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# The Acorn Angle...

July 2009, box #5



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

### BEANS

The first green beans of the summer always taste so amazing. Enjoy these beans raw or slightly cooked.

### BLACK RASPBERRIES

These delicious wild berries are also called "blackcaps". Throughout our years on the farm we have never seen such a bumper crop of these berries!

### CARROTS

- Add to a casserole
- Use shredded carrots as taco toppings.

### CHARD

- Sauté chard - recipe on back
- Chop and add to quiche

### LETTUCE

- Add to a grilled burger
- Make a lettuce wrap - add chicken salad, tuna fish salad, or create your own filling.

### ONIONS (GREEN)

Green onions are also called scallions.

- Chop and add to a salad
- Use in place of regular onions - enjoy the fresh taste.

### POTATOES

These "new" potatoes were just dug. Savor these young, tender potatoes roasted, boiled, or added to a veggie kabob.

### HERB - SAVORY

- Add 1 TBSP chopped savory, 1 TBSP butter & 1/2 tsp salt to cooked green beans
- Add 1 tsp chopped savory to roasted potatoes.

### HERB - TARRAGON

- Add to warm potato salad (recipe on back)

Hello!

I am writing this week's newsletter from the beach. I am enjoying a mini-vacation in Pentwater, MI. Sun, sand, relaxation...and lots of great food!

Every year I eagerly anticipate the fresh blueberries, peaches, and sweet cherries that Western Michigan's climate produces. I just returned from the local farmers' market and have a slight stomach ache from overindulging in SO many sweet, sweet cherries. I love seeking out markets in new cities, and talking to the farmers about their crops, and practices.

As you plan your summer vacation, be sure to check out the local food scene. Look for local food on menus at restaurants, seek out farmers' markets, roadside stands, or even schedule a farm visit. I have a few friends who have planned extended vacations around visiting farms. There is a program called "Willing Workers on Organic Farms" (WWOOF). In return for volunteer help, the farm offers food, accommodations and opportunities to learn about organic farm life.

Find local food, farmers, and markets at: [www.localharvest.org](http://www.localharvest.org)  
Learn more about "Willing Workers on Organic Farms" at:  
[www.wwoof.org](http://www.wwoof.org)

Happy eating!  
~Kyle, CSA Manager  
608.386.8066

### 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...

## Warm Potato Salad

1 lb. **potatoes**, peeled if desired  
1 Tbsp. wine vinegar  
1 Tbsp. Dijon mustard  
1 Tbsp. chopped fresh **tarragon**  
2 **green onions**, sliced  
2 cloves garlic, minced  
Salt to taste

In a large stock pot, cover potatoes with water. Bring to a full boil; reduce heat to medium and continue cooking for 20 minutes or until a fork pierces into the middle of a potato easily. Remove from heat, drain and cool. Meanwhile, in a small bowl, whisk together vinegar and mustard. Whisk in olive oil, tarragon, green onions, garlic and salt. When potatoes are cool enough to handle, cut into cubes and place in a large bowl. Pour dressing over potatoes and mix gently to coat. Serves 4.

## Sautéed Chard

1/2 lb **chard**, washed and chopped (include stems) into 2" pieces.  
1 garlic clove, minced  
1 tsp olive oil.

Heat olive oil in skillet. Sauté garlic for 1 minute. Sauté chard for 2-3 minutes - do not over cook - just wilt chard. Season with salt & pepper if desired.

## Chive Green Beans

1 lb. fresh whole **green beans**, trimmed  
1 Tbsp. fresh chives, chopped  
1 Tbsp. fresh parsley, chopped  
2 tsp. butter  
1/2 tsp. prepared stone-ground mustard  
1/4 tsp. salt  
1/8 tsp. ground black pepper

In a steamer, steam green beans, covered for 5 minutes or until crisp-tender. Remove from steamer; toss with remaining ingredients.

Note: Try this recipe with other vegetables such as fresh asparagus.

Servings: 4 (about 3/4 cup each)

Per serving: 53 calories, 0 g. protein, 7.1 g. carbohydrate, 4.2 g. of fiber, 1.9 g. fat, 175 mg. sodium.



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