

# The Acorn Angle...

August 2008, box #11



## What's Fresh? How do I prepare it?

### BEANS

### BEETS

- Peel, slice and place in a casserole dish. Combine equal parts: honey, butter, and lemon juice (I suggest 1/4 cup each) and pour over beets. Cover and cook in oven at 350 for 30 minutes or until tender.

### BROCCOLI

Soak head upside down in cold, salted water to remove any hidden field pests.

- Steam and top with cheese!
- Add to a baked potato

### KOHLRABI

Peel away outer skin and enjoy this tender, mild vegetable raw with or without dip.

### LETTUCE

### ONIONS

### PEPPERS

### TOMATILLOS

- Enjoy this unique taste raw with a salad, or mixed into a salsa verde

### TOMATOES

The varieties of red tomatoes that we planted are: Better Boy, Celebrity and Valley Girl. The yellow variety is called Golden Boy.

### ZUCCHINI

Love it or leave it, zucchini will be around for the next several weeks. I will be including many creative zucchini recipes in the future, and even a few amazing zucchini deserts.

- Grate zucchini, bag it, and freeze for future uses

### HERB - BASIL (lettuce leaf variety)

Same great taste, just bigger leaves!

### HERB - SUMMER SAVORY

- Great with baked chicken, soups, pizza, and fish

Hello!

By participating in our CSA you are definitely doing your part to support the local foods movement. However, in September and beyond, I encourage you to try to consume 10% or more of your food budget on local foods by joining the "Wisconsin Eat Local Challenge". This challenge is being held September 5th through the 14th.

Your CSA membership is a great place to start, and should provide you with most of your vegetable needs. For additional vegetables, fruits, and meats, consider getting to know additional local farmers. Visit farmer's markets, search out farmers who direct market their products, or look for locally grown/raised food at your grocery or co-op store.

Learn more about the local foods challenge, and download a scorecard by visiting: [www.eatlocalwisconsin.com](http://www.eatlocalwisconsin.com). This is a great opportunity to talk to your family and friends about the importance (and fun!) of eating local foods - encourage them to join the challenge with you!

#### Reasons to Eat Foods Grown and Raised Locally ([www.eatlocalfood.org](http://www.eatlocalfood.org))

- Fresher, more flavorful food.
- Preserve a knowledge base lost to globalized food distribution.
- Positive effect on local level of food production and the local economy.
- Reduce environmental impact of food transportation, storage and chemical preservatives.
- Safer food with long-term food security.
- Preserve a wider agricultural gene pool.
- Protect biodiversity.
- Build community by strengthening relationships.
- Support environmentally sustainable farming practices.
- Renew our appreciation for our immediate landscape while preserving open space.
- Heighten our awareness of the local ecosystem and its seasonal cycles.
- Reclaim the right to know all ingredients in the food you eat!

#### Check out these websites for more information about eating locally:

[www.eatlocalwisconsin.com](http://www.eatlocalwisconsin.com)  
[www.pfc.coop/Eat%20local.pdf](http://www.pfc.coop/Eat%20local.pdf)  
[www.eatlocalchallenge.com](http://www.eatlocalchallenge.com)  
[www.localharvest.org](http://www.localharvest.org)  
[www.100milediet.org](http://www.100milediet.org)

Happy Eating!  
~Kyle, CSA Manager  
608.386.8066

# Recipes of the week...

## Fresh Tomato & Basil Pasta

4 large garlic cloves (minced)  
2 pounds **tomatoes** (chopped, seeded & drained)  
1/2 cup fresh **basil** (chopped)  
1/4 cup olive oil  
1 tsp salt  
1 pound whole wheat pasta shells or ziti

Combine first 5 ingredients together and let stand at room temperature 1-2 hours. Cook pasta according to directions. Combine hot pasta and sauce. Garnish with freshly grated parmesan cheese or feta cheese. Serve immediately.

## Green Beans with Summer Savory

1 lb. fresh, young **green beans**, trimmed  
salt  
2 TBS unsalted butter  
1 TBS finely chopped fresh **summer savory**, or 2 tsp. dried savory  
fresh ground black pepper

Bring a large pot of water to full boil. Add a generous dash of salt and green beans and cook on high heat uncovered for 6-8 minutes, depending on the size and freshness of the beans. They should be tender but still crisp.

Drain and rinse with cold water. Drain again and keep cool until you are ready to eat them. For final preparation, melt butter in a saucepan. Add savory and beans. Cook for 1-2 minutes and serve hot, seasoned with pepper, and salt if necessary.

## Zucchini Casserole

Contributed by CSA member, Monica

3 med. **zucchini**, sliced  
1/4 cup chopped **onion**  
1 can cream of chicken, celery or onion soup (or 1/2 cup vegetable broth)  
1 cup shredded carrots  
3 cups seasoned stuffing mix  
1/2 cup grated parmesan cheese  
1/2 cup melted butter

Simmer zucchini in salted water for 5-10 minutes. Drain. Combine soup, sour cream, carrots, and zucchini. In another bowl, mix stuffing, cheese, butter and toss well. Spread 1/2 of the stuffing mix in bottom of 9x13 casserole dish. Top with zucchini mixture. Top with remaining stuffing mix. Bake at 350 degrees for 1/2 hour.



N6370 Niedfeldt Rd. • Bangor, WI 54614  
608.486.4205 • niedfeldtfarms@yahoo.com  
[www.oldoakfamilyfarm.com](http://www.oldoakfamilyfarm.com)

*The Niedfeldt family:*  
*Jerry & Connie Niedfeldt*  
*Kyle, Eric, & Owen Zenz*  
*Jacey, Ric, Breck & Joelle Heller*