
The Acorn Angle...

June 2011, box #1



What's fresh?

How do I prepare it?

ASPARAGUS

Enjoy roasted in a baking dish. Place long spears in pan, drizzle with olive oil, add salt and roast in oven at 400 degrees until it is tender-crisp.

BOK CHOY

Enjoy in a stir fry, or chop into to a salad.

GARLIC, GREEN

This is the young stage of garlic, before it forms cloves. The flavor is more mild than cured, dried garlic. You can eat the whole garlic stalk

LEEKS

Remove green tops to within 2 inches of the white section. Cut leek in half lengthwise and wash under water to remove soil trapped between the layers.

☞ Chop and add to quiches, casseroles, stews, and stir fries.

LETTUCE

Enjoy our mixed variety of head lettuce. One variety in your box may surprise you. Our trout-backed variety of lettuce has beautiful redish spots on the leaves. These are a natural reflection of the variety and are in no way an indication that the lettuce has "gone bad".

ONION - GREEN

☞ Chop and add to a salad, chili, or nachos.

RADISH

Warm weather increases the "bite" factor in radishes. These are a little spicy, but have a great crunch. Look for a grilling recipe on our blog.

RHUBARB

☞ Make a fruit crisp, cake, bars, lemonade, or try the sauce recipe on back.

SUNCHOKES

This tuber is often called Jerusalem Artichoke. Many people use them as a substitute for potatoes.

☞ Scrub, slice and eat raw, with dip or alone.

☞ Try them sautéed, stir-fried, steamed, roasted, or boiled and mashed.

HERB - SAGE

☞ Add to soup or a tomato based sauce.

☞ Hang upside down to dry, for later use.

TOMATO PLANT - Sungold

Hello!

Thank you for joining our Community Supported Agriculture program. We are happy to be your farmer! Running the CSA program is my favorite part of being a farmer. As seeds are ordered, planted, and harvested, we always have you, our members in mind. I love helping to facilitate the connection between farm and plate. I hope to encourage all of you to try new recipes and vegetables this year.

Please read your newsletter each week. This serves as our main means of communication. If you have misplaced your copy, they are available at our website. We include important information about the contents of your CSA box and news at the farm.

Our farm is your farm this summer. Please share your eating adventures with us. The CSA experience is a model of seasonality and abundance. Many of our CSA members truly enjoy the fact that the CSA experience forces them to "eat their veggies" for 20 weeks.

If you especially like something, please share. If you have any suggestions to make things better, just let us know.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: Strawberry Rhubarb Lemonade - oldoakfamilyfarm.wordpress.com

We are trying out something new this year with our **BOX EXCHANGE**. We encourage CSA members to bring your own bag or box to transfer the contents out of our plastic blue tubs.

Please take a few minutes each week to **PROPERLY STORE** your produce. Most of the items will store well in the refrigerator in a plastic bag. Taking care of your vegetables right away ensures that they stay fresh for the maximum amount of time.

Don't forget to **WASH** all produce. We typically rinse most veggies, but they may contain a bit of soil, or on occasion a hidden field pest.

Wondering what to make for dinner? Check our new blog for **RECIPES**. You can select a specific vegetable, and choose from a variety of seasonal recipes. www.oldoakfamilyfarm.wordpress.com

If you will be on **VACATION** please arrange for someone to pick up your box, or talk to us about picking it up at the farm.

Recipes of the week...

Slow Cooker Chicken Adobo

2 medium onions, sliced
4 **green garlic** stems with bulb - chopped
1/3 cup apple cider vinegar
1/3 cup soy sauce
1 TBS brown sugar
1 bay leaf
black pepper
8 skinless, bone-in chicken thighs (about 1 3/4 pounds)
1 tsp paprika
1 large head **bok choy**, cut in half, lengthwise (rinse with water) and then cut horizontally into 1-inch strips
2 **green onions**, thinly sliced
Cooked rice, or quinoa

In a 5- to 6-quart slow cooker, combine the onions, garlic, vinegar, soy sauce, brown sugar, bay leaf, and 1/4 tea-spoon pepper. Place the chicken on top and sprinkle with the paprika.

Cook, covered, until the chicken and onions are tender, on low for 7 to 8 hours or on high for 4 to 5 hours (this will shorten total cooking time).

Ten minutes before serving, if the slow cooker is on the low setting, turn it to high. Gently fold the bok choy into the chicken and cook, covered, until tender, 3 to 5 minutes. Serve with the rice and sprinkle with the scallions.

500 Club Strawberry-Rhubarb Applesauce

Makes about 2 1/2 cups
2 apples, peeled if desired*
1 cup chopped **rhubarb**
1/2 cup sliced strawberries
1/4 cup sugar
1/3 cup orange juice
1 tsp. Orange zest, if desired



Core and chop apples. In a saucepan over medium heat, place apples with 1 Tbsp. Water. Cook apples about 5 minutes, stirring often, until apples soften slightly. Add remaining ingredients then turn heat up slightly to bring to a boil. Once boiling, reduce heat and continue to cook, stirring often, for 10 minutes or until apples and rhubarb are soft. More water or sugar can be added to taste. Cooled applesauce can be pureed in a blender or food processor if a smoother consistency is desired.

*Leave the peel on apples on for added fiber and nutrients

Per 1/2 cup serving: 100 calories, 0 g fat, 1 g protein, 27 g carbohydrate, 3 g fiber, 0 mg sodium.



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