
The Acorn Angle...

July 2010, box #5



What's fresh?

How do I prepare it?

BEETS

- Steam, boil, bake, or roast fresh beets - they taste so sweet and delicious!
- Make sure to save and eat the beet tops. They are very nutritious and can be used like any "greens" - added to salads, quiches, or sautéed.

BLUEBERRIES

- Freeze them on a cookie sheet in a single layer and transfer to a plastic bag in the freezer to savor when desired.

BROCCOLI

Soak heads in salt water to remove any hidden garden pests. Cabbage caterpillars often camouflage themselves in the broccoli.

- Don't discard the stems of our broccoli - it has a great, sweet taste.

CABBAGE

- Substitute for lettuce in a salad, for taco fixings, or on a sandwich.
- Shred and cook in a wok or skillet with a bit of olive oil until the cabbage begins to brown. Top with a bit of soy sauce or add to a stir fry.
- Store in your crisper drawer in a plastic bag. Cabbage can be stored for up to a month (at least). Pull off outer leaves before preparing.

CARROTS

- Remove the tops of your carrots before storing in the refrigerator - they will stay fresher and crisper.
- You can eat the tops of carrots, add them to a soup, or blend in a smoothie!

LETTUCE

Lettuce leaves keeps well attached to the plant. If you don't plan on eating it for a few days, add a paper towel to the bag, and twist-tie it shut.

POTATOES - Kennebec

Organic potatoes do not need to be peeled, because there is no chemical residue.

HERB - CILANTRO

- Add to a fresh salad for a great flavor kick.
- Mix with lime juice, honey, and shredded cabbage for an unusual coleslaw.
- Add at the end of cooking to retain flavor and color.

Hello!

On an organic farm, and with most farms in general it is pretty hard to grow **all** of our produce completely un-blemished and insect-hole free. We definitely fight our share of pest battles, but our farm is very fortunate to keep many insect problems to a minimum.

Organic Pest Control

We don't use any commercial insecticides, and rarely use organically approved pesticides (naturally occurring compounds in nature).

Our main insect control strategy is crop rotation. For example, we don't plant potatoes or broccoli in the same spot as the previous year. This prevents severe insect infestations. Crop diversity (by planting over 50 varieties of vegetables) also helps keep large insect outbreaks at bay.

We also "enjoy" our fair share of hand-removal of pests (potato beetle larvae are pretty gross looking). My husband learned the hard way that it is important to hold a potato beetle far away from your eyes when squishing!

We hope you will be able to look past a tiny hole on a leaf or a small insect in your CSA box, and remember that you are eating chemical-free produce, full of great flavor! We strive to maintain the health of YOU our customer, our farm ecosystem and beyond.

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

Please remember to return your produce **BOX** every week. You can also bring a cloth bag each week and swap out your produce at your pick up location.

Looking for **EXTRA VEGGIES, EGGS, or MEAT?** We offer direct orders through email. Every Sunday we send out a list of available produce, eggs, chicken, and beef. Send us an email if you are interested. Your order will be available at your weekly CSA pick up spot.

Don't forget to sign up for the **COOKING CLASS** we mentioned last week. 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...

Stir fried Cabbage with Chilies and Ginger, Shared by Jill Peterson, CSA member

From Hot, Sour, Salty, Sweet: A Culinary Journey through Southeast Asia, by Jeffery Alford and Naomi Duguid.

Yield: 4 servings. Total cooking time: 20 minutes

- 1 small **green cabbage** (if your cabbage is large, only use half of it)
- 2 T. peanut oil
- 3 slices bacon, cut into 1-inch lengths, or 2 oz. ground pork
- 4 cloves garlic, minced
- 3 Thai dried red chilies
- Three $\frac{1}{4}$ -inch slices of ginger
- 1 star anise
- 1 tsp. salt (plus more to taste)
- 2 tsp. soy sauce

Cut the cabbage into quarters, then cut out the core. Slice the quarters, and set aside. Heat a wok or sauté pan over medium heat. Add the oil and swirl it around to coat the pan. Toss in the bacon or ground pork and stir fry for a few minutes, until the pork starts to color. Add the garlic, dried chilies, ginger and star anise, and stir fry for another few minutes. Raise the heat to high and add the cabbage and salt. Stir fry for about 5 minutes, until the cabbage wilts and softens. Add the soy sauce and cook for another minute. Taste for seasoning and adjust as necessary. Serve over rice.

Note: The chilies, ginger and star anise are in the dish to flavor the oil – remove them before serving.

Beet 'fries'

- Bunch of **beets**
- 2 medium sized **potatoes** (optional)
- 1 clove of crushed garlic
- Olive oil

You can do this with beets alone, or beets and potatoes. Preheat your oven to 375 degrees. Remove leafy green tops from beets (and save!!). Peel beets (or scrub and leave the skin on) and cut into French-fry like sticks. If you're using potatoes too, wash and dry but don't peel, and cut into sticks too. Put beets, potatoes and garlic in a bowl and toss with olive oil to coat. Spread out on a baking sheet and sprinkle liberally with salt and bake for 45 minutes, scooping and turning (or otherwise rearranging) once or twice during cooking time with a spatula, until browned on the outside and soft in the middle. Dump onto a platter and pass around while still hot. They are so good and sweet!

Roasted Beets

- 6 whole fresh **beets**, tops removed
- 1 Tbsp. olive oil
- 1 clove garlic, minced
- $\frac{1}{2}$ Tbsp. dry thyme

Wash and scrub the beets, but do not skin. Toss all ingredients, making sure beets are well coated. Roast uncovered at 350 degrees for 50-60 minutes, until beets are tender. Let cool and carefully remove the skins. Season to taste with up to $\frac{1}{2}$ tsp. salt or salt substitute and pepper. Serve warm or cold.



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