



# KEEWAYDIN NEWS

A Rainbow from the office porch, Sweet Zinnia, My Honeybee's

July 27/ Week 9

Keewaydin Family Farm CSA  
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## Getting to know the Farm Crew



From left Alejandra, Shannon, Matt, Adolfo, Lorenzo, Star, and Rufus (not pictured Evan)

Here they are, the people that grow, harvest and deliver your CSA box. Alejandra and Adolfo live with their three children in Viola. Our children go to school together at Kickapoo. Shannon lives in Readstown with her husband and two children. She and Rufus are both locals, having grown up in this area and attended Kickapoo School together. As you may have guessed from the picture, Rufus has always been voted Class Clown. Matt is our Farm Intern. He's from Ohio but has lived in Alaska and Washington too. Matt delivers the Madison Route CSA boxes. Star and Rufus manage the vegetable farm and family together and are building the business Keewaydin Organics as well. Evan is not pictured. He is an Intern mostly with Rufus's brother Jake on the Dairy side but he works in the veggie fields too. He's an amateur cheese maker.

### This Weeks Box

Head Lettuce

Potatoes

Green Beans

Snap Peas

Young Red Onion

Carrots

Slicing Cucumber

Herbs: Thyme, Savory, Sage and Oregano

### Keewaydin Organics

You may have seen this name out there at your local co-op. Keewaydin Organics is a Vegetable Pool started by me, last year. I buy product from local, organic, small family farmers (including Keewaydin Family Farms) and sell the produce to local cities including Minneapolis, Madison, Rochester, Milwaukee and Chicago. I think farmers have this natural need to do tons of

things at once. As if farming alone isn't enough we typically have off the farm jobs. For me this took the form of another business. Re-



creating the local food system is as important to me as organic farming. Just Local is the brand we are using in the stores. Our definition of local is to gather food from 200 miles or less from whatever city we are delivering to. All the produce is certified organic and harvested with loving care from a small family farm. In only our second year, the business is really picking up. It seems everyone is becoming more conscious of where their food is coming from. We started with a handful of farmers and this year increased to 40 farms that we work with. I realized when I started this, it was a great experience for me. It allowed

me the chance to visit many other farms and see how they do things. Bringing back ideas to try on our own farm has helped us grow sustainably.

-Rufus

## CSA Harvest Celebration

September 19th from 3pm till midnight!

**Farm Tour- Smell the air, touch the soil**

**Potluck- Share the bounty and make new friends (bring plates and forks)**

**Children's Activities- Games and crafts**

**Bluegrass Music- We Be Jammin"**

**Bonfire- Bring a chair or blanket**

**Camping- On the farm or nearby**

**Vernon County Fair in Viroqua—  
Carnival Rides, Farm Animal Exhibits,  
Demolition Derby, and more.**

### **Crock Pot Green Bean and Potato Casserole**

#### Ingredients:

About 6 cups fresh trimmed and cut green beans (about 2 pounds)

4 to 6 medium potatoes, sliced about 1/4-inch

1 large onion, sliced

1 teaspoon garlic salt

1/2 teaspoon pepper

1 can cream of chicken soup or other cream soup, undiluted, or about 1 cup of seasoned white sauce or cheese sauce

butter

#### Preparation:

Spray the pot with cooking spray or lightly grease with butter. Layer sliced potatoes, sliced onion and green beans, sprinkling with garlic salt and pepper as you go. Dot with butter, about 1 tablespoon total, and add about 2 tablespoons of water. Cover and cook on HIGH for 4 hours (LOW, about 8 hours). Stir in soup or sauce; turn to LOW and cook an additional 30 minutes or leave on WARM until serving time or up to 4 hours.

**CORRECTION:** The Viola Horse and Colt show was re-scheduled to September 26th because it was the same weekend as the Vernon Co. Fair. So no Parade but still lots of small town Carnival Fun!

Check out these sights online: Kickapoo Valley Reserve, Wildcat Mountain State Park, Sidie Hollow Campgrounds, Elroy Sparta State Trail, and Vernon County Fair. There are also hotel/motels and campsites available in Readstown (3mi), LaFarge (12 mi), Viroqua (20 mi) and Richland Center (35mi).

We hope you can make it!

Email us if you have any questions or want more info on places to stay.

### **Honey Glazed Snap Peas and Carrots**

#### Ingredients

2 cups carrots, sliced (or 1/2 pound of baby carrots)

1/2 pound sugar snap peas

4 tablespoons butter

2 tablespoons honey

Salt and pepper to taste

#### Steps

Bring a large saucepan of salted water to a boil. Add carrots and cook until slightly tender, about 10 to 12 minutes. Drain and set aside. In the same pan, melt the butter. Return carrots and peas to the pan and stir in the honey. Cook over medium heat, stirring occasionally, until heated through. Salt and pepper to taste.

## How To Dry Herbs

1. Remove any dry or diseased leaves
2. Shake gently to remove any insects
3. If necessary, rinse with cool water and pat dry with paper towels. Wet herbs will mold and rot.
4. Remove the lower leaves along the bottom inch or so of the branch.
5. Bundle 4 - 6 branches together and tie as a bunch. You can use string or a rubber band. The bundles will shrink as they dry and the rubber band will loosen, so check periodically that the bundle is not slipping. Make small bundles if you are trying to dry herbs with high water content.
6. Punch or cut several holes in a paper bag. Label the bag with the name of the herb you are drying.
7. Place the herb bundle upside down into the bag.
8. Gather the ends of the bag around the bundle and tie closed. Make sure the herbs are not crowded inside the bag.
9. Hang the bag upside down in a warm, airy room.
10. Check in about two weeks to see how things are progressing. Keep checking weekly until your herbs are dry and ready to store.

### Storing Dried Herbs

1. Store your dried herbs in air tight containers. Zip closing bags will do. I like to use small canning jars.
2. Be sure to label and date your containers.
3. Your herbs will retain more flavor if you store the leaves whole and crush them when you are ready to use them.
4. Discard any dried herbs that show the slightest sign of mold.
5. Place containers in a cool, dry place away from sunlight.
6. Dried herbs are best used within a year. As your herbs lose their color, they are also losing their flavor. Use about 1 teaspoon crumbled dried leaves in place of a tablespoon of fresh