
The Acorn Angle...

June 2011, box #3



What's fresh?

How do I prepare it?

BOK CHOY

☞ For stir fry, separate leaves from the thick white stem and chop both into 2-inch-wide diagonal chunks. The stem pieces should be added to the stir fry several minutes before leaves, as they need more cooking time.

☞ Store in refrigerator in a plastic bag for a week or more.

GARLIC, GREEN

Green garlic is young garlic before it forms cloves.

☞ Peel off outer layer, chop off roots and stalk. Freeze in a plastic bag for future use.

GARLIC SCAPES

A garlic scape is the flower stalk of the garlic plant. On the farm we remove them before they flower to encourage growth to the garlic bulb. Break off the flower tip, and use the remaining section of the scape.

☞ Chop into 1-inch sections and sauté.

☞ Eat raw in a salad.

KALE

☞ Sauté with olive oil and garlic until the kale turns a bright green. Eat alone or mix with mashed potatoes or steamed veggies.

KOHLRABI

Kohlrabi is a member of the turnip family and is rich in potassium and vitamin C.

☞ Remove off outer layer with a vegetable peeler or knife.

☞ Tastes great raw - slice into sticks.

LETTUCE

ONION - GREEN

PEA PODS - Snap & snow

The entire pod is edible, and has a great sweet flavor. Eat alone as a great snack or add to a salad or stir fry.

HERB - OREGANO

☞ Perfect compliment to tomato dishes or add to a pizza.

☞ Dry for future use.

Hello!

I would like to share a few easy ways to incorporate more local and seasonal food into your diet. Adapted from the book: *From Asparagus to Zucchini* by the Madison Area CSA Coalition.

Start slowly. Eating local and seasonal food often requires that you make some changes in food preparation, meal planning, and shopping. You may find that your tastes, and those of family members, also change as you learn to eat locally available food. Do not expect these changes to occur overnight. Set reachable goals by incorporating seasonal food slowly into your meals and shopping.

Develop a connection to your food. One of the most basic ways to do this is to plant a garden, even if it is only one potted tomato plant sitting on the porch. Another option is to become connected to the people from whom you buy food - at a farmers' market or through your CSA.

Learn how to substitute. Treat recipes as a starting point from which ideas can be generated, instead of something that must be followed exactly.

Plan for the winter. With a little planning and some work in the summer, you can enjoy local foods all winter long. It is relatively easy to can your own tomatoes, pickles and, jams, and even easier to put some food away in a freezer or store squash and root crops in a basement.

Enjoy it all. Enjoy the tastes, the challenge, the relationships you develop with producers, and the knowledge that you are doing something good for yourself and the earth.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Quinoa with Mushrooms, Sweet Potatoes and Kale** - oldoakfamilyfarm.wordpress.com

Looking for an all-natural **MEAT** source? We raise chickens and beef cattle on our farm. At the end of June we will be processing both. If you are interested in purchasing either, let us know. Our chickens are sold whole. Beef is sold by the individual cut, or as a whole, half or quarter cow.

FRESH FLOWERS are available from our gardens. If you are interested in adding some color to your box, let us know and we will create a flower bouquet to be picked up with your box. Medium bouquets are \$6 and large bouquets are \$10. Flowers are from our garden and fields (sunflowers, celosia, zinnias, snapdragons, gladiolas, daises, bergamot, etc.)

Recipes of the week...

Garlic Scape Pesto

1 cup chopped **garlic scapes**
1/3 cup walnuts or pine nuts
juice of 1 lemon
1/2 cup parmigiano-reggiano cheese, grated
1/2 cup extra-virgin olive oil
salt and pepper, to taste

Blend garlic scapes, nuts, lemon, and cheese in a food processor or blender. Slowly drizzle in the oil with the motor running and blend until emulsified and smooth. Add more oil if you desire a smoother consistency. Add salt and pepper to taste.

Roasted Kohlrabi

1 **kohlrabi**
1 TBS olive oil
1 **garlic scape**, minced
Salt
Vinegar (optional)

Set oven to 450. Toss the diced kohlrabi with olive oil, garlic and salt in a bowl. Spread evenly on a rimmed baking sheet and put into oven. Roast for 30-35 minutes, stirring every five minutes after about 20 minutes. Sprinkle with vinegar after serving.

Lemon-Butter Snow Peas

1/2 lb. fresh **snow peas**
1 Tbsp. water
1 tsp. minced **garlic**
1 tsp. butter
1 tsp. lemon juice
1/2 tsp. Italian seasoning



In a microwave-safe dish, combine snow peas, water and garlic. Cover and microwave on high for 3-4 minutes or until crisp-tender; drain. In a small bowl, combine butter, lemon juice and Italian seasoning. Drizzle over peas; toss to coat.

Serves 2. Per serving: 70 calories, 2.5 g fat, 3 g protein, 9 g carbohydrate, 2 g fiber, 20 mg sodium



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