
The Acorn Angle...

July 2010, box #4



What's fresh?

How do I prepare it?

BLUEBERRIES

Our partners, Bill and Jane grow these incredible berries. Enjoy them alone or add to pancakes, cereal, smoothies, or ice cream.

CARROTS

LEEKs

The entire portion of the leek is edible, but most people only use the top dark green leaves for soup stock. This vegetable is very versatile and can be baked, roasted, grilled, or eaten raw. Leeks tend to hide a bit of dirt between the layers of their leaves. You can remove this dirt by slicing them lengthwise and rinsing the layers under water.

LETTUCE

GARLIC

This is our first garlic harvest of the year. This garlic is not yet "cured", so it will keep best in the refrigerator. The skins on the cloves are still thick and soft, but just peel them as you would dried cloves.

POTATOES - Red

This wet and warm weather has caused some of our potatoes to grow too fast, causing hollow middles.

We are including an extra pound of potatoes this week in case you find a few hollow potatoes. They are perfectly fine to eat, just trim out the center hole.

SWISS CHARD

Chard is an outstanding source of vitamins A, C, and K, as well as magnesium, potassium, iron, copper, and dietary fiber, all for only 35 calories per cup.

- Sauté leaves in garlic butter and add a bit of chopped leek.
- Use chard stems in place of celery for a potato or tuna salad.

HERB - BASIL

Basil can be kept in the refrigerator for a few days, but tends to turn brown quickly. We will include basil in the boxes again during tomato season.

- Make pesto (recipe on back).
- Add fresh basil to a salad.

Hello!

Our garden is off to a great start. All of our plants are doing well - as long as we can find them amongst the weeds! This past week we have been very busy weeding the garden (and trying to avoid getting sucked in the mud). In some areas, the weeds have grown over 3 feet tall.

This is a time of much anticipation. Everything seems to be maturing quickly. The green beans are covered in flowers, and I actually ate my first bean of the season - even if it was only an inch and a half long! Green tomatoes are emerging among the fast growing plants, and cabbage heads are getting bigger and bigger by the minute.

Your ever-changing CSA box will promise surprises and staple vegetables. Continue to try new recipes, invent your own creations, or implement the standard "stir fry" for dinner. Be sure to share your joys, challenges, and lessons with us. We love hearing about your CSA experiences in the kitchen.

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.

Save your old **EGG CARTONS**. We can always re-use them. Store them in your CSA box, and return to your drop off point.

The People's Food Coop will offer a **COOKING CLASS** with CSA members in mind! The class will show participants how to turn a CSA box into a delectable meal. Jill Peterson, an Old Oak Family Farm CSA member, will be the instructor. Participants will start with the contents of our CSA box, and end with a delicious dinner with recipes to take home. Jill Peterson is a marvelous chef and baker, and is a regular cooking instructor at the People's Food Co-op in La Crosse.

The class, Summer Seasonal Supper, 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...

Potato and Leek Gratin *adapted from The Featherstone Farm Cookbook*

1 clove **garlic**

1 tsp butter

4 cups **red-skinned potatoes**, peeled and sliced $\frac{1}{8}$ " thick

1 $\frac{1}{2}$ cups minced **leeks**, white and pale green parts only (2 to 3 medium leeks thinly sliced crosswise, then minced)

Salt and freshly ground black pepper

$\frac{1}{2}$ cup whole milk or heavy cream

$\frac{1}{2}$ cup chicken/veggie stock

$\frac{3}{4}$ to 1 cup grated swiss cheese

Preheat the oven to 325 F. Cut the unpeeled garlic clove in half. Rub the bottom and sides of a glass 9x9 pan or ceramic oval gratin dish with the cut clove. Let the garlic juices dry, then grease the dish with butter. Arrange one-third of the potatoes in the dish, and top them with half of the leeks. Season with salt and pepper. Add another third of the potatoes, then the rest of the leeks. Season again with salt and pepper. Top with the remaining potatoes. Season with salt and pepper.

Whisk the cream and stock together and pour them over the potatoes. Cover the dish with aluminum foil and bake 30 minutes. Uncover the dish. Press the potatoes down lightly with a spoon and baste them with some of the liquid so that the surface is moist. Raise the oven temperature to 375 F. Sprinkle the surface of the potatoes evenly with the cheese. Return the gratin to the oven uncovered and continue baking until it is well-browned, about 25 to 30 minutes.

Pesto *from Simply in Season*

1 cup packed fresh **basil** leaves and tender stems

1-3 cloves **garlic**

$\frac{1}{3}$ cup pine nuts, walnuts or hazelnuts (toasted)

3-6 TBS Parmesan cheese (grated)

$\frac{1}{2}$ tsp salt or to taste

Finely chop together in food processor

$\frac{1}{3}$ - $\frac{1}{2}$ cup olive oil

Add gradually while food processor runs to make a thick paste. Serve at room temperature with any kind of hot pasta, or spread on a sandwich.

Potatoes and Swiss Chard *Weight Watchers Cookbook*

2 teaspoons olive oil

2 onions, thinly sliced

1 jalapeno pepper, seeded, de-veined and thinly sliced (wear gloves to prevent skin irritation)

1 cup stewed tomatoes

2 medium **red potatoes**, diced

$\frac{1}{2}$ cup low-sodium vegetable broth

8 cups lightly packed **Swiss chard** leaves, cleaned and cut crosswise into 1 inch strips

In a large saucepan, heat the oil; sauté the onions and pepper until the onions begin to brown a bit, 10-12 minutes.

Add the tomatoes; bring to a boil. Cook, stirring constantly, about 2 minutes. Add the potatoes and broth; bring to a boil. Reduce the heat and simmer, covered, until the potatoes are tender and the liquid is reduced to about $\frac{1}{3}$ cup, 10-12 minutes. Add the chard; cook, stirring, until wilted, about 3 minutes.

Makes 4 servings. Nutritional Information: Per serving: 135 calories, 3g total fat, 0g saturated fat, 0 mg cholesterol, 536 mg sodium, 26 g total carbohydrate, 3 g dietary fiber, 5 g protein, 91 mg calcium.



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