
The Acorn Angle...

June 2010, box #3



What's fresh? How do I prepare it?

BLACK RASPBERRIES

These wild berries (also called black caps) are found in our woods. They are very time-consuming (and sometimes painful ~ with their thorns) to pick, but their flavor is worth it!

CARROTS

✦ Try two new recipes on back.

KALE

- ✦ Add finely chopped kale (sautéed or raw), onions, mushrooms, etc. to an egg scrambler mix.
- ✦ Store kale sealed in a plastic bag in the refrigerator and it will last a week or longer.
- ✦ Try the kale "chips" recipe on back ~ it is delicious.

KOHLRABI

- ✦ Peel, cube and add to a salad.
- ✦ Try the kohlrabi & carrot recipe on back.

LETTUCE

- ✦ Enjoy a big salad on a hot summer night. Add shredded chicken, hard boiled eggs, carrots, kohlrabi, snow pea pods, and any other veggies you find in your refrigerator!

POTATOES - Kennebec

These "new" potatoes taste great and are very tender.

- ✦ Quarter potatoes, boil and add seasoned salt and a bit of butter.
- ✦ Make garlic mashed potatoes ~ add garlic scapes or young garlic if you have any left.

SNOW PEAS PODS

Enjoy the whole pea pod. Most people remove the stem portion of the pea before eating.

- ✦ Sauté alone or with other veggies and/or meats, adding pea pods in the last few minutes of cooking.
- ✦ Snack on raw pea pods with hummus.

HERB - THYME

Thyme blends well with and enhances other herbs. Strip leaves off of stem for use.

- ✦ Blend soft butter, thyme, and minced garlic with a spoon, chill and use as a flavored butter for bread or steamed veggies.

Hello!

Throughout the season I want to show you what life is like on our organic farm. I want you and your family to learn about farming and understand how your food is produced because our farm is "your" farm.

Organic weed control

The ample rain throughout June has let our garden prosper. However as the vegetables thrive, so do the weeds. Combating weeds in an organic garden is a constant struggle. Weeds are problematic because they can out-compete our desirable vegetables for moisture, nutrients, and sunlight.

We rely mostly on physical labor ~ hand pulling of weeds (very time consuming) and mechanical cultivation ~ tilling the soil between the rows of plants. This year we are experimenting with a weed barrier method: paper mulch. Well, it's not actually mulch. It's basically a huge sheet of brown paper that we spread down a row, and dig the plants into. The barrier prevents weeds from growing next to our crop, but still allows moisture through. The paper is approved for organic agriculture and breaks down throughout the growing season.

By the end of the growing season I hope you'll understand the art of farming a little more, enjoy the wisdom of knowing where your food comes from, and consider yourself an "honorary" farmer with the education you've gained about farming.

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.

PRODUCE BAGS work great to re-use around the house. Please find a second use for these bags. We hate using so many, but some things stay fresher and are easier to sort and pack when put in bags.

CHICKENS are now available. They are whole, frozen, shrink-wrapped chickens. Our chickens are cage-free, and fed organic grains, and our organic veggies. They are all-natural, but not certified organic. Chickens are \$3.25/lb. These chickens range in weight from 6-8 lbs. Our last batch sold out quickly, so please place an order as soon as possible.

We also raise **BEEF** and **EGGS** for sale. Check out our website or email us for more information.

Recipes of the week...

Kohlrabi & Carrots

1 medium **kohlrabi**, peeled and chopped into 3/4" cubes (about 2 cups)
4 large **carrots**, cut into chunks to match the size of the kohlrabi
1/4 teaspoon nutmeg
1 tablespoon butter (optional)
salt and pepper

Directions

1. Cover the Kohlrabi and carrots with lightly salted water and boil until quite tender (about 15-20 minutes).
2. Drain.
3. Lightly mash, leave a lot of texture don't try to make them smooth like mashed potatoes.
4. Add nutmeg and butter.
5. Serve.

Sweet Sliced Carrots

1 lb **carrots** (about 6?) peeled and sliced 1/4 inch thick diagonally
1/2 tsp salt
3 Tbs honey
1/2 cup chicken/veggie broth
1 Tbs unsalted butter
1/2 tsp minced fresh **thyme** leaves
1/2 tsp grated lemon zest
2 tsp lemon juice
ground black pepper

Steamed pea pods are a great addition to this side dish

Bring carrots, salt, honey, and chicken broth to boil, covered, in 12-inch skillet over medium high; reduce heat to medium and simmer, stirring occasionally, until carrots are almost tender, about 5 minutes. Uncover, increase heat to high, and simmer rapidly, stirring occasionally, until liquid is reduced to about 2 Tablespoons, 1 to 2 minutes. Add butter, fresh thyme and lemon zest; toss carrots to coat and cook, stirring frequently, until carrots are completely tender and glaze is light gold, about 3 minutes. Turn off heat, add lemon juice; toss to coat. Transfer to serving dish, scraping glaze from pan. Season to taste with pepper.

Crispy Kale Leaves

1/2 lb. **kale**, rinsed and patted dry (1 bunch)
1 TBS olive oil
1/4 tsp sea salt

Preheat oven to 325 F. Coat baking sheet with cooking spray. Tear kale into 3-inch pieces, removing lower 1/2 of tough stem. Transfer leaves to a large bowl. Toss kale leaves with olive oil in bowl, until well coated. Spread on baking sheet, sprinkle with salt, and bake 15 minutes. Turn kale with tongs, and bake 10 to 15 minutes more, or until edges are browned and leaves are crispy.

Per 1/3 cup serving: 66 calories, 2 g protein, 5 g fat, 5 g carbohydrates, 1 g fiber, 184 mg sodium.



This recipe is also great with seasoned salt or you could mince a clove of garlic and add to the olive oil before coating the kale.



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