

WHO'S YOUR FARMER?

DAN RHODES martins gardens



DESCRIBE YOUR FARM

My farm, Martins Gardens, is located in the Athens/Edgar area in central Wisconsin. I primarily farm by myself but have occasional help from others. I own 7.5 acres of land where I grow carrots, tomatoes, kohlrabi, horseradish, little red potatoes, and garlic. I planted over 7,000 garlic bulbs this year; some of which, are the big elephant garlic. I use a biodegradable plastic from Italy over some of my vegetables to keep weeds down.

WHAT BROUGHT YOU INTO FARMING?

I have been interested in farming ever since I was a little kid. It was always something I was curious about and wanted to get into.

WHAT DO YOU LOVE MOST ABOUT FARMING?

I love that there is no end to what you can do. The sky is really the limit with farming, and if you have a creative mind it is fun to see what you are able to grow.

WHAT IS MOST DIFFICULT ABOUT FARMING?

With each difficulty you get stronger and learn from the struggles. I like up-to-date equipment so I do not like when I have a mechanical breakdown. Also, I get a lot of rain where my farm is with clay-like soil, so it is difficult when I get too much water.

WHAT IS YOUR HOPE FOR FARMING?

My hope is that more people would go to the farmers' markets and more would eat healthy foods like fresh vegetables.

WHERE CAN YOU BE FOUND?

Tuesdays at Athens farmers' market
Friday at Edgar farmers' market
Saturday at the Wausau Summer farmers' market
and Sundays in Marshfield at the Festival Foods farmers' market

RECIPE: EGGPLANT STIRFRY

INGREDIENTS:

1 cup rice
Salt and Pepper
1 tbsp olive oil
1 onion, chopped
2 pints cherry tomatoes, halved
1 eggplant cut into 1/2-inch pieces
1.5 tsp curry powder
1 can (15.5 oz) chickpeas, rinsed
1/2 cup fresh basil
1/4 cup plain low-fat yogurt, optional

DIRECTIONS:

In medium saucepan, combine rice with 1.5 cups water and salt and bring to a boil. Stir the rice, cover, and reduce heat to low and simmer for 18 minutes. Remove from heat and let stand for 5 minutes. Heat the oil in a saucepan over medium-high heat. Add the onion and cook until softened, about 5 minutes. Stir in tomatoes, eggplant, curry powder, 1 tsp salt, and 1/4 tsp pepper. Cook, stirring about 2 minutes. Add 2 cups of water and bring to boil. Reduce heat and simmer partially covered, until eggplant is tender, 12-15 minutes. Stir in chickpeas and cook just until heated through, about 3 minutes. Remove the vegetables from heat and stir in the basil. Fluff the rice with a fork. Serve the vegetables over the rice with yogurt, if using.