
The Acorn Angle...

August 2009, box #11



What's Fresh?

How do I prepare it?

BEETS

- Try the beet cake recipe (on back). It is really good.

CARROTS - Dragon (red carrots)

Enjoy these unique carrots raw by just scrubbing and cutting into sticks - peeling them removes the pretty purple color.

CUCUMBERS

NAPA CABBAGE

Napa will keep well for up to 2 weeks - store in the crisper drawer of your refrigerator.

- Chop napa cabbage into a salad.
- Substitute napa in a traditional coleslaw.
- Add to a stir fry or fried rice.
- Try the VERY delicious recipe on back.

ONIONS - Walla Walla

PEPPERS - Banana

- Enjoy these medium-hot peppers in salsa.
- Add to a stir-fry.

RASPBERRIES

Store these berries in the refrigerator (that is if you don't eat them immediately!)

SUMMER SQUASH

- Slice into circles, boil for 2 minutes, submerge in ice water, dry, and freeze for a great addition to a winter minestrone soup.

TOMATOES

Tomatoes are best stored at room temperature. When refrigerated, tomatoes tend to lose flavor and become mealy.

- Try making your own fresh salsa.

TOMATOES - Sungold

These yellow "cherry" tomatoes are super sweet. This variety tends to split, but are still OK to eat.

ZUCCHINI

- Shred and freeze for future use - for zucchini bread, soups, etc.
- Check on-line for a zillion different recipes and ideas for zucchini.

HERB - CILANTRO

- Chop and add to a stir-fry, salad, salsa, soup, or pasta salad.

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 more of your diet on local foods by joining the "Eat Local America Challenge". This challenge is being held September 4th through the 14th, and encourages you to eat locally for 80% of your diet.

Your CSA membership is a great place to start, and should provide you with most of your vegetable needs. For additional vegetables, fruits, cheese, 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, by visiting the People's Food Co-op in La Crosse, or visiting: www.eatlocalamerica.coop 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)

- Fresher, more flavorful food.
- Positive effect on local level of food production and the local economy.
- Reduce environmental impact of food transportation, storage and chemical preservatives.
- Preserve a wider agricultural gene pool.
- Build community by strengthening relationships.
- Support environmentally sustainable farming practices.
- Heighten our awareness of the local ecosystem and it's 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
www.pfc.coop (People's Food Co op)
www.eatlocalchallenge.com
www.localharvest.org
www.100milediet.org

In addition to great produce our farm offers:

- EGGS: \$2.00/dozen
- BEEF: see website for prices
- CHICKEN: now available! Frozen, whole, all-natural chicken (cage-free, fed organic grain, and veggies). 5-7 lbs. \$2.50/lb.

If you are interested, please call or email the day before you pick up your box. These orders can be available when you pick up your weekly box.

Recipes of the week...

Fresh Salsa

2 **tomatoes**, diced (drain off juice)
1/2 cup diced **onions**
1 clove garlic, minced
1 **banana pepper**, minced
1/4 cup **cilantro**, chopped finely
Juice of 1/2 lime
1/2 tsp salt

Add all ingredients to a bowl, stir, and refrigerate for about 30 minutes. Experiment with the quantities of the ingredients. Some people add additional items, like green peppers, avocados, olive oil, honey, lemon juice, or even fruit such as peaches or mangos. Some recipes also call for blending ingredients in a food processor.

Napa Cabbage Chinese Salad

large head **Napa cabbage**
5-6 green onions, chopped
1 stick butter, melted
2 pkg. Ramen noodles (don't use seasoning)
1 pkg. sliced almonds
1/2 c. sesame seeds

DRESSING:

1/2 c. vegetable oil
1/4 c. vinegar
1/2 c. sugar
1 tsp. soy sauce

Add "dressing" ingredients and shake well in a closed container.

Chop napa cabbage into thin strips. Add to chopped scallions.

In a pan melt butter. Add 2 packages Ramen noodles (break these up into little pieces). Brown these together, once noodles start to turn brown, stir until completely brown. Turn off heat, add seeds and almonds; let cool. When cool add to the cabbage and scallions. Add the dressing just before serving.

Don't Knock it Till You Try it, Beet Cake

4 eggs
2 cups sugar
1/4 cup vegetable oil
3/4 cup applesauce
1 cups all-purpose flour
1 cup whole-wheat flour
2 tsp. Baking powder
1 1/2 tsps. baking soda
1 tsp. ground cinnamon
2 tsp. vanilla
3 cups fresh **beets**, shredded
1/2 cup walnuts, chopped



This recipe is similar in consistency to zucchini bread, or carrot cake. Enjoy it warm or cool.

Preheat oven to 350 degrees; grease and flour 13x9 inch baking pan, set aside. In a large bowl, beat together eggs, sugar and oil until light and fluffy. In a separate bowl, sift together flour, baking powder, baking soda and cinnamon. Add flour mixture to egg mixture and mix well. Add vanilla, beets and walnuts. Beat with an electric mixer for one minute on medium speed. Pour batter into prepared baking pan. Bake for 45 minutes, or until a toothpick inserted near the center comes out clean.

Serves 20. Per serving: 190 calories, 5 g fat, 3 g protein, 33 g carbohydrate, 2 g fiber, 180 mg sodium



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