Hell is natural too.

I dream of beets  
They are at dusk and dawn  
In the desert monsoons,  
In menstrual cycles,  
In the blood of my enemies I want to slaughter,  
Then taste.

When I roast and handle my beets, they are the  
blood on my hands I can't rinse off  
The black soil remains under my nails indefinitely  
When I've forgotten about the beet,  
The beet has not forgotten nor forgiven  
me  
I piss and shit and spit red  
The beet never leaves me  
Beet, please, never leave me.