



# Stones Throw Farm

## CSA Newsletter

Season 9 - Week 6

July 18th and July 21st

[www.stonethrowfarm.biz](http://www.stonethrowfarm.biz)

### This Week's Share:

- Head Lettuce
- Bunch Beets
- Green Beans
- Cauliflower
- Fennel Bulb
- Cucumbers or Early Jersey Wakefield Cabbage
- Spring Onions
- Garlic bulb
- Parsley
- Zephyr Summer Squash
- You-Pick; flowers, Swiss Chard

### Weekly News:

Welcome to week six....

This week it seems the summer heat arrived!! We've had a couple of muggy days in the 90's to contend with but I suppose it's alright for mid-July and it is surely helping push along some of our favorite summer crops. Cucumbers are beginning to trickle in and we're harvesting the season's first green beans and summer cabbage. Garlic harvest is underway. We've got about half the crop in and we're hoping to get the other half in soon. Its looks, smells and tastes amazing - we grow a number of varieties of German Hardneck Garlic. We've been saving our own garlic seed since our first year on the farm back in 2005. Garlic is one of the few crops that is feasible for us to reproduce from our own planting stock and its surely neat to do so. The You-Pick Flowers are really just starting to come on. The piece that we planted flowers on this spring has been a bit of a nightmare when it comes to weed pressure. We've been battling the weeds on this piece all season in hopes of salvaging a decent flower crop and though not the best we've seen, it is pretty good all things considered. Cosmos and Calendula are blooming profusely right now, and zinnias, bachelor's button's, and sunflowers are just beginning to arrive. With most cut flowers the best blooms for shelf life are the ones that are just beginning to open. Some varieties will actually bloom in the vase and advanced flower buds will open and bloom post cutting. Its always best to try to transport your flowers so they stay cool and to trim the stems and place them in water as soon as possible. We DO NOT plant sterile pollen-less varieties and thus be warned that these flowers may shed some pollen on surfaces at home. We do so because the flowers here have always been about not just beautifying our homes but enriching our lives. We encourage you to keep your eyes and ears open when you're out harvesting. One of the most joyful sounds on the farm is that of bees happily buzzing about collecting pollen and nectar, the rapid murmur of a passing hummingbirds wings or the silent symphony as played by butterfly wings flitting from flower to flower to enjoy a sip or two of sweet summer nectar.

Have a great week!

Brian, Megan, Reed and Willa Luton

## Product Profile:

So the cooler is restocked and we've added some delicious new items but this week I'd like to take a minute to introduce some products brought to the CSA by friends and members.

The freezer contains an assortment of chicken, beef and pork from our friends at Creekside Meadows Farm in New Woodstock. The Parks take incredible care of their animals from start to finish and all are raised on local grain milled freshly on their farm and incredibly well maintained pasture and forage crops. (their beef is 100% grass-fed) Their chicken is processed on farm and their pork and beef is processed at Kelley Meats in Taberg, NY. Kelley Meats is a family owned and operated USDA certified butcher shop and they do a fantastic job.

An assortment of utterly delicious, super fresh and lovingly raised hens provide, brown, white and green eggs brought to us by my cousin and his family at MidLakes Farm in Skaneateles.

HONEY BABY!! It's coming!! Our good friends and bee-keepers Eamon and Amie Lee (of Lees Bees) were just out back harvesting the first of the seasons honey this past Saturday. They'll be busy uncapping, spinning and bottling honey and we should have jars of the season's first fresh honey harvest soon. We snuck a couple of samples and as always it is AWESOME!! After a tough winter for bees the moist spring and early summer has provided a great opportunity for the hives to rebuild and rebound with excellent and sustained nectar flows thus far this season.

Below you find a "note" from a fellow CSA member and supporter of the farm. In addition to teaching in the public schools she is a sales rep for NYR Organic. They have a diverse line of products which Joanne describes a bit below. You can learn more from her directly and find some of their products on the shelves in our pole barn.

Hello,

I would like to introduce myself. I am Joanne Thornton an Independent Consultant of NYR Organic, the American subdivision of Neal's Yard Remedies. Neal's Yard Remedies is a 30+ year old Certified Organic, family owned Health and Beauty company from the UK! Their products do not contain any GMO's, parabens, pesticides, herbicides, synthetic fragrances, etc. – none of "nasties" found in conventional products. All are vegetarian and many are vegan. NYR Organic supports Moms Across America, Just Label It, and is a large contributor to the Help Save the Bees campaign. They have won multiple awards for their outstanding products and their ethical business practices. They do everything based on the precautionary principle which means if they cannot prove an ingredient to be safe they simply won't use it. If it's not good for you, not good for the community or the environment they simply will find something that is. I am very excited to share these safe and healthy products with you. If you would like more information about the products and to see the catalog please visit my website at <https://us.nyrorganic.com/shop/joannethornton>. If you are interested in seeing the products in person I will be here at Stones Throw Farm On Tuesday July 7<sup>th</sup> and Saturday July 11<sup>th</sup> as well as periodically throughout the summer during pick-up time. You can also contact me anytime at [joannet829@gmail.com](mailto:joannet829@gmail.com) to set up an individual one-on-one. Brian and Megan have also been gracious enough to give me some shelf space in the barn so you can also purchase items directly from them.

Thank you

Joanne Thornton

## In the Kitchen:

Fennel bulbs are found at the base of the stems of the fennel plant. These anise-flavored plants can add tons of flavor to many savory dishes. Fennel has an array of uses from roasting with beets and topping a summer salad with chevre to simply slicing a bulb or two thinly alongside a spring onion and tossing in a vinaigrette as a salad topper or side to the more “involved” recipes below.

Storing fresh fennel bulb is simple—just store it in the drawer of the refrigerator. Preparing fennel bulb is a little more complicated, however. To get the delicious fennel flavor without any toughness, it needs to be cut into extremely thin slices (unless you are roasting it).

Here are some recipes:

### **Roasted Fennel with Parmesan (from The Food Network)**

4 tablespoons olive oil  
A bunch of fennel bulbs, cut horizontally into 1/3-inch thick slices  
Salt and freshly ground black pepper  
1/3 cup freshly shredded Parmesan

Preheat the oven to 375 degrees F. Lightly oil the bottom of a 13 by 9 by 2-inch glass baking dish. Arrange the fennel in the dish. Sprinkle with salt and pepper, then with the Parmesan. Drizzle with the oil. Bake until the fennel is fork-tender and the top is golden brown, about 45 minutes. Serves 4 to 6.

### **Citrus Fennel and Avocado Salad (from Foodie Crush)**

An assortment of citrus, totaling about 2 to 3 pounds. I used: 3 navel oranges, 3 cara cara oranges, 2 minneola oranges, 3 mandarin oranges, 1 blood orange  
fennel bulb, very thinly sliced  
1 avocado, peeled, pitted and sliced  
spring onion, peeled and very thinly sliced  
1/3 cup extra virgin olive oil  
2 tablespoons champagne vinegar (or white wine vinegar)  
1 tablespoon honey  
kosher salt and freshly cracked black pepper  
cup mint leaves

Slice the peels off of the citrus and place in a bowl or on a serving plate. Layer with thinly slivered fennel slices. Add avocado slices and shallot slivers.

In a small bowl, slowly whisk the olive oil into the champagne vinegar until emulsified. Add the honey and whisk to mix. Season with kosher salt and pepper.

Pour dressing over the salad and season with more kosher salt and freshly ground pepper. Top with mint leaves. Serves 4.