
The Acorn Angle...

September 2009, box #13



What's fresh? How do I prepare it?

APPLES - Paula Red

BROCCOLI

CABBAGE

✦ Try the cabbage roll recipe at the bottom of this page.

CARROTS - Dragon (red carrots)

KOHLRABI

In addition to green kohlrabi, we also grow a purple variety. The only difference is color.

✦ Peel, boil and mash like potatoes - add butter or cheese to make it extra tasty.

RADISHES

RASPBERRIES

SUMMER SQUASH

✦ Check out the "pasta" recipe on back.

SWISS CHARD

TOMATOES

ZUCCHINI

✦ Use a vegetable peeler and shave zucchini into ribbons - use like pasta, and add top with your favorite tomato sauce or alfredo.

WATERMELON

You can store melons out of the refrigerator for up to a week. Once sliced, keep wrapped, and store in the crisper of your refrigerator.

HERB - CILANTRO

Hello!

We are excited to add watermelon to this week's box. We haven't grown watermelon for over 20 years, and our crop this year is phenomenal! We chose the variety "sugar baby", because it claimed a small size, great taste, and tolerance for cooler weather. The melons that we are harvesting from our fields are anything but "baby". These large melons have an amazing sweet, refreshing taste. This variety does have seeds, but the taste is well worth spitting a few seeds.

Happy Eating!

~Kyle, CSA Manager

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TOO MANY VEGGIES? Are you finding that you have veggies left over at the end of the week? Try freezing things like broccoli, carrots, onions, tomatoes, zucchini, or try drying things like herbs and tomatoes. If that doesn't work for you, give them away to friends and relatives.

EXTRA PRODUCE can be ordered from our farm. Email us to be included on our weekly direct order list.

FRESH FLOWERS are available from our gardens. If you are interested in adding some color to your box, let us know and we will create a flower bouquet to be picked up with your box. Large bouquets are \$10 and include flowers from our garden (sunflowers, celosia, zinnias, snapdragons, gladiolas, etc.) and wildflowers from our fields (bergamot, vervain, queen anne's lace, grasses, etc.).

Stuffed Cabbage Rolls

1 head cabbage (enough for 12 large leaves)

5 quarts boiling water

1 pound lean ground beef

1 cup cooked rice

1/4 cup chopped onion

1/2 cup finely chopped celery

2 eggs, well-beaten

1 tsp salt

1/4 tsp ground black pepper

8 oz canned tomato sauce

1/4 cup cider vinegar

1/2 cup firmly packed brown sugar

2 cups beer (or condensed beef broth)

Core cabbage and carefully remove large outer leaves; wash leaves. Place in a large bowl; pour boiling water over leaves to cover. Let stand 5 minutes or until leaves are flexible. In large bowl, combine ground beef, rice, onion, celery, eggs, salt, and pepper. Mix well. Drain leaves. Divide meat mixture evenly to make 12 balls, using about 1/4 cup meat mixture for each ball. Place 1 ball on each leaf. Wrap leaf tightly around meat enclosing it and fastening ends with toothpicks. In large skillet, combine tomato sauce, vinegar, brown sugar, and 1 1/2 cups beer; mix well. Place rolls in skillet. Cover; simmer slowly about 1 hour, adding more beer as needed.

Yield: 6 servings.

Recipes of the week...

Swiss Chard Pie, from CSA member, Melanie

1 bunch **swiss chard**, with stems
1 onion
1 eggs
1 cup milk
1 tablespoon olive oil or butter
salt and pepper to taste
1/2 cup of grated cheese, any kind I usually use feta
1/4 cup of crumbled bacon
prepared pie crust (optional)

Directions

Heat oven to 375°F. Rinse chard and strip leaves and stem. Set the leaves aside and don't dry the leaves you will want a little water on them for steaming. Chop the ribs and stems into small pieces. Dice a medium onion. Heat oil in skillet and cook onion and stems in oil for 5 minutes, stirring occasionally. Slice the leaves into strips and add leaves to pan with whatever water remains on the leaves. Cook over medium heat until chard leaves wilt completely, about 5 minutes. Add a tablespoon or two of water, if pan goes dry. While chard cooks, mix together milk, egg, salt and pepper. Put wilted chard into oiled dish. or put wilted chard mix over a uncooked prepared pie crust. Pour the egg mixture over, pressing chard down into the eggs. Spread grated cheese on top. Bake until the center is set, about 20 to 30 minutes.

Feel free to add other veggies to the pie, such as tomatoes, garlic, summer squash, broccoli.

Pesto Veggie "Pasta"

2 medium **zucchini**
2 medium **yellow summer squash**
1/2 cup pine nuts
4 to 5 garlic cloves, peeled
1/2 cup **cilantro**
1/2 cup fresh basil
2 Tbsp. lemon juice
3 Tbsp. Bragg's liquid aminos
1/8 tsp. salt
2 cups coarsely chopped **tomatoes**
pepper to taste

Shave zucchini and squash into ribbons using vegetable peeler. In a food processor, puree pine nuts, garlic, cilantro, basil, lemon juice and liquid aminos until smooth. Add tomatoes and pulse just until blended. Toss squash ribbons with pesto. Season to taste with pepper and serve. (Original recipe calls for raw zucchini & summer squash, but if you like, you can boil for 2 minutes.)

Serves 4. Per serving: 170 calories, 12 g. fat, 6 g. protein, 15 g. carbohydrate, 4 g. fiber, 590 mg. sodium.



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