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# The Acorn Angle...

July 2009, box #7



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

### BEANS

- Try green beans on the grill - wash them, and coat in olive oil. Place them cross-wise on the grill and roll them with tongs to evenly cook over medium heat.

### BEETS - Chioffa

Slice through these red beets for a beautiful surprise on the inside.

- Beets can be stored for in the refrigerator for months. Snip off the greens, but leave about an inch of the beet stem attached. Store in a plastic bag in the crisper drawer. (I still have a few beets in my refrigerator from last fall!)
- Remember to eat the greens!

### CARROTS

- Chop, cook, puree and add to spaghetti sauce, or lasagna.

### LETTUCE

- Make a BLT, a true summer favorite.

### ONIONS - Walla Walla

- Add this sweet onion to a fresh salad.
- Top a homemade pizza with onions and other fresh veggies.

### POTATOES - All Blue

The All Blue potato will retain it's gorgeous hue throughout the cooking process. Have some fun with purple mashed potatoes, or surprise your friends with a purple potato salad at a summer picnic!

### SUMMER SQUASH / ZUCCHINI

Our summer squash (yellow) and zucchini (green) are just starting to ripen.

- Enjoy raw sliced onto a salad.
- Add to a stir fry.

### HERB - PARSLEY

- Add to pasta salad, or a fresh garden salad.
- Hang upside down (inside a dark closet, or cupboard) to dry. Throw out your old dried parsley, and refill the jar with freshly-dried parsley.

Hello!

We did get some rain over the last week, approximately 3/10ths of an inch. Not as much as we really need, but it gave the plants a chance to get their leaves wet. Thank you to all of you who have been doing rain dances for the farm. ☺ I hope you will continue to send good "rain energy" our way!

The garden plants are continuing to hold their own, despite the lack of rain. Some plants are beginning to show signs of yellowing in the leaves, a signal of moisture stress. Our tomato plants are thick with tomatoes, however they are all still green! Hopefully with some more warm weather, moisture and time, we will have juicy fresh tomatoes before you know it. Our zucchini and summer squash are just starting to ripen, so we have provided you with a small sampling of these tender favorites.

Have a great week, and don't hesitate to share comments with us about how your CSA adventure is going. We would also love to include your favorite recipes in our newsletter - email them our way.

Happy eating!  
~Kyle, CSA Manager

If you are ever interested in purchasing **extra produce**, for canning, making pesto, freezing, etc. we can add you to our "direct order" mailing list. We send out weekly emails listing the extra produce we have available. Send us an email and we will put you on the list.

We will gladly take and re-use any **egg cartons or plastic berry containers** you have lying around. Just save them up, and drop them off with your box.

**Produce bags** work great to re-use around the house. Please find a second use for the bags I put your lettuce, herbs, beans, etc. in. I hate to use so many bags, but some things are easier to organize and the veggies stay fresher when put in bags.

### 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...

## Summer Squash Quiche

1 unbaked pastry shell (9 inches)  
2 medium **zucchini**, peeled and shredded  
2 medium **yellow summer squash**, peeled and shredded  
2 medium **carrots**, shredded  
1 medium **onion**, grated  
2 tablespoons butter

3 eggs, beaten  
1 cup (4 ounces) shredded Swiss cheese  
3/4 cup sour cream  
1/4 cup milk  
1/4 teaspoon salt  
1/4 teaspoon white pepper  
1 tsp chopped fresh **parsley**

### Directions:

Line unpricked pastry shell with a double thickness of heavy-duty foil. Make sure crust is floured to prevent foil from sticking to shell. Bake at 450° for 5 minutes; remove foil. Bake 5 minutes longer; set aside. Reduce heat to 350°

In a large saucepan, cover and cook the zucchini, yellow squash, carrots and onion in butter over low heat for 10-15 minutes or until tender, stirring occasionally. In a small bowl, combine the eggs, cheese, sour cream, milk, salt, pepper and parsley. Spoon vegetable mixture into crust; top with egg mixture.

Bake for 40-45 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting. Yield: 6-8 servings.

## Roasted Beets

6 whole fresh **beets**, tops removed  
1 Tbsp. olive oil  
1 clove garlic, minced  
1/2 Tbsp. dry thyme



Wash and scrub the beets, but do not skin. Toss all ingredients, making sure beets are well coated. Roast uncovered at 350 degrees for 50-60 minutes, until beets are tender. Let cool and carefully remove the skins. Season to taste with up to 1/2 tsp. salt or salt substitute and pepper. Serve warm or cold.

Serves 4. Per serving: 84 calorie, 12.6 g carbohydrate, 3.6 g fat, 3.5 g fiber



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