



Stones Throw Farm

CSA Newsletter

Season 8 - Week 20

October 25th and 28th

www.stonesthrowfarm.biz

Welcome to Week Twenty...

Here we are at the end of the regular season CSA – and what a way to close a delicious season of eating! We have a great assortment of fall vegetables this week some common and some a little less so. U-pick Pea Tendrils are back and bring the season full circle, as they were available way back during our Week One pick-up. They are a component in one of our cover crop mixes that we've seeded in preparation for the 2015 CSA season. We planted and mulched garlic this past week, it's the first "vegetable crop" planted for next season. "To every season turn, turn..."

We hope you've all enjoyed the 2014 CSA Season. We SOOOO very appreciate your support and commitment, and wish all the best to you this winter season!! Please keep an eye out for our End of Season Survey in the next few weeks and we appreciate you taking a few minutes to provide feedback. If you're still hungry and would like to eat with us for a few more weeks we still have a few Late Season CSA shares available. (Please email for info – the first pick-up is this Saturday)

I'd like to take a quick second to thank Megan and the kids for tolerating and embracing a rewarding yet at times challenging lifestyle. Thanks to our parents for taking the time to watch the grandkids – particularly during spring and fall when Megan is back to work and things are really crazy. And thanks to our seasonal help, Bettyjo who started with us back in May and will be wrapping up this week, she's jumped right in and done a great job, we couldn't provide the volume, quality and value of produce without her. And of course thanks to all of you!! We wouldn't be here doing this without all of your commitment to food and farming of this type. We're so thankful for all of you - our farm family.

It's been a pleasure!

Brian, Megan, Reed and Willa Luton

This Week's Share:

- Fresh Herb Bunch
- Red Onions
- Potatoes
- Celeriac or Kohlrabi
- Leeks
- Carrots
- Fennel
- Turnips or Beets
- Cabbage
- Red Russian Kale or Napa Cabbage
- Mizuna
- Daikon or ShunKyo Radish
- Winter Squash
- U-Pick Pea Tendrils
- Mammoth Grey Stripe Sunflower Seed

The Farmers Drivel:

We had plans to feature the Mammoth Grey Stripe Sunflowers that we grow this week. They are a great sunflower for edible seeds and we'd harvested and laid them out to dry down a bit last week. This was really a symbolic - sort of novelty item. One that we could tie into a discussion about the value of a diversified, ecologically minded farm in the local landscape. These sunflowers are grown for a few reasons. 1) They get really big and make for a good windbreak (which protect soils, conserve moisture and create habitat) 2) They are a great nectar and pollen source for many beneficial insects and birds 3) They make good food for people 4) They make great food for wildlife. The later is however the reason why we haven't really brought them to the forefront of the pick-up. This past week a flock of about 15 Blue jays discovered them and has been feasting on the seeds! They are available for folks that would like to pick through the

bin for some good ones for eating and/or for taking home to toss out back and feed the wildlife in your neck of the woods. I suppose this is a somewhat appropriate end for these sunflowers and quite a spectacle to see. (I'd rather see it in the field than after a days worth of harvest work – but anyway) At times it is extremely frustrating to deal with losses and challenges associated with Mother Nature - be it wildlife or adverse environmental conditions – and yet these critters and our natural environment are such a valuable part of what we do. In my mind they are part of all of our collective earnings. Operating an ecologically minded diversified farm allows room for balance. Balance between the needs of humankind and respect for the natural world of which we are just “a” member and not “the” member. Sadly modern conventional agriculture has tended towards ignoring the importance of balance and respect for Mother Nature. There is no “receivable” on the ledger sheet marked “wildlife”, there is no asset allocation that says “our future generations; soils, landscapes, and soulful sustenance”. This will ultimately reveal itself as flawed. Vast monocultures and the removal of hedgerows and diversity on farms will, if nothing else, lead to landscape boredom, let alone the unintended and unknown consequences of disrupting the intricate inter-workings of small and large ecological communities. These notions are not new or novel. One of the many reasons I was inspired to pursue a career in agriculture was because of the writings of folks such as; Aldo Leopold who championed a “Land Ethic” nearly a century ago, and Gene Logsdon who still writes and “cottage farms” in Ohio today continually putting pen to page in a witty informed fashion that elucidates the value of small farms, community, and ecological mindedness. There are multitudes of reasons why folks purchase CSA shares and support local, organic and ecologically minded farms. Regardless of the particular reasons why you choose to do so a peripheral benefit is supporting a farm that strives to be a valuable part of the local landscape. Though our bottom line cannot directly account for leaving (or creating) a place at the table for wildlife large and small I feel that we derive a great deal of benefit from doing so. Am I frustrated at losing crops that I've worked hard to grow to wildlife? Absolutely. Yes. But does that mean I would seek a world without wildlife in it? Most certainly not! For me farming in this fashion is a celebration of life. It is recognizing that value extends far beyond dollars and cents and it is believing that the future is as important as the present.
