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# The Acorn Angle...

July 2009, box #4



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

### BEETS

To maintain firmness of beet roots, cut off leaves and stems 1-2 inches above the root crown. Store in a plastic bag and refrigerate in the hydrator drawer. Make sure to eat the greens! For boiled or steamed beets, don't peel until after the beet is fully cooked. When properly cooked, it is easy to just slide the skins off.

### CARROTS

➤ Shred carrots in a food processor. Keep the shreds in a container in the fridge for a handy addition to salads.

### GARLIC - fresh

This freshly dug garlic tastes great and is a bit more mild than dried, cured garlic. I recommend keeping it in a container in your refrigerator and using cloves as needed.

### LETTUCE

➤ Use leaves as a wrap for tuna, pasta, potato or egg salad.  
➤ Enjoy a large fresh salad.

### ONIONS (GREEN)

They are called "green" onions, but you may notice red ones in your bunch. "Green" onions are simply tender onions that aren't fully mature. They taste great and the entire onion can be sliced and eaten if desired.

### HERB - PARSLEY

➤ Add to hummus recipe on back.  
➤ Chop and add to soups, casseroles, salads, sandwiches, etc.

### HERB - CILANTRO

Cilantro looks somewhat similar to parsley, but has a very distinctive smell, and has softer, flat leaves.

➤ Chop and add to a salad for an amazing taste.  
➤ Add to Mexican dishes, or a fresh salsa.

Hello!

I can't believe it is already July! Lately, I keep hearing "You know, once we hit the Forth of July, summer is almost over!" In our garden, I feel like summer is just starting. There are so many great tasting veggies still to come - green beans, broccoli, potatoes, peppers, the highly desired tomato, and on and on.

In my opinion, summer and fall just blend into each other, and I don't get too pessimistic about summer ending until we get our first frost. So until then, I hope you continue to enjoy eating seasonally - we've still got 16 more boxes of ever-changing produce to enjoy!

Happy eating!  
~Kyle, CSA Manager  
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### 8 Reasons to feel good about being a member of a CSA

1. Enjoy the freshest food possible (typically picked the day, or day before you receive it.)
2. Support the local economy, and the lives of local farmers.
3. **Truly** know where your food comes from. Meet the farmers who grow food specifically for **YOU!**
4. Help keep toxins out of the environment and your body by supporting organic farming and environmental stewardship.
5. Reduce your carbon footprint by eating produce grown within 50 miles of where you live.
6. Eat within the seasons, and learn when veggies are typically ripe - in our upper mid-western climate.
7. Feel healthier by eating fresh veggies, and enjoy the "challenge" of finding new ways to prepare familiar or unfamiliar vegetables.
8. Share the CSA bounty with your family, friends, or neighbors. Help others learn about unique veggies, cultivate your children's excitement about finding out what's in the box, and create conversation surrounding new menus, the love of fresh veggies, and the anticipation of your weekly veggie surprise!

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

- EGGS: \$2.00/dozen
- BEEF: see website for prices
- CHICKEN: will be available after June 21

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...

## Chicken Carrot Fried Rice From: *The Market Fresh Cookbook*

3/4 lb boneless skinless chicken breasts, cubed  
4 TBS soy sauce, divided  
2 **garlic** cloves, minced  
1 1/2 cups chopped fresh broccoli  
3 **green onions**, sliced  
2 TBS vegetable oil, divided  
3 large **carrots**, shredded  
4 cups cold cooked rice  
1/4 tsp pepper

In a bowl, combine the chicken, 1 TBS soy sauce and garlic; set aside. In a large skillet or wok, stir-fry the broccoli and green onions in 1 TBS oil for 5 minutes. Add carrots; stir-fry 4 minutes longer or until crisp-tender. Remove and set aside.

In the same skillet, stir-fry chicken in remaining oil until no longer pink and juices run clear. Add the rice, pepper, vegetables and remaining soy sauce. Stir-fry until heated through

4-6 servings.

## Creamy Hummus

15-oz. can garbanzo beans  
1/2 cup non-fat plain yogurt  
2 **green onions**, include green tops  
2 **cloves garlic**, minced  
1 Tbsp. tahini (sesame seed paste)  
1/4 tsp. salt  
1 Tbsp. chopped fresh **parsley**  
pepper to taste

In a blender container, process all ingredients except garbanzo beans until smooth. Add garbanzo beans and pulse to desired consistency.

Makes: 1 1/2 cups

Per 2 Tbsp: 35 calories, .5 g fat, 1 g protein, 6 g carbohydrate, 1 g fiber, 95 mg sodium

*Hummus is a great dip for fresh vegetables, as a sandwich spread, or try it on a warmed pita.*



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