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# The Acorn Angle...

August 2009, box #8



## What's Fresh?

### How do I prepare it?

#### BEANS

- Blanche and freeze for an easy veggie meal.

#### BEETS

- Shred raw beets and add to a salad.

#### CARROTS

You don't need to peel the carrots, just scrub and eat them. The peeling contains great nutrients.

- Use a veggie peeler to create thin ribbons - add to a pasta salad, or to top a salad.

#### CHARD

- Try the whitefish and chard recipe on back.

#### KOHLRABI

- Peel, dice and add to soup.
- Peel, and eat like an apple.

#### LETTUCE

- Use a lettuce leaf as a beautiful backdrop to a grilled chicken breast, rice pilaf, or a pasta salad.

#### ONIONS - Red

- Sauté onions and top your favorite burger.

#### POTATOES - Kennebec

- Try making a pizza crust with shredded potatoes! See the recipe on the back

#### SUMMER SQUASH

Recipe for Sage-Roasted Squash:

2 medium **zucchini**, 2 medium **yellow summer squash**, 2 TBS olive oil, 2 TBS chopped fresh **sage**, 1 TBS minced garlic, salt & pepper to taste. Heat oven to 350. Cut squash and zucchini into 1" dice, toss with other ingredients, and roast in pan until tender, 15-20 minutes. Season with salt and pepper to taste.

#### ZUCCHINI

- Create a veggie kabob with zucchini, cherry tomatoes, green pepper and sweet onion.
- Slice thin and add to a homemade pizza.
- Grill with olive oil and sage in a grilling basket.

#### HERB - SAGE

Fresh young leaves can be eaten in salads, soups, omelets, marinades, breads, stuffings, or sautéed with vegetables.

Hello!

This week is National Farmer's Market week! Do you know when and where your local market is? Even though I am a farmer, and grow my own produce, I still love to visit other farmer's markets to check out what is fresh, to get new ideas, and to meet other farmers.

We sell our produce weekly at the Cameron Park Market in La Crosse, next to the People's Food Co-op. Check out our farm feature in the Co-op Shopper: [www.pfc.coop/Shoppers/August2009web.pdf](http://www.pfc.coop/Shoppers/August2009web.pdf)

Happy eating!

~Kyle, CSA Manager

## Did you know?

### Food travels on average 1,300 miles from farm to table.

- Most fresh fruits and vegetables produced in the U.S. are shipped from California, Florida, and Washington.
- Fruits and vegetables shipped from distant states and countries can spend as many as seven to fourteen days in transit before they arrive in the supermarket.
- Most fruit and vegetable varieties sold in supermarkets are chosen for their ability to withstand industrial harvesting equipment and extended travel not taste. This results in little variety in the plants grown.

### Taste the difference in fresh, local food and judge for yourself!

- Premium Taste. Locally grown fruits and vegetables are usually sold within 24 hours of being harvested. Produce picked and eaten at the height of ripeness has exceptional flavor and, when handled properly, is packed with nutrients.
- Maximum Freshness. By choosing local produce at farm stands, farmers markets, pick-your-own farms and grocery stores, you pay for taste, not transportation and packaging.
- Unique Varieties. Local farmers often grow a large assortment of unique varieties of products to provide the most flavorful choices throughout the season.

### 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...

## Whitefish with Mushrooms and Chard

4 whitefish fillets, thawed if frozen  
½ tsp salt (divided)  
Freshly ground pepper  
1 TBS olive oil  
2 tsp butter or to taste  
½ cup diced **onions**  
1 carton (8 ounces) sliced button mushrooms  
⅓ cup dry white wine  
6 **chard leaves**, coarsely chopped

Heat oven to 375 degrees. Season the fish with ¼ tsp of the salt and pepper to taste. Heat the oil in a large skillet over medium-high heat; sear fish on both sides until lightly browned, about 3 minutes per side. Place in a lightly greased baking pan; bake until fish flakes through, about 9 minutes.

Meanwhile, melt the butter in the skillet over medium-high heat. Add the onions, mushrooms, remaining ¼ tsp salt and pepper to taste. Cook, stirring, until mushrooms soften slightly, 3-5 minutes. Add the wine; cook, stirring occasionally, letting mushrooms soak up the liquid (add additional wine if necessary), about 7 minutes.

Stir in the chard; cook until chard has wilted, about 5 minutes longer. Place fish fillets on individual plates; top with chard-mushroom mixture.

## Hash Brown Pizza Crust

2 cups raw shredded **potatoes**  
1 egg  
¾ cup shredded mozzarella cheese  
⅛ cup flour (recipe originally calls for gluten-free flour)  
Salt & pepper

Mix above ingredients and press into medium size (9") pan. Bake at 450 for 10-15 minutes or until the crust starts to brown and gets crispy on the edges. Remove from oven and place desired ingredients on top and bake until cheese is well melted.

## Seasoned Fresh Potatoes

1 lb. fresh **potatoes**  
2 tsp. butter, melted  
1 Tbsp. olive oil  
½ tsp. minced garlic  
¼ tsp. salt  
¼ tsp. dried thyme

Heat oven to 400° F. Scrub and slice unpeeled potatoes into ¼-inch slices. Layer slices in an 8 x 8-inch baking dish. In a small bowl, mix together butter and oil and drizzle over potato slices. Sprinkle with garlic, salt and thyme. Bake 25 minutes or until potatoes are fork-tender.

Serves 4. Per serving: 130 calories, 6 g fat, 2 g protein, 18 g carbohydrate, 2 g fiber, 170 mg sodium



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