
The Acorn Angle...

August 2010, box #11



What's fresh?

How do I prepare it?

BOK CHOY - Purple

- Add to a stir fry.

CARROTS

CUCUMBERS

- Try making refrigerator pickles.

FENNEL

- Add thin slices and mandarin oranges to a salad.

GARLIC

PEPPERS - Green

PEPPERS - Hot Hungarian Wax

POTATOES

RED RASPBERRIES

Due to the above average rainfall we have been experiencing, our berries are not keeping as long as they should. Although we pick them the day you get them in your box, they have been starting to mold sooner than expected. We have included berries in this week's box, but if the weather continues to cause mold problems, we may have to keep them out of the boxes. SORRY if you received moldy raspberries last week.

SUMMER SQUASH

- Try grilling veggie or meat kabobs.

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.

WATERMELON

You can store melons out of the refrigerator for up to a week. Once sliced, keep wrapped, and store in the crisper of your refrigerator. This variety is called "sugar baby" and does require a bit of seed-spitting. Occasionally it is hard to tell if a melon is ripe. If you receive an un-ripe melon, please let us know.

HERB - CILANTRO

HERB - BASIL

This plant is thriving on this summers weather conditions. Never have I seen such vigorous basil plants!

Hello!

We have been very busy lately, trying to keep up with all of our fast ripening vegetables and fruit. Everything seems to be early this year. This week we are excited to include watermelons. Enjoy this juicy treat outside on a hot night!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

We are looking for **EXTRA HELP** at the farm. If you are interested in coming out to the farm during the next two months (September and October) to help out, please let us know. We can arrange payment in extra produce, or if you are interested in working a considerable amount of hours, we can discuss adding you as a paid employee. (Available times: Monday through Friday 8am to 5pm). Contact Kyle for more information.

Check your email for a link to our mid-season on-line **EVALUATION** (it will be there soon, I promise!). 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.

Looking to stock your freezer with all-natural **BEEF**? We have individual cuts and quarters available. Our Herford beef cattle are 100% grass fed. Call or email for more information.

FENNEL - Did you know?

The ancient Egyptians, Greeks, and Romans believed fennel an excellent aid for digestion, bronchial troubles, poor eyesight, and nervous conditions. Today, in India, fennel seed is used for seasoning as well as chewed after the meal as a breath freshener and digestive aid. Nutritionally, fennel is very low in calories, but offers significant vitamin A and calcium, potassium, and iron. Belonging to the Umbel family, it is related to carrots, celery, parsley, dill (which it resembles in looks), and anise (which it resembles in flavor).

Storage tips: Store fennel in a plastic bag in the refrigerator for up to 2 weeks.

- Cut off top stalks and fern leaves of fennel, and the root. Wash bulb and quarter. Cut out center core. Slice thin for a salad recipe or cut into large chunks for grilling.
- Make kabobs with other veggies and grill fennel. Marinate in olive oil, garlic, and balsamic vinegar for an hour, and slide onto a skewer.

Recipes of the week...

Swordfish with Tomatoes and Capers

- 1 cup chopped yellow onion (1 onion)
- 1 cup chopped **fennel** (1 bulb)
- 3 tablespoons good olive oil
- 1 teaspoon minced **garlic**
- 4 cups diced **tomatoes**, drained
- 1 teaspoon kosher salt
- 3/4 teaspoon freshly ground black pepper
- 2 tablespoons chicken stock
- 2 tablespoons good dry white wine
- 1/2 cup chopped fresh **basil** leaves
- 2 tablespoons capers, drained
- 1 tablespoon unsalted butter
- 4 (1-inch-thick) swordfish fillets (about 2 1/2 pounds)

You can use this tomato mixture for other types of fish, chicken, or even as a sauce for pasta.

For the sauce, cook the onions and fennel in the oil in a large sauté pan on medium-low heat for 10 minutes, until the vegetables are soft. Add the garlic and cook for 30 seconds. Add the drained tomatoes, smashing them in the pan with a fork, plus the salt and pepper. Simmer on low heat for 15 minutes. Add the chicken stock and white wine and simmer for 10 more minutes to reduce the liquid. Add the basil, capers, and butter and cook for 1 minute more.

Prepare a grill with hot coals. Brush the swordfish with olive oil, and sprinkle with salt and pepper. Grill on high heat for 5 minutes on each side until the center is no longer raw. Do not overcook. Place the sauce on the bottom of a plate, arrange the swordfish on top, and garnish with basil leaves. Serve hot or at room temperature.

Sesame Baby Bok Choy

- 2 tablespoons toasted sesame seeds
- 1-2 heads baby **bok choy**
- 1 tablespoon olive oil or butter
- 1 teaspoon maple syrup or honey
- 1-2 teaspoons brown-rice vinegar
- 1 teaspoon toasted sesame oil
- 1 teaspoon hot pepper oil (optional)
- 1/2 teaspoon tamari

Toast sesame seeds in a skillet over medium heat. Stir constantly, lightly shaking skillet until seeds begin to pop, change color slightly, and give off a toasty aroma. Remove from skillet and set aside. Trim ends of bok choy and wash leaves. Chop leaves at a 90-degree angle to their length into 1-inch strips. Heat olive oil or butter in a 10-inch skillet. (When sautéing, I've found it best to work with just-washed greens; the added water helps with wilting and releasing bitterness. If there is too much water on the greens or the oil is too hot, the oil will sputter, so take care.) Add greens and keep them moving in the skillet. Turn frequently so that all greens reach the heat. When all greens have turned bright green and begun to wilt, remove from heat and set aside. Mix together syrup, vinegar, other oils, and tamari. Pour dressing over greens, add seeds, and toss well. Serve warm, cold, or at room temperature.

Italian Chicken Pasta Skillet

- 1 lb. boneless skinless chicken breasts, cut into bite-sized pieces
- 1 **green bell pepper**, chopped
- 1 **tomato**, chopped
- 1 onion, cut into thin wedges
- 3 cups (26 oz) spaghetti sauce
- 2 cups cooked mostaccioli (type of pasta)
- 1 3/4 cups (8 oz) shredded low-moisture part-skim mozzarella cheese

In a large skillet, sprayed with cooking spray, cook chicken over medium-high heat for 5 minutes. Add green pepper, tomato and onion; cook about 5 minutes or until chicken is cooked through and vegetables are tender. Add spaghetti sauce and mostaccioli, cook until heated through. Stir in 1 cup of cheese. Sprinkle with remaining 1 cup cheese; cover and let stand 2 minutes or until cheese is melted.

Makes about 6 cups. Per 1-cup: 390 calories, 12 g fat, 33 g protein, 36 g carbohydrate, 5 g fiber, 290 mg sodium



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