
The Acorn Angle...

August 2010, box #9



What's fresh?

How do I prepare it?

CARROTS

- Cook and puree into pasta sauce.

CUCUMBERS

- Store cucumbers in a plastic bag in the crisper drawer of your refrigerator. They should keep up to a week.
- Dice or slice and add to a fresh summer salad.

GREEN BEANS

- Store in a plastic bag in the crisper drawer of your refrigerator.
- Chop and blanch in boiling water for 2 minutes, rinse in cold water, drain, dry well, pack into airtight containers and freeze.

KOHLRABI

- Try the pickled vegetable recipe on back. It is a nice summer treat, and would be a great addition to a picnic.

LETTUCE

Lettuce doesn't typically like hot, summer weather, but we are lucky to have it back for another week.

PEPPERS - Green

- Add to soups, omelets, quiches, casseroles, and stir-fries.

SUMMER SQUASH

- Mash cooked summer squash, drain well, and blend with butter and salt and pepper to taste. Add grated cheese if desired.

SWEET CORN

- Steam in 1-2 inches of water for 6-8 minutes.
- If you find any hidden garden pests in your corn, just simply cut out that portion - no need to throw away the entire ear.

TOMATOES

- Add diced tomatoes and fresh basil to a store-bought pasta sauce for a fresh twist on the old spaghetti-standby meal.

ZUCCHINI

- Add thin slices to a homemade pizza.

HERB - BASIL

- Fresh basil deteriorates quickly. Use it as soon as possible - store in a plastic bag in your crisper.

Hello!

It finally feels like summer to me with the arrival of tomatoes! School is right around the corner, and I'm sure many of you feel like summer is over, but for our vegetables, summer is just gearing up. The garden is exploding with vegetables, and many new varieties will appear in your boxes in the weeks to come. Every day, I enjoy walking up and down the rows to see what will ripen next. Soon enough, two of my favorite fruits will be ready - watermelon and raspberries!

Next week we will provide a mid-season evaluation. Please take some time to think about how the CSA has been working for you. Is this experience what you expected? Have you found any of your eating habits changing? Are the quality of vegetables and fruits meeting your expectations?

Enjoy these dog days of summer, and sneak in a quick get-away, go camping, canoeing, swimming, or just take some time to relax before school starts up again.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

KOHLRABI - Did you know?

Kohlrabi is part of the of the cabbage family. Many botanists believe kohlrabi is actually a hybridization of a cabbage and turnip. Kohlrabi resembles a root vegetable, but actually the edible globe is the modified swollen stem. Kohlrabi offers generous amounts of vitamins A and C, and emphasizes the minerals potassium and calcium. It's high in fiber and contains only 40 calories per cup.

From Asparagus to Zucchini

Please remember to return your produce **BOX**. 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.

Recipes of the week...

Vietnamese-style pickled carrots *from David Chang, Momofuku Restaurant*

Contributed by Jill, CSA member and instructor of Summer Seasonal Supper at the People's Food Co-op

- 1 lb. **carrots** or combination of vegetables (**carrots and kohlrabi** work well)
- 1 cup hot tap water
- 1/2 cup unseasoned rice vinegar
- 6 TBS sugar
- 2 1/2 TBS kosher salt
- 1 tsp caraway seeds
- Pinch of red pepper flakes

Scrub carrots and cut lengthwise into sticks. Pack them into mason jars or a plastic container. In a bowl, combine the water, rice vinegar, sugar, salt, caraway seeds and pepper flakes and briskly stir to combine until the sugar dissolves. Pour the brine into the jars, close them and refrigerate. Marinate vegetables in the brine for at least an hour before serving. They will keep for about a week in the refrigerator.

Pesto Dressing, *Weight Watchers Cookbook*

- 2 cups packed **basil** leaves
- 1/2 cup packed flat-leaf parsley leaves
- 1/4 cup part-skim ricotta cheese
- 3 tablespoons grated parmesan cheese
- 3 garlic cloves
- 1/2 teaspoon freshly ground pepper
- 2 tablespoons plain nonfat yogurt

In a blender or food processor, combine the basil, parsley, ricotta, Parmesan, garlic and pepper; puree. Transfer to a small bowl with a tight-fitting lid; stir in the yogurt. Refrigerate, covered, until the flavors are blended, at least 2 hours. Stir again before serving.

Serves 4. Per serving: 50 calories, 2.5 g fat, 5 g protein, 4 g carbohydrates, 1 g fiber, 85 mg sodium

Ground Beef Zucchini Skillet

- 1 lb. extra lean ground beef
- 3 **zucchini**, thinly sliced
- 1 onion, chopped
- 1 **green bell** pepper, chopped
- 1 1/2 tsp. salt
- 1 tsp. sugar
- 1/2 tsp. dried basil or 1 1/2 tsp. **fresh basil**
- 1/4 tsp. ground black pepper
- 1/4 tsp. garlic powder
- 2 medium **tomatoes**, diced
- 1/4 cup low-fat cheddar cheese, shredded

In a skillet, over medium heat, brown ground beef; skim off excess fat. Stir in remaining ingredients except cheese. Cook 20-25 minutes until vegetables softened and mixture begins to simmer. Sprinkle with cheese just before serving.

Serves 6. Per serving: 170 calories, 5 g fat, 23 g protein, 9 g carbohydrate, 2 g fiber, 780 mg sodium.



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