



What's in the box today?

Carrots  
Cantaloupe  
Cilantro  
Garlic  
Kohlrabi  
Lettuce, Summer Crisp  
Onions, Red  
Peppers, Assorted Sweet  
Sage  
Swiss Chard  
Patty Pan Squash  
Zucchini Summer Squash



A beautiful panorama of color and plant variety at this time of the year. This buckwheat cover crop is in bloom and will provide a great area to grow vegetables on next summer.

A long time ago another local farmer, who was a conventional corn and soybean farmer told me straight out that I could never make a living on a 20 acre farm. In my thirties at the time and just as stubborn as I am today I told him he was wrong. "I'll show him" I muttered to myself and went about my way.

That happened over twenty years ago when I stood before a town board meeting consisting of mostly farmers who owned and operated their own farms that were several hundred acres in size. I was attempting to get my new farm rezoned for agricultural use. The farm at the time was being taxed at a residential rate due to the previous owners not using the land for farming. Quitting my full time off-farm

job in 1997 made me a full time farmer so the farm was rezoned for agricultural use and my property taxes adjusted for ag rates. Finally by the town records I achieved full farm status and on that 20 acres I was making a respectable living.

Now having spent so many years growing food on this farm and for the size we are I'm beginning to come to the realization that making a living on 20 acres is not as easy as I once thought. It's not an impossible challenge to operate a small farm but it is becoming more difficult given the multiple food resources these days to buy local and organic food. The main challenge we're finding for us at the moment is we're short on land space to grow more food crops, in order to increase sales. So what can we do to survive as farmers in America?

***A good farmer is nothing more nor less than a handy man with a sense of humor."***

***American writer E.B. White 1899-1985***

Probably what most farmers would say is to expand their operation and increase production. The production volume on our acreage we feel is currently at a maximum. The past couple of years we've been putting more land to rest for a season in order to rebuild those areas for future vegetable cropping. In doing that we've reduced the amount of acreage we're able to grow vegetables on knowing if we don't do that our crop yields the following year will be compromised. So the importance of efficient land use has become more serious than ever.

So maybe the farmer that told me I couldn't make a decent living on twenty acres knew what he was talking about and was absolutely right. It's taken me twenty years to figure that out but I wouldn't say that was because of my own ignorance. It was more in appreciation for the size of our farm and wanting to keep it small. Many of you may not be aware of the fact that there's some major changes occurring nationwide with the marketing and distribution of local and organic foods. Those changes are making it more difficult for small farm enterprises to compete with big farm businesses. If a small business is unable to respond to the changes in market trends then it's inevitable they'll get squeezed out. In our attempt to maintain what's taken over a quarter century to create we simply are not going to be throwing the towel in and walking away from all of this. Most of all we wouldn't think of turning our backs on our long time loyal customers that have supported us for a long time. We're optimistically looking to the future of local foods and counting on there'll be enough people who will still cherish and appreciate buying a weekly delivery of assorted vegetables direct from the farm that produced it. Being competitive with grocery store prices and being able to pay for the cost of our inputs will require some very sound decisions in what we grow, while still caring for our land in a sound way.

Giant produce aggregators now trying to emulate the traditional CSA models are taking business away from farms like ours who in fact started the whole local food and CSA movement. So now in order to counter big businesses getting into the local foods market we may have to make some changes in how we operate our farm.

Will we have to move to a bigger farm? That's not entirely out of the question but for now we'll have to make due with what we have.

The following article details what we're up against as small farm operators. Please take the time to read this and when deciding where to acquire your local food reach for a genuine source like us. Thank you and have a great week!

1. [http://www.cornucopia.org/2016/07/support-local-csa-not-produce-aggregator-masquerading-csa/?utm\\_source=eNews&utm\\_medium=email&utm\\_content=8.6.16&utm\\_campaign=CSAMORE](http://www.cornucopia.org/2016/07/support-local-csa-not-produce-aggregator-masquerading-csa/?utm_source=eNews&utm_medium=email&utm_content=8.6.16&utm_campaign=CSAMORE)

## STUFFED PATTYPAN SQUASH

6 patty pan squash, approximately 3 inches in diameter	1 Tbsp minced <b>garlic</b>
2 Cup roughly chopped <b>swiss chard</b>	½ tsp salt
1 Tbsp olive oil	⅛ tsp black pepper
⅓ Cup low-sodium chicken broth or vegetable broth	1 C grated Cotija cheese plus more for garnishing
2 Cup corn, fresh or frozen	¼ C chiffonade basil
½ Cup diced <b>onion</b>	cooking spray

Preheat your oven to 350° F. Chop the kale and place it in a pan with the olive oil and vegetable broth and cook over medium-high heat until all of the liquid is absorbed (about 8 minutes). Once cooked, set aside.

While the kale is cooking, prep the pattypan squash by cutting the stems off the top and the bottom, removing as little of the flesh of the squash as possible. Then scoop out the seedy center of each squash, leaving a "cup" to place your stuffing into.

To prepare your stuffing, mix together your kale, corn, white onion, garlic, salt, pepper and 1 C of cotija cheese in a bowl.

Lightly grease a large casserole dish with olive oil or cooking spray and evenly place your pattypan in the dish, cup side up. To stuff the pattypan squash, squeeze together a ball of stuffing in your hands (as if you are making a snowball), and place it into one pattypan cup. The balls will be approximately the size of a medium ice cream scoop. Continue doing this until all of the pattypan are filled.

Bake at 350° F for 35-45 minutes. Cooking for a shorter amount of time will yield a firmer squash and cooking for 45 minutes with result in a softer squash.

Once cooked, remove the pattypan from the oven and sprinkle them with cotija cheese and chiffonade basil.

## Sage and Pecan Pesto

3 large handfuls <b>sage</b> leaves, stems removed, washed and dried	1/2 cup olive oil
3/4 cup unsalted pecans (or almonds)	2 cups coarsely grated parmesan cheese (or more)
1/3 cup chopped fresh <b>garlic</b>	
1 tsp. salt	

Snip sage leaves from stems with kitchen shears and place leaves in salad spinner. Wash and spin dry (or wash in sink and dry with paper towels.) Put sage in food processor fitted with steel blade and pulse until sage is finely chopped.

Use cutting board and chef's knife to chop garlic and pecans. (They will get chopped more in the food processor so they don't have to be chopped too precisely.) Add pecans, garlic, salt, and parmesan to food processor and pulse until mixture is well combined but not completely pureed together. With food processor running, pour olive oil in through feed tube as you pulse, until the oil is blended with other ingredients. (Taste the pesto and see if you want more cheese, since sage is a strong flavor.)

## Zucchini Pizza Boats

1 tsp. Butter

¼ large Onion, diced

½ Red Bell Pepper, diced

5oz Pepperoni (or Salami), diced into squares

½ tsp. Italian Spices

Pinch Black Pepper

Pinch Garlic Salt

1 **Zucchini**, fresh

2 Tbsp. Pizza Sauce

¼ cup Cheddar Cheese, shredded

¼ cup Mozzarella Cheese, shredded

Preheat oven to 350°. Sauté the onions, peppers and pepperoni (or salami) in the 1 teaspoon of butter until slightly softened. Add Italian spices, black pepper and garlic salt; mix well. Set aside.

Slice zucchini in half lengthwise and score around all edges, with a knife approximately ¼" away from the inside edge.

Scoop out the seeds of the zucchini, scoop out enough zucchini flesh so that you are left with approximately ¼" on the bottom and have made a well to hold the pizza toppings.

Spread 1 tablespoon of pizza sauce on each zucchini half. Divide and sprinkle the cheddar cheese on each zucchini half. Divide sautéed mixture into the zucchini boats evenly. Divide and sprinkle the mozzarella cheese over the zucchini boats. Bake for approximately 19 minutes at 350° until soft and golden.

Cool slightly and serve! Makes 2 servings.

## Curried Zucchini and Swiss Chard

1 bunch of **swiss chard**, or 1 (16 oz) bag of spinach

1 medium **zucchini**, thinly sliced

2 scallions, white and light green part

¼ tsp. curry powder

2 Tbsp. butter

splash of olive oil

a bunch of lemons

jasmine rice (optional)

Wash and trim your swiss chard. Remove the stems and the large center vein (you can do this by folding the leaf in half and running your knife vertically down the side). Chop into pieces.

Thinly slice your zucchini. A mandoline is best for this.

Thinly slice your scallions.

In a large, wide sauté pan heat 1 tbsp. of butter with a splash of olive oil. Medium heat is good.

Add your scallions and sauté for 1 minute. Add a large handful of swiss chard and sauté in batches. As it starts to wilt, you can add more. Your swiss chard is done when it tastes tender, not tough. This should take about 5-6 minutes. Season with salt and pepper and give it a taste.

Using tongs, remove swiss chard from the pan squeezing out any excess liquid. Set aside on a platter and keep warm. In the same pan, heat 1 tbsp. of butter with a splash of olive oil. Add the curry powder and warm it through to bring out its flavor, about 1 minute. Add the zucchini and sauté for about 3-5 minutes (the thinner they are, the faster they'll cook). Season with salt and pepper. Sprinkle the zucchini over your swiss chard and squeeze some lemon over the top. Serve with extra lemon wedges and jasmine rice if desired.