

# The Acorn Angle...

June 2008, box #2



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

### ASPARAGUS

One way to lengthen the life of cut asparagus is to put it in a glass of water in the refrigerator.

### RADISHES

- Chop and add to salad
- Steam 8-12 minutes, until tender but not mushy. Roll in butter and add salt & pepper.

### LETTUCE

"Heads" of lettuce should last a week or more if kept intact. Wash leaves just before eating.

### KALE

Nutritionally kale is superior to most vegetables. It is very rich in vitamins A, C, and the mineral calcium. Kale is also the highest in protein count of all of the cultivated vegetables

- Sauté leaves with butter, garlic & onions
- Add to omelets, quiches, scrambled eggs, or mashed potatoes
- Tear in pieces and add to a lettuce salad

### HERB - OREGANO

- Perfect complement to tomato dishes
- Great Italian seasoning
- Dry for use in future recipes - *hang upside down in a dry, dark place for a week*

### BEETS

Both the leaves and root of the beet plant are edible and delicious.

- Steam beets, chop and add butter
- Peel raw beets, grate and add to salads

### RHUBARB

For long term storage, rhubarb can be frozen (it will be soft when thawed, but can be used for future recipes)

### STRAWBERRIES

\* transitional organic

Hello!

I hope you enjoyed your first CSA box of the season. Throughout the summer we will provide you with a balanced selection of what we have available. This time of year, however we are providing you with a selection of pretty much everything that is ripe. Pickings are slim this time of year. As the weeks continue, you will be pleased to find the contents in your box expanding.

I encourage you to try all that we offer. Even if you have found some vegetables distasteful in the past - I challenge you to give them another try. Sometimes you may find that fresh picked vegetables taste much better than vegetables that have traveled 1000+ miles, and several days to reach your plate., or you may find a new tasty way to prepare something. Or you may just realize that fresh veggies taste way better than the canned ones you may have grown up eating.

I would be happy to hear any of your new-found vegetable "success stories" and any new recipes you may be interested in sharing.

Happy eating!  
~Kyle, CSA Manager

### Organic Certification...

In June of 2007 we received our organic certification from MOSA (Midwest Organic Services Association). Our 280 acre farm is organically managed, as well as our partner's farm (3 miles away). We work closely with our organic partners, Bill & Jane to provide you great vegetable produce, but more excitingly, they help to provide fruit including strawberries, blueberries, and apples. All of the produce you will receive in your CSA box is certified organic, except this week's strawberries (which are VERY close to being certified organic).

\*The strawberries in your box this week are transitional organic. This is due to the fact that they are located within 30 feet of a garden plot where conventional sweet corn seed was planted 2 years ago. No herbicides or pesticides were used on the corn, but treated sweet corn seed is not allowed by organic standards, and therefore the land must be free from prohibited substances for three years before it can be considered "certified organic". This also includes a 30 foot buffer area, in which the strawberry field is located.

We aim to provide as much transparency in our farming operation as possible. We are YOUR farm this summer, and we want you learn and know as much as you want about our farm and practices. As mentioned before - you are always welcome to visit the farm, and even help out if you wish!

# Recipes of the week...

**Don't forget to eat  
the beet greens -  
raw or steamed.**

## Orange-Glazed Beets

*Better Homes & Gardens Cook Book*

4 medium **beets**  
1 TBS butter  
1 TBS brown sugar  
1 tsp corn starch  
1/4 tsp finely shredded orange peel  
1/4 cup orange juice

Cut off all but 1 inch of fresh beet stems and roots: wash. Do not peel. Cook, covered, in boiling salted water 35 to 45 minutes or until tender. Drain and cool slightly. Slip skins off beets and slice.

Meanwhile, melt butter in a medium saucepan. Stir in brown sugar and corn-starch. Stir in orange peel and orange juice. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Stir in cooked beets; heat through.

*My favorite  
way to eat  
beets is to boil  
them until  
tender, then  
chop them up  
into 1/4 inch  
pieces and  
coat in butter.*

*This is always  
a family  
get-together  
favorite!*

*At the farmer's  
market a  
mother told  
me that her  
daughter loves  
this recipe so  
much, that  
the first thing  
she asks for in  
a supermarket  
is...kale!*

## Kale Chips

1 bunch **kale**, cleaned and dried in a cotton towel  
About 2 TBS olive oil  
Salt, seasoned salt and or garlic salt

Heat oven to 425-450 degrees. Cut stems from the kale stalks (you can save the stems for another use, like a stir-fry or a quick nibble). Tear leaves into 2- to 3-inch size pieces and place them in a large bowl. Drizzle them in olive oil, then toss the kale with your hands until all of it is lightly covered with the oil. Spread kale out on one or two large baking sheets. Don't pile them up; keep them in one layer. Sprinkle with salt to taste. Bake until kale is nice and crispy, 10-15 minutes. You will hear it hissing and popping while it is cooking. Don't worry this is normal. Remove from oven, transfer kale chips to a bowl, and enjoy. Makes 4 or more servings.



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