



“Great dancers are not great because of their technique, they are great because of their passion.”
Martha Graham

News from the Farm

Welcome to Week 9! It's Barn Dance Week! This Saturday night is the Party of the season. Its always my favorite night of the year. We are prepping Awesome seasonal food all Saturday afternoon including: Kale chips, caprese salad, veggie platters, chocolate chip zucchini bread, and German meatballs. I'm getting a keg from Red Eye and Sawmill Breweries. Josh Wright and Uncle John are bring their delicious home brew. And have I mentioned the band!! When we started the CSA 12 years ago I wanted to have farm events that bring people out here but also put a contemporary spin on traditional rural cultural celebrations. The barn dance has always been an amazing party that puts the culture back in agriculture. In the field things have been a little drier lately. I even hooked up the irrigation last week but we still had some nice timely rains and the last field plantings of the season are going in. The second crop of beans has exploded! If any one wants to pick to their hearts content for freezing or dilly beans: you are welcome! After my call for help last week I had some great volunteer responses. Mandy Wright and her daughter Ruby helped me weed for a couple hours and Bonnie Pederson helped all day yesterday with the harvest, pack and some weeding. I am so grateful! Sitting at the beginning of a 400 foot bed of carrots by myself can be downright demoralizing, but when some good friends are there across the bed, there is no place I'd rather be. **Have a delicious week- Tony, Riley, Ted and Maple**

In Your Box

Salad mix
Basil
Swiss Chard
Celery
Cucumbers
Beans
Zucchini
Heirloom Tomatoes
Fresh Garlic
Carrots

Next Week's best Guess:
greens, beets, beans,
carrots, basil, kale,
cabbage, cucs, zucs

Pizza specials of the week – Bluegreen Veggie – broccoli, blue cheese, swiss chard, garlic scape pesto, **Kim Chi** and

Steak- Kim Chi, Grass-fed steak, Sharpe Cheddar **Marhgie The Pig** – Maple cured ham, basil pesto, fresh mozz, heirloom tomatoes

Farm to Table Recipes Gleaned By Ingrid ClarkZavadoski

Summer Pasta w/ Zucchini, Ricotta & Basil (adapted from the NYT)

Olive oil, 1 sm, diced onion, 2 # zucchini sliced 1/4-inch-thick, salt and pepper, 2 garlic cloves, minced, 2 c basil leaves, 1 # ziti, 1 c ricotta, pinch red pepper flakes, zest of 1 lemon, 1 c grated Parmesan, plus more for serving
Put a pot of salted water on to boil. In a large skillet over med-high heat, cook the onions in 3 t oil until soft. Add zucchini, season generously with salt and pepper, and cook, stirring occasionally, until tender, about 10 min. Turn off heat. Use a mortar and pestle to pound garlic, basil and a little salt into a rough paste (or use a mini food processor). Stir in 3 T olive oil. Cook pasta al dente. Drain, reserving 1 c of cooking water. Add pasta to zucchini in skillet and turn heat to medium-high. Add 1/2 cup cooking water, ricotta, crushed red pepper and zest. Stir. Check seasoning — the mixture should look creamy. Add a little more pasta water if necessary. Add the basil paste and 1/2 the grated cheese and stir. Sprinkle with additional cheese and serve immediately.

Dramatically Seared Green Beans with Garlic & Chile (Mollie Katzen)

2 T canola oil or peanut oil, 1# whole green beans (trimmed), salt, 1 T minced or crushed garlic, red pepper flakes

Place a large, deep skillet over med heat. After about 2 minutes, add the oil, and swirl to coat the pan. Turn the heat to high, and wait another 30 seconds or so, then add the green beans and a big pinch of salt. Cook over high heat, shaking the pan and/or using tongs to turn and move the beans so they cook quickly and evenly. After about 3 minutes, take a taste test. They should be relatively crunchy, but you get to decide. If you like them cooked a little more, keep going until they're your kind of tender. Sprinkle in the garlic and some red pepper flakes, and cook for just a minute longer. Serve hot, warm, or at room temperature

Tomato Time: A Guide for 2017

Every season we write a tomato guide because unlike the store we grow many shapes, sizes, colors and of course flavors of tomatoes. For a newbie some of the green varieties look unripe and the scars that some heirlooms have and the patterns make figuring out ripeness a challenge.

U-Pick: We will not start this until the end of the month and will announce times ahead of time. They will last for 3 weeks from the end of August until frost.

General info- most heirloom tomatoes have “green shoulders” so the top may be green or harder while the tomato is actually ripe. The bottom of the tomato (or bottom ½) should be similar to the texture of an out stretched palm when ripe. Most Red slicing tomatoes are fully red when ripe and have even texture throughout. We do have several heirloom red tomatoes meaning the tops might be a light yellow or green. Every tomato you receive is either ready to eat immediately or should wait 1-2 days maximum.

Care- All tomatoes should be left on the counter if and when possible. They ripen best and taste best when not refrigerated. They are one of three crops that we do not cool down in anyway. Skin can be rinsed off right before using and sliced tomatoes or tomatoes in salads can be refrigerated as needed.

Varieties-We grow a lot of types of tomatoes. Most of what you will get are cherries, saladette (think small oval), large heirlooms and slicers. We also occasionally include roma tomatoes. You can also use these names to search online for images and next week we will post a picture of most types for the tomato curious.

Heirlooms/Slicers Striped German – rainbow from light green shoulders to yellow orange with a red bottom Prudens Purple- a pink “brandywine” type. Larger uneven tops with a deep pink color Cherokee Purple- dusty pink to a brown purple with some darker shoulders A new favorite this year is Berkley Tie-dye it’s a dark tomato purple variegated with red streaks. Cosmonaut – A wonderful heirloom red slicer. Flatter and more flavor filled than the large big beef. Big Beef and Caiman - Classic red slicing tomatoes Trials- we have several plants of these types as we participate in a trial from UW Madison. These look similar to romas and small red slicers.

Cherries *Sungold*- super sweet orange; black cherry-a dusty pink to deep purple large cherry; Jasper – a small red grape type Washington Cherry – large red Cherry Bomb – like Washington cherry but sweeter. A great trial variety! Juliet-not a cherry but a miniature roma/saladette oval that is sweet and firm. Back Cherry- The Cherokee purple of cherry tomatoes, a larger dusky pink to brown color. Best flavor around. Rainbow Bublebee and tiger tomatoes- three types of saladette and large cherry types that range from green to pink striped.

Romas - We grow several romas which are generally thought of as sauce tomatoes. The rounder Bellstar variety is our favorite but you will likely have a range of romas in your box as the season progresses. These are also the tomatoes we use for upick so expect to learn more about these as canning season comes in later august/early sept.