

# The Acorn Angle...

June 2009, box #1



## What's Fresh?

### How do I prepare it?

#### ASPARAGUS

- Steam and mix with pasta
- Eat raw in a salad
- Bake with honey & olive oil (see recipe on back)

#### GARLIC (green)

Green garlic is just young garlic that was pulled before it reached maturity. It is milder than typical garlic cloves, and can be sliced whole.

- Use in any recipe that calls for garlic cloves ~ substitute 1 green garlic head for 2 cloves of mature garlic.
- Slice and add to a salad

#### LETTUCE

Enjoy this great-tasting head lettuce in a fresh spring salad.

- Make lettuce wraps ~ add fried rice, or pasta salad, etc.

#### SWISS CHARD (rainbow)

Swiss chard leaves come in a variety of shades and hues. Enjoy in the following ways:

- Chop and add to a fresh salad
- Use in any recipe that calls for cooked spinach
- Steam and eat as cooked greens

#### RHUBARB

- Add to coffee cake (recipe on back)
- Cook into a sauce and put on ice cream

#### HERBS ~ THYME

Herbs keep best in a plastic bag wrapped with a paper towel.

- Thyme blends well with and enhances other herbs and vegetables.
- Dry for future recipes

#### EGGS

This week we are including a dozen of our farm-fresh eggs. These eggs are not certified organic, but our chickens are cage-free and eat organic grain and our organic veggies. We have both white and brown egg layers. Besides the color difference in the shells, there is no difference in taste or quality of the brown and white eggs.

Hello!

We are excited to be beginning our second season as a CSA. Our farm has been in our family for over 100 years, and we have been growing quality market produce for decades. In June 2007 all of our vegetable and fruit crops became certified organic. We are proud of our produce and will take great care to provide you with the best of our garden selection this season.

Spring is an exciting time in our garden. Although the quantity of produce may not be at its peak, the anticipation of fresh garden veggies always seems to be worth the wait. This week's box is a representation of our SEASONAL selection. **I promise as the weeks continue, your box will grow in variety and size.**

I hope you truly enjoy and look forward to each CSA box that we provide. The CSA experience is a model of seasonality and abundance. It is an exciting challenge to plan meals around the surprises you find in your box. Many of our CSA members have truly enjoyed the fact that the CSA experience "forced" them to "eat their veggies" for 20 weeks.

Happy eating!  
~Kyle, CSA Manager  
608.386.8066

Don't forget to **WASH** all produce. We typically rinse off most of our veggies, but they still may contain a bit of soil, or on a rare occasion, an unwanted garden critter.

Please remember to return your produce **BOX** every week. We have a limited number of boxes to swap out each week.

Our farm is **YOUR FARM**. Give us a call if you ever want to stop out to walk through our fields, relax in the garden, or even help pull weeds. ☺

Please don't hesitate to give us **FEEDBACK** on your CSA experience. We are growing for you, so let us know what you like, and what we may improve on.

If you are planning a **VACATION** or simply won't be able to pick up your box on your given pick-up day, please let us know in advance so that we may try to help you find an alternative day to pick up your produce.

#### In addition to great produce our farm offers:

Farm fresh, cage free **EGGS** for \$2.00/dozen

Whole, natural **CHICKENS** for \$2.50/pound. (Chickens won't be available until July 7th—but you can reserve yours now!)

All natural Herford **BEEF**. Prices available on-line:

If you are interested, please call or email. Chicken, beef or eggs can be picked up with your CSA weekly box.



Look for this logo next to our featured 500 club recipes

We are now a proud member of Gundersen Lutheran's 500 club! Every week we will be including healthy recipe ideas that are controlled in fat and calories and are designed to make healthy eating easy and delicious.

The 500 Club's philosophy is that all foods are good when consumed in moderation. Translation: It's okay to indulge now and then - there are no good or bad foods - it's how you eat most of the time that's important. Making a variety of healthy food choices in moderation not only promotes health but assists in the management of a healthy weight and body fat

## Recipes of the week...

### Rhubarb Coffee Cake

- 1/2 cup butter
- 1 1/2 cup sugar
- 1 egg
- 1 tsp vanilla
- 2 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup milk
- 2 cups chopped **rhubarb**

- Topping
- 1 cup brown sugar
- 1 tsp cinnamon
- 1/2 cup chopped nuts (walnuts or pecans)

Cream butter and sugar. Add eggs and vanilla. Mix dry ingredients. Add dry ingredients and milk to mixture. Fold in rhubarb. Pour 1/2 batter into greased 9x13 pan. Sprinkle 1/2 of topping on butter. Add remaining batter and then the rest of topping. Bake at 350 for 40 minutes.

### Garlic Herb Butter

- 1 medium head **green garlic**
- 1/2 teaspoon salt
- 1/2 cup butter, softened
- 1 TBS chopped fresh parsley
- 1 TBS chopped fresh **thyme**

Mince entire garlic head with salt. Chop parsley and thyme extra fine, or blend in a food processor. In a bowl combine softened butter, garlic, salt and herbs. Blend with a spoon or spatula. Form into a ball or a log, and refrigerate. Chill for at least 3 hours to blend flavors before using.

*This butter is an amazing treat on fresh bread. You could also use it to top steamed veggies. Just be sure to use it in moderation! 😊*

### Roasted Asparagus

#### Ingredients

- 1 bunch fresh **asparagus** (approx. 15-20 spears)
- 3 Tbsp. honey
- 2 Tbsp. olive oil 1/4 tsp. salt

#### Preparation

1. Heat oven to 375 degrees Fahrenheit. Wash asparagus and trim stems off.
2. Coat bottom of 9 x 13 baking dish with olive oil and place asparagus spears in dish.
3. Coat the asparagus with honey and sprinkle with salt.
4. Roast the asparagus for approximately 25 - 30 minutes or until asparagus is tender.
5. Remove from heat and let cool for 2-5 minutes.

#### Nutrition information per serving

Yield - 4 servings  
140 calories, 7 g fat (1g saturated fat), 150mg sodium, 19g carbohydrates, 4g protein



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