

Week 4

July 26, 2010

locally grown with care~ your farmer

Stoney Meadow Farm 2010 CSA Newsletter

Something Delicious From The Garden: What might be in this week's share?*

- Potatoes
- Green, Yellow or Purple Beans
- Pickles & Summer Squash are starting
- * Perhaps a few surprises and substitutions. As the week's progress from the time this newsletter is done, certain vegetables end and new ones just are beginning.



Recipes of the Week

Zucchini Bread

- 3 cups shredded zucchini
- 1 2/3 cup sugar
- 2/3 cup vegetable oil
- 2 tsp vanilla
- 4 eggs
- 3 cups all purpose or whole wheat flour
- 2 tsp baking soda
- 1 tsp salt
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp baking powder
- 1/2 cup coarsely chopped nuts (optional)
- 1/2 cup raisins (optional)

Move oven rack to low position so tops of pans will be in center of the oven. Preheat to 350°. Grease bottom of pans only. Stir together zucchini, sugar, oil, vanilla and eggs. Stir in remaining ingredients, except nuts and raisins. Then stir in nuts and raisins. Divide batter evenly between two 8 inch pans. Bake for 50-60 minutes or until toothpick inserted into center comes out clean.

To Make Muffins: grease only the bottoms of approximately 24 muffin cups. Fill each cup about 3/4 full. Bake 20-25 minutes or until tops spring back when touched lightly.

Grilled Patty Pan Squash

1 large patty pan squash, washed, sliced vertically about 1/4 to 1/2 inch thick. Remove seeds if desired. Can be grilled in a vegetable basket or on grill surface. Simply salt & pepper to taste. Or can use a drizzle of olive oil, with some minced garlic and onion powder. Experiment!
Place the squash on a hot grill and cook until soft.

What's Happening on the Farm

Well...it has been an interesting week or two. Hope all of you are recovering from the rain and didn't have too much damage. We have gotten more than a summer of rain in about 10 days or so. As I write this on Monday morning, I still cannot physically get to the squash plants, pickles and cucumbers. Its just so very muddy. From the plants I have been able to reach, we have found some quite large specimens. Still delicious none the less. Particularly with large zucchini. Great for breads, brownies and cookies. Hopefully today things will have dried off a bit more, so I can pick. Last year it was incredibly dry, this year incredibly wet.

Either way, most veggies can't handle the stress. They really don't like their feet wet. Because of the wet conditions, some of the potatoes have some strange shapes, some of the crops are turning yellow. Maybe a little less rain in the near future...but I should also be careful what I wish for.



A bit of interesting info for you...

I had just wanted to plant the seed, if you will, about something one of our shareholders did. Their parents belong to a CSA in the Madison area, which is how they heard about the programs. Some of the Madison area health insurance providers give their members money toward the members' CSA subscription. One of our shareholders talked with their human resources department or health insurance provider about doing something similar and the insurance company thought it was a good idea. The couple's CSA subscription was almost entirely paid for by the contribution from the health insurance provider. Maybe its something you might want to inquire about. If you would like more information about the Madison area providers programs, a place to start is at the Madison Area CSA Coalition's website, under cash rebates or at <http://www.macsac.org/rebates.html>.

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