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# The Acorn Angle...

July 2010, box #7



## What's fresh?

### How do I prepare it?

#### BLACKBERRIES

- ✦ Make a berry crisp.
- ✦ Add fresh berries to your morning cereal and enjoy with milk or yogurt.

#### CARROTS

- ✦ Chop, blanch and freeze for future use.
- ✦ Try the vegetable pasta recipe on back.

#### GARLIC

Store garlic in a dry, dark location for a up to a month or more. For longer storage, keep in the refrigerator.

#### GREEN BEANS

- ✦ Boil or steam green beans, and top with Italian dressing.

#### LEEKS

- ✦ Substitute for green onions.
- ✦ You can eat the entire leek, but most people use the white and light green portion.

#### POTATOES

- ✦ Try making hash brown crust pizza, 2009 CSA box #8 [www.oldoakfamilyfarm.com](http://www.oldoakfamilyfarm.com)

#### SUMMER SQUASH/ZUCCHINI

- ✦ Grilled summer squash and zucchini are delicious. Cut them in 1/4 inch slices and coat them with olive oil or Italian salad dressing and grill over a medium-hot fire until they become tender.
- ✦ Try eating raw - add to a salad, or cut in sticks and enjoy alone or with dip.

#### SWISS CHARD

- ✦ Store in the refrigerator in a plastic bag. If leaves begin to wilt, sprinkle with water and place back in bag.
- ✦ Add to quiche or chop into scrambled eggs.

#### HERB - BASIL

- ✦ Store unwashed basil in a plastic bag in the refrigerator. Basil only lasts a few days in the refrigerator before turning brown - although this discoloration doesn't affect its flavor.
- ✦ Avoid discoloration by pureeing the basil in a food processor and topping it with olive oil.

Hello!

There are always surprises this time of year in the garden. We recently found our first ripe tomato and pepper (although it will still be awhile before we get a large enough quantity to fill the boxes). Some of our vegetables (green beans and zucchini) are growing so fast it is hard to keep up with them. Cucumbers are really starting to take off, and hopefully we should have them in the boxes next week.

Some of our vegetables actually slow down considerably in the heat of summer. Lettuce doesn't favor hot conditions, and therefore you may not see it in our boxes for a few weeks. Broccoli also slows in growth during the summer, but hopefully a second planting will mature soon.

Every growing season is different with its own unique weather patterns. Generalizing, I would say that most of our garden crops are thriving on this year's hot, wet summer and many varieties are ripening earlier than usual. Although, we do have a few crops that don't appreciate the quantity and regularity of rain we have been experiencing. Our onions are not nearly as productive as last year and our flowers aren't growing as big or as fast as normal. For a few crops, we are still waiting to see how the weather will play out in final ripening. Our pumpkins and squash don't seem to have as many "fruits" on them as usual, but they still have plenty of time to grow.

Every season is truly a growing adventure and we appreciate and enjoy having you, our CSA members along for the ride!

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

Looking for new and exciting **RECIPES**? Stop by your local library and check out a book or two focusing on seasonal cooking. A great, local cookbook that I frequently use is called: *From Asparagus to Zucchini, A Guide to Cooking Farm-Fresh Seasonal Produce*, put out by the Madison Area CSA Coalition. Don't forget that many vegetables can be grilled. It is a great way to prepare a meal without heating up your kitchen.

Last chance 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](http://www.peoplesfoodcoop.com)



# Recipes of the week...

## Creamy Vegetable Pasta adapted from *Simply in Season*

- 1 cup cottage cheese or ricotta cheese
- 1/2 cup milk
- 1/3 cup Parmesan cheese (freshly grated)
- 1-2 cloves **garlic** (depending on your love of garlic)
- 2 TBS fresh **basil**, chopped (or 2 tsp dried)
- 2 TBS fresh parsley, chopped (or 2 tsp dried)
- 1/2 tsp salt

Stir together in a bowl and set aside. Or for a smooth texture, puree in a blender.

- 12 ounces pasta

In a large soup pot (with about 7 cups of water), start cooking according to package directions.

- 1 cup **carrots**, sliced thinly
- 2 cups **zucchini** or **summer squash** sliced
- 1 cup **green beans**, sliced
- 1 cup peas (frozen is fine)
- 1/4 cup **leeks**, chopped

Stir in carrots 6 minutes before pasta is done; boil 3 minutes. Stir in zucchini and green beans slowly; boil 2 minutes. Stir in peas and leeks slowly; boil 1 minute. Remove from heat. Drain well and return to pot.

- 2 TBS butter

Toss butter with pasta and vegetables until melted. Add cottage cheese mixture; toss gently to coat. Serve immediately and sprinkle with freshly grated Parmesan cheese and freshly ground pepper.

*You can substitute a variety of vegetables in this recipe. Try broccoli, cauliflower, asparagus, spinach, chard, etc.*

## Potato, Leek & Feta Tart, from *Real Simple*

- 1 tablespoon olive oil
- 2 **leeks** (white and light green parts), cut into half-moons
- 2 small **zucchini**, cut into half-moons
- kosher salt and black pepper
- 1/2 cup crumbled Feta (about 2 ounces)
- 2 tablespoons chopped fresh dill (or try fresh **basil**)
- 2 **potatoes** (8 ounces), thinly sliced
- 1 store-bought 9-inch piecrust

1. Heat oven to 375° F. Heat the oil in a large skillet over medium heat. Add the leeks, zucchini, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring occasionally, until just tender, 4 to 5 minutes. Stir in the Feta and dill. Add the potatoes and toss to combine.
2. On a piece of parchment paper, roll the piecrust to a 12-inch diameter. Slide the paper onto a baking sheet. Spoon the potato mixture onto the piecrust, leaving a 2-inch border. Fold the edge of the piecrust over the edge of the potato mixture. Bake (covering with foil if the crust gets too dark) until the piecrust is golden brown and the potatoes are tender, 50 to 60 minutes.

Serves 4: Calories 396; Fat 22g; Sat Fat 9g; Cholesterol 27mg; Sodium 668mg; Protein 7g; Carbohydrate 44g; Fiber 2g

## Garlic Halibut Fillet

- 2 (6 oz.) halibut fillets
- 2 Tbsp. chopped fresh **basil**
- 1 tsp. minced **garlic**
- 1 Tbsp. melted butter
- 1/8 tsp. salt
- 1/8 tsp. pepper

Preheat oven to 375 degrees. Rinse fish and pat dry. In a small bowl, mix basil, garlic, butter, salt and pepper; brush mixture over both sides of halibut. Place fish in baking dish coated with cooking spray. Bake for 20 to 25 minutes or until fish flakes easily with a fork.

Serves 2: Per serving: 220 calories, 7 g fat, 36 g protein, 2 g carbohydrate, 0 g fiber, 230 mg sodium



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