



**“If you’re afraid of butter, use cream.”**

**-Julia Child**

## News from the Farm

**Welcome to Week 6!** It's still wet out here. It rained an inch and a half yesterday. I've stopped caring so much. I'll never curse the rain unless I'm carried away by a flood, and a wet year no matter how seemingly ridiculous is always better than a drought. The heat and humidity have brought explosive growth. This happens every year when I worry about the box in July and then there is this mushrooming of development. Between Nature, the farm's diversity, and timing things always seem to be good. One thing that has made the farm special this season has been the continuity of some great recent worker shares. Nichole Yunk has been with Stoney Acres for four years. She loves food down to the level of production and is always a boost at any task: weeding harvesting, postharvest handling. I beg to hire her every time she comes! My friends Kyle and Jamie Carnes have been a gift to the area and the farm. Jamie often works with their new baby Josiah on her chest and has helped me with some graphic design and promotional work on the farm. Kyle is the UCC minister at St. Stephens in Merrill; loves great beer, is like having my own personal theologian on the farm and have become one of my closest friends. Other very close childhood friends Justin Thomas and Amber Kraus maybe the reason Wednesdays and Fridays are my favorite days of the week. They are also foodies constantly doing creative things with their own cooking and food production. The lifelong friendship I have with them is one of the best things in my life. I am so fortunate to have such good friends to bring in the harvest with.

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

## In YourBox

**Lettuce Head and or salad mix**  
**Cilantro**  
**Carrots (Halves)**  
**Raspberries/Strawberries (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  
**Celery**  
**Cucumbers**  
**Beets**  
**Oyster Mushrooms**  
**Broccoli (fulls)**  
**Peas**  
**Summer Squash (Fulls)**  
**Next Week's best Guess:** greens, beets, peas, kohlrabi, 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

**Beet Hummus** From [David Lebovitz's My Paris Kitchen](#) This magenta-hued hummus is a stunner, and tastes outstanding. 12 oz cooked, peeled, and diced beets, 2/3 c cooked, drained chickpeas, 2 large cloves garlic, peeled and smashed, 6 T tahini, 2 t salt, plus more if you like, 1/4 c fresh lemon juice, generous pinch of cayenne pepper or smoked chile powder, 1 1/2 T pomegranate molasses or balsamic vinegar. Combine all the ingredients in the bowl of a food processor and whiz it around until it's nearly smooth. Dip in a finger in to taste and adjust salt or lemon. This will keep in the refrigerator for 3 to 4 days.

**Neo-classical Caesar Salad Dressing** Adapted from [thekitchn.com](http://thekitchn.com). With all the fantastic greens afoot, here is a riff on the class Caesar that will make your taste buds sing. Also, it is egg-free for the allergic, squeamish, or those who just forgot to pick them up at the market. 5 anchovy filets, 3 cloves garlic, chopped, 1 t freshly ground black pepper, 1/4 c lemon juice, 2 T sherry or red wine vinegar, 1 T Dijon mustard, 1/2 c olive oil, 1/2 c grated Parmesan cheese. With a mortar and pestle (or a determined fork) bash the anchovies, garlic and pepper. Whisk in the lemon juice, vinegar and mustard. Slowly whisk in the oil until emulsified. Stir in the parmesan and taste for seasoning. Alternatively, combine all ingredients in a blender and puree until emulsified. Refrigerate in a sealed container for up to one week. Toss liberally with romaine lettuce (or other lettuces) croutons and additional Parmesan shavings.

## Why I Farm

I needed to answer this question this year. It is a question that I have asked myself in the past and have answered on the level of a narrative like I was telling a good story about myself, or a political level where the farm fits into the type of world I want to live in. But all abstractions have been cast aside in the wake of my divorce from Kat, who I built up the farming dream with, and I now have to answer this question on the most personal and honest level I have ever had to answer any question in my life.

I farm for legacy. This is my third generation family farm. I farm because I see the ghost of my grandfather pounding boards on the haymow floor, my farther unloading a chopper box, myself pushing a feed cart or washing cows and know that I was made by it. I was born here, grew up here and came back to this place after it had been rented out and disenfranchised for 9 years. I worked to reinvent it based on a vision of sustainability and community support. I owe it to the people who built the barn and broke the land and tended all the animals and acres to put me here. I owe it to the current legacy of Stoney Acres Farm. I believe in the local food movement, the organic food movement, farm to table. These are not just foodie fads to me. They have created space for a type of agriculture that is in many ways better for farmers, consumers, communities, and the planet. I am still motivated by the ideas. I still want to build the institution of sustainable agriculture as a political goal in the face of industrial agriculture and factory farms. One of the things that put pressure on my marriage was that I wanted to run for political office, and that was a distraction from farming and a threat to my wife but political climate aside the voices we need in state houses are not going to come out of abstractions. Hand in hand we have to build institutions that can be represented. We have to be the change we want to see in the world. I am farming because of my history and how its created my identity, but came back to it and continue to farm to represent something bigger. I am farming to represent a farm that should be a model of agriculture. Any successful person has to understand their place in the marketplace, in society, and in history. This is one of my greatest strengths. Looking to the future of this legacy, I owe it to those who will follow me with a dream of working the land to feed their community. As a matter of sustainability I have always farmed for my children and their children and all seven generations.

I farm because it is noble work. I am using my body and using my mind to produce beautiful organic food for people in my community. Looking back at a neatly weeded 400 foot bed of carrots, packing a bountiful box, Knowing I've managed the incredible diversity of my farm, seeing how one year is better than the next because of what I've learned along the way is all motivational. In its worst moments farming is like anxiety provoking juggling that never stops plus mud and sweat and sore knees, but that could be any small business or life, so that negativity is only a matter of disposition. I need to focus on the beauty, celebrate the success and take hope from the skill I've acquired and system we've put in place. Seeing all of you at farm events, and the market and pizza night makes it easy to understand its worth.

I'm farming literally because of the support I have. My parents have given me countless invaluable hours. I have a good crew and everything is in place. I farm for the relationships it has given me. I farm for the Wrights and the Myers, and the Busigs and the Botsfords, I am farming for everyone who drives out to my out of the way place to have a farm to table pizza. I farm for all my friends who visit me at the market every week and for all the friends I have yet to make.

I am farming to prove to myself that I can make Stoney Acres a successful farm on all the levels it historically has been. This is by far the greatest challenge of my life. Kat and I were an amazing farming team. Her knowledge, skill and physical work were in many ways greater than my own. Losing her has been devastating, but I've also been put into roles that I am handling and my confidence is growing. I am farming to become a better person. To deal with phone calls, questions, bureaucracy, domestic work, greenhouse work, and all the things I took for granted. To listen to people and care about them first. The success of this farm will be based on the content of my character and my will to apply it. Let the next phase of the journey begin.