

---

# The Acorn Angle...

June 2010, box #1



## What's fresh?

### How do I prepare it?

#### ASPARAGUS

The asparagus season is a short one! Enjoy fresh asparagus grilled, baked, stir-fried, steamed, or eaten raw in a salad.

#### BOK CHOY

Bok choy tastes great in a stir fry. Clean entire head, and then use a knife to slice thin sections through the whole plant.

#### GREEN GARLIC

This is the young stage of garlic, before it forms cloves. The flavor is more mild than cured, dried garlic, but tastes great in any recipe that calls for garlic. Trim off the roots and the top of the bulb.

#### KALE

Enjoy this super-healthy veggie raw, steamed, added to a smoothie, or sautéed and combined with tomatoes and pasta.

#### LETTUCE

We always rinse our lettuce, but it hasn't been "washed". Lettuce keeps best in a plastic bag with a paper towel, to keep moisture off leaves.

#### RADISH

Warm weather increases the "bite" factor in radishes. These are a little spicy, but have a great crunch. Try grilling them!

#### RHUBARB

There are so many delicious recipes for rhubarb - pie, crisp, cake, jam, sauce, and even lemonade! Check out a great recipe on back.

#### HERB - TARRAGON

It enhances salads, fish, pork, beef, lamb, poultry, vegetables, vinegar, soups and eggs. In general, it should be used lightly as it can overpower other flavors.

#### TOMATO PLANT - Sungold

Sungold tomatoes are incredibly sweet. Some people call them "candy" tomatoes. We have included them in our CSA boxes in the past, but they always tend to crack during transportation. We still want you to experience the amazing flavor of these tomatoes, so we are giving you your very own plant.

You can put your tomato plant right in your garden, keep it in a pot on your patio, or in your yard. If you don't have a spot for your plant, pass it on to a friend, and hopefully they will share the harvest with you!

Re-plant your tomato in the ground or in a large container (a 5 gallon or larger pot). You will need to stake your plant with sticks or with a tomato cage. Make sure to give your plant lots of love, water, and sunshine.

Hello!

We are excited to welcome you to our 3rd season as a CSA farm. We are gearing up for a wonderful season - planning, planting, weeding, and harvesting fresh, great tasting organic produce for YOU, our members.

This newsletter will provide cooking ideas, storage tips and recipes. For additional recipes search the web and check out our archived newsletters. Please take a chance to read through each newsletter as this is our main means of communicating with you.

Each week you will get a seasonal representation of what we have growing in our garden. Items in our boxes will change weekly and before you know it, tomato season will be here. My one piece of advice is to *please* try everything in the box. Even if you have hated a vegetable in the past, sometimes preparing it in a new way will change your attitude. Give it another chance!

Happy Eating!  
~Kyle, CSA Manager  
608.386.8066

Please remember to return your produce **BOX** every week. We have a limited number of boxes to swap out each week.

Our farm is **YOUR FARM**. Give us a call if you ever want to stop out to walk through our fields, relax in the garden, or even help pull weeds.

Please don't hesitate to give us **FEEDBACK** on your CSA experience. We are growing for you, so let us know what you like, and what we may improve on.

If you are planning a **VACATION** or simply won't be able to pick up your box on your given pick-up day, please let us know in advance and we will try to help you find an alternative day to pick up your produce.

# Recipes of the week...

## Quinoa with Mushrooms, Sweet Potatoes and Kale From Real Simple

1 cup quinoa (or you could substitute cooked rice)  
2 tablespoons olive oil  
2 small sweet potatoes (about 1 pound), peeled and cut into 3/4-inch pieces  
10 ounces button mushrooms, quartered  
2 cloves garlic, thinly sliced (use 2-4 bulbs of **green garlic**)  
1/2 to 1 bunch **kale**, stems discarded and leaves torn into 2-inch pieces  
3/4 cup dry white wine (or chicken/veggie broth)  
kosher salt and black pepper  
1/4 cup grated Parmesan (1 ounce)

*One of our employees, Andrea loves this recipe and while she was telling me about it, she said she couldn't wait to get home to make it!*

1. Place the quinoa and 2 cups water in a small saucepan and bring to a boil. Reduce heat and simmer, covered, until all the water is absorbed, 12 to 15 minutes.  
2. Meanwhile, heat the oil in a large pot over medium heat. Add the sweet potatoes and mushrooms and cook, tossing occasionally, until golden and beginning to soften, 5 to 6 minutes.  
3. Stir in the garlic and cook for 1 minute. Add the kale, wine, 3/4 teaspoon salt, and 1/4 teaspoon pepper. Cook, tossing often, until the vegetables are tender, 10 to 12 minutes. Serve over the quinoa and sprinkle with the Parmesan.

Serves 4. Per serving: 361 calories, 12 g fat, 2g saturated Fat, 5mg cholesterol, 560mg sodium, 13g protein, 51g carbohydrate, 6g fiber.

## Strawberry Rhubarb Lemonade From Pat Mrozinski

3 1/2 cups water  
1/2 lb **rhubarb**, cut into 1 inch pieces (2 cups)  
1/2 C sugar, or to taste  
Two 3 in strips of lemon zest removed w/ a vegetable peeler, plus additional for garnish  
1/2 teaspoon vanilla  
2 cups sliced strawberries  
1 cup fresh lemon juice



In a saucepan stir together the water, the rhubarb, the sugar, 2 strips of the zest, and the vanilla. Bring mixture to a boil, stirring until the sugar is dissolved, and simmer it, covered, for 8 minutes. Stir in 1 cup of the strawberries and boil the mixture, covered, for 2 minutes. Let the mixture cool and strain it through a coarse sieve set over a pitcher, pressing hard on the solids. Stir in the remaining 1 cup of strawberries and the lemon juice, divide the lemonade among stemmed glasses filled with ice cubes, and garnish each glass with additional zest.

Per 8 oz. of Strawberry Rhubarb Lemonade: 80 calories, 0 g fat, 1 g protein, 21 g carbohydrate, 2 g fiber, 5 mg sodium.

## Grilled Radishes

1 bunch **radishes**, sliced  
1/2 tsp. minced **garlic**  
2 Tbsp. butter, cut into small pieces  
1 ice cube  
salt and pepper, to taste

Preheat grill on high heat. On a large double layer of aluminum foil, place radishes, garlic, butter and ice cube. Season with salt and pepper then tightly seal foil around contents. Place foil packet on grill and cook 20 minutes or until radishes are tender. Let cool slightly, then unwrap carefully and serve hot.

Serves 6. Per serving: 50 calories, 4 g fat, 1 g protein, 3 g carbohydrate, 1 g fiber, 65 mg sodium



N6370 Niedfeldt Rd. • Bangor, WI 54614  
608.486.4205 • niedfeldtfarms@yahoo.com  
[www.oldoakfamilyfarm.com](http://www.oldoakfamilyfarm.com)

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