



“There is no sincerer love than the love of food.”

George Bernard Shaw

News from the Farm

Welcome to Week 5! After a cold wet late start the season is starting to come in to form. So many crops loved the heat and humidity of the past week. The tomatoes grew a foot. The sweet potatoes are established and starting to spread. The field carrots are a pace. I see bounty in the future once again. Getting it all in takes more work than I can possibly commit. This year I've got a good crew that keeps the project moving. My main field hand Jenna Raether, is punctual dutiful, self directed and getting faster at field work all the time. I hired her after interviewing 8 other people. I give working interviews that take an afternoon where I have lunch with the person I'm interviewing then do two or three tasks with someone for two or three hours. I tell Jenna that I hired her because she is the only person of nine who didn't stop working. It was a good indication of her work ethic this season. She wants a perennial based operation of her own in southern WI. Like Jenna my other helper Hannah Frank is of UW River Falls, but Hannah is a farm girl who grew up right through the woods from me. Her family had a small dairy and Hannah's plans are to graduate and come home to establish a micro dairy and farmstead cheese operation. I introduce her as the next Phenome of Marathon County and she has all the tools to accomplish this. Thanks Hannah and Jenna!

Have a delicious week- Tony, Riley, Ted and Maple

In YourBox

Lettuce Head

Mint

Carrots

Chinese Cabbage (Halves)

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 (**fulls**)

Swiss Chard

Cucumbers

Strawberries (Fulls)

Oyster Mushrooms (fulls)

Broccoli (halves)

Scallions

Next Week's best Guess: greens, beets, peas, carrots, cilantro, swiss chard, scapes

Pizza specials of the week – **Beetza Blue Veggie** – Roasted beets, blue cheese, arugula, greengarlic sauce, **The Shroom o Sausage Scaped** – Stoney Sausage, aujused oyster mushrooms, Garlic Scape Pesto, **The Scapegoat** – Maple cured bacon, garlic scape pesto, laclare farms chevre goat cheese

Farm to Table Recipes Gleaned By Ingrid ClarkZavadoski

Vietnamese (Maybe-Chicken) Salad

This fresh and crunchy salad is packed full of umami. Add shredded poached/grilled chicken and chopped peanuts to garnish for more protein. In a small bowl mix together 1/4 c lime juice, 1/4 c fish sauce, 1/4 tsp red pepper flakes & 4 t sugar or good squirt of honey. For the veggies, chop and combine 4 scallions (including the green part), 4 cups shredded Chinese cabbage, 3 grated carrots, and a large handful of chopped mint. Pour the dressing over the veggies, and add your protein of choice. Eat plain, or serve with a big bowl of steamed rice.

Grilled Cheese & Chard Sandwiches

adapted from CUESA.org - makes 4 sammies

1 T currants or dried cherries, 1 T+ olive oil, 1/2 onion (chopped), 1 bunch chard (stems removed & leaves chopped), 1 T red wine vinegar, .5 t red pepper flakes, salt, 4 great rolls/bread, and slices of Swiss or Gruyere cheese (a slice or so per sandwich). Soak dried fruit in hot water for 10 min - drain and set aside. Heat oil in a pan over medium heat and saute onions until limp but not brown. Add chard and cook until wilted - 7ish minutes. Turn heat to med-high and add vinegar, and cook briefly until the vinegar smell dissipates. Remove from heat. Add fruit, salt, and red pepper flakes to taste. Divide slightly cooled mixture between 4 rolls, or arrange for 4 sandwiches. Top with cheese, and grill as you would a grilled cheese sandwich.

Food for Thought

Another excerpt from literature that has shaped my thinking around food and agriculture. This week's piece is taken from Bill McKibben's *Deep Economy : The Wealth of Communities and the Durable Future*

This is a key point: We assume, because it makes a certain kind of intuitive sense, that industrialized farming is the most productive farming. I mean if I sit on my porch whittling toothpicks with my Swiss Army Knife, I can produce a hundred in a day but if I install a toothpick whittling machine, I can produce a thousand in an hour. By analogy, a vast Midwestern field filled with high-tech equipment ought to produce more food than someone with a hoe in a small garden. As it turns out however this simply isn't true. If all you are worried about is the greatest yield per acre, then smaller farms produce more food. Which, if you think about it some more, makes sense. If you are one guy on a tractor responsible for thousands of acres, you grow your corn and that's all you can do: one pass after another with the gargantuan machines across your sea of crop. But if you are working on ten acres then you have time to really know the land, and to make it work harder. You can intercrop all kinds of plants: their roots will go to different depths, or they'll thrive in each other's shade, or they'll make use of different nutrients in the soil. You can also walk your fields, over and over, noticing. As one small farmer recently wrote in Farming magazine, spending part of everyday in the pasture gives you a "grass eye," "a keen awareness" of where small seeps of water are muddying the fields, or whether "earthworms and other soil life are properly disposing of cow pies." Yellow clover leaves signify a sulfur deficiency, an abundance of dandelions means a shortage of calcium. "Every spot or plant in the pasture," he says, "is trying to tell us something." Does this sound like hippie nonsense? According to the most recent USDA census of agriculture, smaller farms produce far more food per acre, whether you measure in tons, calories, or dollars. They use land water and oil much more efficiently; if they have animals, the manure is a gift, not a threat to public health. "In terms of converting inputs to outputs, society would be better off with small scale farmers," writes Brian Halweil. As population continues to grow in many nations, and the amount of water and farmland available to each person continues to shrink, a small farm structure may become central to feeding the planet.