

The Acorn Angle...

July 2008, box #3



What's Fresh? How do I prepare it?

ASPARAGUS

I wanted to make sure you enjoyed several weeks of this springtime favorite. Unfortunately asparagus season has reached its end. In order for this perennial plant to produce next year, we need to stop cutting it, and let it store its energy.

BROCCOLI

The season is *just* starting, but we were able to find a few small heads to include in your box this week.

- ✦ Eat raw or chop up in a salad
- ✦ Add to a stir fry or casserole

GREEN ONIONS

- ✦ Add to a salad
- ✦ Eat raw with veggie dip

LETTUCE

We have several varieties of lettuce planted this year. Typically lettuce lasts into mid summer, and we hope to establish another planting this fall.

- ✦ Try lettuce wraps ~ with tuna salad, chicken salad, bean dip, couscous, fried rice, etc. placed in the center of the lettuce leaf and served in it's own container

RADISHES

Radishes are a great fresh spring veggie. This may be our last week for radishes until later this fall.

SNOW PEA PODS

The entire pod is edible, and has a slightly sweet, crisp taste.

- ✦ Eat them raw as a snack
- ✦ Steam and serve as a side dish
- ✦ Add to a stir fry

HERB - DILL

- ✦ Use fresh in salads and pasta dishes
- ✦ Add to veggie dips or salad dressings
- ✦ Add to potato salad

Hello!

Eating seasonally and locally are not new concepts— they just seem to be getting more press as people are striving for an environmentally responsible lifestyle.

The hardest thing for most people when it comes to eating seasonally is patience. As I anxiously watch the tomatoes starting to flower I begin dreaming about salsa, and tomato salads. However, I must remind myself that all good things take time. I don't know if I am always the world's most patient person, but when I think about gardening, I am reminded that the entire process is based on patience and optimism.

Last summer I read a great book: [Animal, Vegetable, Miracle](http://www.animalvegetablemiracle.com) by Barbara Kingsolver. (www.animalvegetablemiracle.com) This book chronicled one family's year-long quest to eat ONLY seasonal and local food. While I haven't quite been able to give up some of my favorites: avocados, bananas, and chocolate...I do try to eat as seasonal and local as possible. In my opinion, local food is healthier and just tastes better than food that is shipped, on average 1,500 miles to get to my plate.

Eating seasonally is an exercise in patience. I hope you can join me in *patiently* waiting for tomatoes and all of the other great summer and fall crops that will eventually make their way into your boxes!

Happy eating!

~Kyle, CSA Manager
608.386.8066

Growing Great...

Now that the weather is warming, our veggie plants are really starting to take off. I love walking through the garden rows each morning, searching for new growth, and stalking the ever persistent pests and weeds. Although most of the plants look healthy, we do fight our fair share of cucumber & potato beetles, flea beetles, and cabbage worms. We attempt to provide you with the best looking produce available, but on occasion you may encounter a bit of insect damage.

As organic growers we don't believe in using synthetic pesticides or herbicides. Our method of pest control relies on hand-removal, plant diversity, crop rotation, and prayer!

Recipes of the week...

Fresh Pea Pod, Broccoli, & Rice Salad

From Asparagus to Zucchini

- 1 package (6 oz) long-grain and wild rice mix
- 1 1/2 cups chopped **broccoli** - chop up the stems as well
- 1/3 cup sliced **green onions**
- 1/4 cup bottled clear Italian salad dressing
- 1 TBS lemon juice
- 1/2 tsp lemon pepper
- 1 to 1 1/2 cups **pea pods**, trim off ends and cut in half
- 1/3 cup slivered almonds

Prepare rice mix according to package directions. Cool slightly. Steam broccoli until crunchy-tender. Toss with remaining ingredients. Original recipe calls for refrigeration before serving - but I prefer it warm as a side dish.

Although this is a great recipe—fresh pea pods don't usually last long enough in my house to make it into a recipe - they are typically eaten immediately after they are picked!

The original recipe is used as a topping for falafel or gyros. I like to use it as a dip for veggies, a topping for chicken or fish, and as a thick salad dressing.

Yogurt Dill Dip

- 1 pint plain Yogurt, drain off liquid
- 2 cloves garlic, diced (or 1 TBS diced **garlic scapes** - if you still have them)
- 1/2 cucumber, seeded and chopped into little cubes
- 1 TBS **fresh dill**, finely chopped
- Juice from lemon
- Salt and Pepper to taste

Add all ingredients into a bowl, mix and chill for at least 30 minutes prior to serving.



N6370 Niedfeldt Rd. • Bangor, WI 54614
608.486.4205 • niedfeldtfarms@yahoo.com
www.oldoakfamilyfarm.com

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