
The Acorn Angle...

July 2010, box #6



What's fresh?

How do I prepare it?

BEETS

Chionga beets have a unique interior - when you slice them horizontally, you will notice a bulls-eye pattern.

- Grate raw beets into a fresh salad.

BLACKBERRIES, wild

Enjoy this delicious treat straight from our woodland property.

CARROTS

Organic carrots do not need to be peeled, just scrub with a brush. Carotene and trace minerals are close to the carrot's skin surface.

GREEN BEANS

- Beans retain more nutrients when cooked un-cut.
- Simmer green beans in boiling water for 3-5 minutes until beans brighten in color. Remove immediately and plunge into ice-cold water. These taste great with dip on a veggie tray.

LETTUCE

Our lettuce has many color variations, including a variety with burgundy spots, called "trout-back" lettuce.

KALE

Add frozen kale to a variety of dishes - sneak in some extra nutrients!

- Steam kale leaves with a little water in a covered sauce pan. Remove leaves, cool and put into food processor. Pour puree into ice cube trays and freeze. Add frozen cubes to pasta sauce, lasagna, soup, pasta dishes, etc.

POTATOES

Try the spicy potato and greens soup recipe on back.

HERB - ITALIAN PARSLEY

- Chop into pasta salad, soups, stews, or add to a stir fry at the end of cooking.
- Hang upside down in a dark closet to dry. Store completely dried parsley in plastic bag or container.

Hello!

I would like to share a few easy ways to incorporate more local and seasonal food into your diet. Adapted from the book: *From Asparagus to Zucchini* by the Madison Area CSA Coalition.

Start slowly. Eating local and seasonal food often requires that you make some changes in food preparation, meal planning, and shopping. You may find that your tastes, and those of family members, also change as you learn to eat locally available food. Do not expect these changes to occur overnight. Set reachable goals by incorporating seasonal food slowly into your meals and shopping.

Develop a connection to your food. One of the most basic ways to do this is to plant a garden, even if it is only one potted tomato plant sitting on the porch. Another option is to become connected to the people from whom you buy food - at a farmers' market or through your CSA.

Learn how to substitute. Treat recipes as a starting point from which ideas can be generated, instead of something that must be followed exactly.

Plan for the winter. With a little planning and some work in the summer, you can enjoy local foods all winter long. It is relatively easy to can your own tomatoes, pickles and, jams, and even easier to put some food away in a freezer or store squash and root crops in a basement.

Enjoy it all. Enjoy the tastes, the challenge, the relationships you develop with producers, and the knowledge that you are doing something good for yourself and the earth.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Please remember to return your **CSA BOX** each week.

Don't forget to sign up for the **COOKING CLASS** we previously mentioned. The class, Summer Seasonal Supper, focusing on cooking from a CSA box will be held on Wednesday, August 4th from 6 to 8pm. The cost for the class is \$15 for Co-op and Old Oak Family Farm CSA members. Please call the People's Food Co-op to register (608.784.5798) and make sure to mention that you are a member of our CSA to take advantage of the special pricing. www.peoplesfoodcoop.com

Recipes of the week...

Spicy Potato Sausage and Greens Soup, *From Asparagus to Zucchini*

1 pound bulk hot Italian sausage
1/2 cup chopped onion, or more to taste
4 cups chicken broth
4 cups thinly sliced **potatoes** (slice with skins on)
4 cups water
2 cups packed torn fresh **kale**, spinach, chard or other greens
1/3 cup whipping cream
salt and pepper
1/4 cup finely chopped **parsley**

Inspired by a soup at the Olive Garden restaurant.

Heat soup pot over medium flame. Add sausage and onions and cook until meat is no longer pink. Add broth, potatoes, and 4 cups water. Bring to boil, reduce heat, and simmer until potatoes are tender, 10-15 minutes. Stir in greens; cook 1-2 minutes. Stir in whipping cream and season to taste with salt and pepper. Serve right away, or, for more developed flavor, let cool, then chill and reheat later or the next day. Top soup with chopped parsley. Makes 8-12 servings.

Fried Beets 'n' Carrots, *From Asparagus to Zucchini*

2 TBS olive oil
2 TBS cumin seeds
2 medium **beets**, quartered, sliced 1/4-inch thick
2 medium **carrots**, sliced 1/4-inch thick
tamari sauce (soy sauce)
(optional) beet tops, fresh spinach, chard or **kale**

Heat olive oil in skillet. Add cumin; cook about 1 minute. Add beets and carrots; fry until tender. Remove from heat, sprinkle on a little tamari, and serve. Optional: when beets and carrots are tender, add chopped greens, cover and cook until soft. Toss mixture, sprinkle with tamari, and serve. Makes 2-4 servings.

Chive Green Beans

1 lb. fresh whole **green beans**, trimmed
1 Tbsp. fresh chives, chopped
1 Tbsp. fresh **parsley**, chopped
2 tsp. butter
1/2 tsp. prepared stone-ground mustard
1/4 tsp. salt
1/8 tsp. ground black pepper



In a steamer, steam green beans, covered for 5 minutes or until crisp-tender. Remove from steamer; toss with remaining ingredients.

Serves 4 (about 3/4 cup each) Per serving: 53 calories, 0 g. protein, 7.1 g. carbohydrate, 4.2 g. of fiber, 1.9 g. fat, 175 mg. sodium.



N6370 Niedfeldt Rd. · Bangor, WI 54614
608.486.4205 · oldoakfamilyfarm@yahoo.com
www.oldoakfamilyfarm.com

The Niedfeldt family:
Jerry & Connie Niedfeldt
Kyle, Eric, & Owen Zenz
Jacey, Ric, Breck & Joelle Heller