

The Acorn Angle...

August 2008, box #8



What's Fresh?

How do I prepare it?

CARROTS

- Make carrot muffins (see back for recipe)
- Slice into disks, blanch and freeze for future recipes

CUCUMBERS

- Make cucumber cocktail sandwiches: Mix dry ranch dressing with cream cheese, and spread on rye cocktail bread (found in deli section of grocery store), slice cucumbers, place one slice on piece of bread, and top with fresh or dry dill weed.

LETTUCE

- Enjoy a cool, fresh salad on a hot summer day!

ONIONS

Try roasting onions - it brings out sweetness and caramelizes the natural sugars.

POTATOES (ALL-BLUE)

Slice these potatoes in half and marvel at their all-blue color!

- Make blue mashed potatoes

RADICCHIO

- Create a grilled fruit & cheese salad (see back for recipe)
- Add chopped pieces to a salad

SUMMER SQUASH

- Add to a summer stir fry

SWEET CORN

This corn is very sweet. Sometimes I even eat it raw!

HERB - BASIL

- Make "green" rice - take 1/4 cup chopped onion and 2 cups basil leaves and place in food processor. Sauté 2 cloves of garlic in 2 TBS olive oil for 1 minute, add processed basil and onion, cook for 3 minutes, then add 2 cups brown rice to mixture, stir and cook for 2 minutes. Serve warm or cold.

Hello!

We got an inch of well needed rain on Monday morning. Although the tomato vines are heavy with big tomatoes, they still aren't quite ready to turn red.

I'm excited about our Peruvian blue potatoes. This is the first year we have planted them. They retain their purple color even after cooking. Use them as you would regular potatoes and surprise your family and friends with their unique hue.

I have been making lots of fruit and veggie smoothies these days. The other day I added beet greens, blueberries, a cucumber, a frozen banana, and some grape juice. It was very sweet and tasted so refreshing on a hot summer day.

Happy Eating!

~Kyle, CSA Manager
608.386.8066

Did you know?

Potatoes were introduced to North America in the 18th century via Irish immigrants, however their native home is South America. Potatoes were first cultivated in the Andes Mountains over 7,000 years ago. Many kinds of potatoes are seen in restaurants, grocery stores, and homes today, but the most common of these are the russet, round white, and the red potato. Potatoes are tough and durable, store well, and have an impressive nutritional content including being a rich source of fiber, potassium and vitamin C. Like other fruits and vegetables, potatoes are a low calorie food and are free of fat, cholesterol, and sodium.

<http://www.fruitsandveggiesmatter.gov>

WHOLE CHICKENS are still available! They are a great tasting, all-natural chicken. Our chickens aren't "certified" organic, but they are *raised organically*. Chickens are sold whole and frozen for \$2.50/pound. These chickens are fairly large, and average about 8 pounds each. If you are interested in purchasing chickens, or if you would like more information about these birds, please email: niedfeldtfarms@yahoo.com or call Kyle at 608-386-8066.

Recipes of the week...

Grilled Radicchio, with touches of fruit and cheese

1 TBS extra-virgin olive oil
1 pound **radicchio**, coarsely chopped
1 cup seedless grapes, halved (I used black cherries)
1/4 cup raisins
Up to 6 TBS crumbled gorgonzola or diced fontina (I used goat cheddar cheese)
Salt and freshly ground black pepper, to taste

Place a large skillet over medium heat. After about a minute, add the olive oil and swirl to coat the pan. Add the radicchio, grapes, and raisins and cook, stirring often, until the radicchio is wilted and just tender, 3 to 4 minutes.

Remove from heat, add the cheese, and toss to combine. Season to taste with salt and freshly ground black pepper. Garnish with toasted pine nuts, if desired. Serve hot, warm, or at room temperature.

Radicchio has a naturally bitter taste. Adding cheese, and fruit will help to mellow the flavor.

Carrot Muffins or Cake

2 Medium **carrots**
2/3 cup vegetable or olive oil
1/3 cup brown sugar
4 eggs
1 cup flour
1/2 tsp cinnamon
1/2 tsp salt
1 tsp baking soda
1 tsp baking powder
1/4 cup raisins or other mix-ins

Pre-heat 350 degrees F

Peel carrots and shred in a food processor. Add oil, brown sugar and eggs. Blend. In separate bowl, mix together flour, cinnamon, salt, baking soda, and baking powder. Add to wet ingredients. Mix lightly and then fold in raisins. (We have used mini chocolate chips, raisins, or butterscotch chips in addition or in place of the raisins)

Makes 12 muffins- bake 20-25 minutes

Makes 48 mini muffins- bake 10-15 minutes

Makes 8x8 cake- bake 25-30 minutes



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