
The Acorn Angle...

August 2010, box #10



What's fresh?

How do I prepare it?

CARROTS

CUCUMBERS

- Try making a cucumber tomato salad. Dice cucumbers, tomatoes and onion. Add a minced clove of garlic, some fresh dill, fresh lemon juice and a bit of olive oil. Salt to taste. Serve this alone, with falafel, or bread.

GREEN BEANS

PEPPERS - Green

PEPPERS - Hot Hungarian Wax

This variety is very hot and can be substituted in any recipe that calls for jalapenos.

POTATOES - Blue

These blue potatoes retain their color throughout cooking.

- Try some purple mashed potatoes.
- Slice very thin, add some butter or olive oil and salt. Broil them on a rimmed cookie sheet until they are tender and lightly browned.

RED RASPBERRIES

This is the start of our late summer raspberry crop. As long as the weather is decent, you can expect some delicious berries for weeks to come.

- Berries are best eaten right away - or store unwashed in your refrigerator for a day.

SUMMER SQUASH

- Slice into sticks and eat raw, alone or with dip.

SWEET CORN

- Cut corn off of the ears, put into a sauce pan with a little butter, cook for about 10 minutes. You can enjoy the corn right away or freeze in a bag for future use.

TOMATOES

- Due to the wet weather some of our tomatoes have a blight. This causes the leaves to die back and also contributes to some spots on the tomatoes. If your tomatoes develop spots, use them quickly, and just cut out the spots.

ZUCCHINI

- Try our zucchini chocolate chip cookie recipe - on-line archives, week #12, 2009.

HERB - CILANTRO

- Add to fresh salsa or chop into a salad.

Hello!

We are half way through our CSA season and I haven't had to ask you to do any rain dances this year. (Hopefully I'm not jinxing myself now) It has definitely been an interesting year for growing vegetables - hot and very wet. A lot of our produce has been early this year. Today I walked through our pumpkin patch and found quite a few orange pumpkins. Maybe we can change Halloween to be a month early this year?!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Check your email for a link to our mid-season on-line **EVALUATION**. Our goal is to provide you with a variety of high-quality, great tasting, seasonal produce. Please share your feedback so that we can ensure that your CSA experience is meeting your expectations.

FRESH FLOWERS are available from our gardens. If you are interested in adding some color to your box, let us know and we will create a flower bouquet to be picked up with your box. Large bouquets are \$10 and include flowers from our garden (sunflowers, celosia, zinnias, snapdragons, gladiolas, etc.) and wildflowers from our fields (bergamot, vervain, queen anne's lace, grasses, etc.).

ZUCCHINI recipe tip from CSA member, Cathy Pupp:

Shred potatoes for hash browns, add a little shredded zucchini, a little onion and garlic and about 1/4 cup of shredded parmesan cheese, salt & pepper and enough olive oil to brown the vegetables and then add 1 tablespoon of butter towards the end. It tastes great.

Fresh Salsa, *Real Simple Magazine*

- 2 cups diced **tomatoes**
- 1/4 cup chopped white onion
- 3 tablespoons chopped fresh **cilantro**
- 2 teaspoons minced **hot pepper** (remove seeds for less heat)
- 1 1/2 teaspoons fresh lime juice
- 3/4 teaspoon kosher salt (or to taste)
- 1 small garlic clove, minced

Combine all the ingredients in a bowl. If you prefer a smoother texture - more like jarred - pulse half the salsa in a food processor, then combine it with the remaining chunky half. Cover tightly and refrigerate for up to 5 days.

Recipes of the week...

Vegetable Curry *adapted from Quick Vegetarian Pleasures*

1 can coconut milk
3 TBS olive oil
2 medium onions, diced
2 tsp minced ginger
4 garlic cloves, minced
1½ tsp turmeric
2 tsp ground cumin
2 TBS ground coriander
1/8 tsp cayenne pepper, or more to taste
1 cup **carrots**, very thinly sliced
1 cup cauliflower, broken into bite-sized flowerets
1 cup **green beans**
1 cup diced **zucchini**
1 cup diced **summer squash**
1 cup peas (can be frozen)
1 cup garbanzo beans
1/2 tsp salt
Hot cooked rice

Try substituting different types of vegetables in this recipe - whatever you might have in your kitchen. You can even add fresh spinach or swiss chard, just roughly chop into smaller pieces. Fresh basil is also a great addition - add about 1/2 cup chopped leaves at the end of cooking.

Add olive oil to a large skillet over medium heat. Add the onions, ginger, and garlic and sauté, tossing often, 10 minutes, or until the onions begin to brown. Sprinkle on the spices and stir to mix thoroughly. Cook this mixture 2 minutes to blend the flavors. Stir in the coconut milk and bring to a boil. Add all of the vegetables, garbanzo beans, and salt, and toss to coat the vegetables with the sauce. Cover the pan and cook 7 minutes. Remove the cover and continue to cook the curry, tossing often, until the vegetables are tender and the sauce has thickened, about 10 minutes more. Serve with some rice on the side, and drizzle a spoonful of sauce over the rice.

Greek Stuffed Peppers

2 Tbsp. dried pine nuts
1 Tbsp. olive oil
1 yellow bell pepper, chopped
1 tsp. minced garlic
¼ tsp. salt
¼ tsp. ground black pepper
1½ cups cooked long-grain rice
6 scallions, chopped
2 oz crumbled feta cheese
2 Tbsp. light sour cream
1 egg yolk
2 **bell peppers**, cut in half, seeds removed
5/8 cup vegetable stock

Preheat oven to 355 degrees. In a small skillet, toast nuts without fat. In a large skillet, heat olive oil on medium heat. Stir in the yellow bell pepper, garlic, salt and ground black pepper; cook until peppers are soft. Stir in rice, onion, pine nuts, feta, sour cream and egg yolk until well blended. Fill halves of red bell peppers with the rice mixture and place in an oven-proof dish; add vegetable stock to the dish. Bake in center of oven 30 minutes.

Serves 2. Per serving: 470 calories, 23 g fat, 55 g carbohydrate, 5 g fiber, 14 g protein and 840 mg sodium



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